

Divecha Centre for Climate Change, IISc.  
Dr. H Paramesh Education Trust  
IAP Environmental Child Health Chapter

**Thursday 26<sup>th</sup> March 2026 Time: 4.00 PM – 5.00 PM (IST)**

***Auditorium DCCC IISc. - 3.30 PM to 4.00 PM High Tea***

<b>Timings</b>	<b>Agenda</b>	<b>Faculty</b>
<b>4:00 PM– 4:05 PM</b>	Welcome Speech	Prof. S.K Satheesh / Prof. J Srinivasan
<b>4.05 PM – 4.10 PM</b>	Introduction of the subject and the speaker	Prof. Dr. H Paramesh
<b>4:10 PM– 4:50 PM</b>	<b>" Importance of Sleep for Good Health"</b>	Dr. Prasanna Kumar T Prof. and HOD Ramaiah Medical College
<b>4:50 PM –5:00 PM</b>	Vote of thanks Group picture of participants	Prof. Dr. H Paramesh

***Prof. Dr. H Paramesh***  
***Organiser***  
***Visiting Physician Scientist DCCC IISc.***  
***Founder Life Patron Allergy Immunology Chapter Karnataka***



**Divecha Centre for Climate Change**  
**Indian Institute of Science**  
**BANGALORE - 560012**  
**DCCC Seminar**

**Title: "Importance of Sleep for Good Health"**

**Speaker: Dr. PRASANNA KUMAR T**  
**MBBS, MD-Pulmonary Medicine**

Date: 26<sup>th</sup> March 2026

Time: 4:00 PM to 5:00 PM

Venue: DCCC Auditorium, 2nd Floor, D314

Coffee/Tea: 3.30 PM to 4:00 PM

**Speaker Bio:**

Professor and Head of the department at Ramaiah Medical College, A constituent of Ramaiah University of Applied sciences, Senior consultant Pulmonologist at Ramaiah Memorial Hospital. He has over 13years of experience in the field of Pulmonology. His expertise in respiratory diseases with special interest in Airway Diseases , Interstitial Lung Diseases ,Pleural diseases, Tuberculosis, Long COVID Care, Sleep related Breathing disorders, Bronchoscopy and Pleural Interventional procedures. He is trained in Interpretation of Polysomnography .He has various publications to his credit. He is highly skilled physician with considerable experience in the diagnosis and treatment of respiratory diseases, making him a valuable member of the medical community.

**Abstract:-**

Sleep is an important biological function supporting and regulating many bodies' key functions like:

- Healing processes from disease and environmental pollution impacts
- Acts on brain to focus, memory, emotions
- Immune system strengthening
- Balances the endocrine systems like appetite, growth, blood, sugar control
- Protect heart and control blood pressure
- Helps in repairing muscle and tissue injuries.

Measures needed for good sleep are:

- Avoid intense physical activity before bedtime
- Avoid eating drinking before bedtime
- Avoid caffeine products before bedtime
- Avoid unfavorable sleep environment like noise, bright light, blue night lamp
- Avoid screen time just before bed

Keep up your timing and sleep hygiene.