

**Greetings from the department of Physiology,  
SDUMC, Kolar.**

The Department of Physiology, SDUMC is organizing a Guest lecture on “Sleep, melatonin and hormonal balance”

Sleep is one of the most fundamental biological processes essential for maintaining physical, mental, and metabolic health. In today’s fast-paced lifestyle, irregular sleep patterns, increased screen exposure, and stress have significantly disrupted our natural sleep-wake cycle. These disturbances can affect the secretion of melatonin, a key hormone produced by the pineal gland that regulates circadian rhythm and plays a crucial role in maintaining hormonal balance.

Melatonin not only controls our sleep cycle but also influences several physiological processes including metabolism, immune function, reproductive hormones, and overall endocrine regulation. Increasing evidence suggests that inadequate or poor-quality sleep may contribute to hormonal imbalances, metabolic disorders, cardiovascular diseases, and mental health issues.

Today’s guest lecture will shed light on the physiological mechanisms of sleep, the role of melatonin in maintaining circadian rhythm, and how proper sleep habits can help maintain optimal hormonal balance and overall health.

\*\*\*\*\*



**From,**  
**Dr. Jagadamba A**  
Organizing Chairman,  
Professor & HOD,  
Department of Physiology,  
Sri Devaraj Urs Medical College,  
Tamaka, Kolar-563 101.

Office: 08152-224930,  
222638,222603

**Organizing Secretary**  
**Dr. Mamatha Shree C**  
**Contact:** physiology@sdumc.ac.in

\*\*\*\*\*



**DEPARTMENT OF PHYSIOLOGY**  
**Sri Devaraj Urs Medical College**  
**Tamaka, Kolar**  
**Constituent college of**

**SRI DEVARAJ URS ACADEMY OF  
HIGHER EDUCATION AND RESEARCH**

**Presents**

**Guest lecture on**  
**“Sleep, melatonin and hormonal balance”**

**25<sup>th</sup> March 2026**

**Wednesday**

**11.00 am to 1.00 pm**

**Venue: William Osler hall**

**(Physiology AV hall)**



**Late Sri. R L Jalappa**  
Founder Chairman,  
Sri Devaraj Urs Education Trust

**PATRONS**

**Sri. G.H. NAGARAJA,**  
President, SDUET

Chancellor, SDUAHER

**Sri. J. RAJENDRA,**  
Vice President, SDUET

**Sri. HANUMANTHA RAJU K G**  
Secretary, SDUET

**Dr. B. VENGAMMA**  
Vice Chancellor, SDUAHER

**Dr. D.V.L.N. PRASAD**  
Chief Administrative officer

**Dr. MUNINARAYANA C**  
Registrar, SDUAHER

**Dr. PRABHAKAR K**  
Principal, SDUMC, Dean FoM, SDUAHER

**Dr. KRISHNAPPA J**  
Medical Superintendent, RLJH & RC

**Dr. VINUTHA SHANKAR M S**  
Vice Principal, SDUMC

**PROGRAM**

Guest lecture on  
“Sleep, melatonin and hormonal  
balance”  
by



**Dr. M. Rajajeyakumar**

MBBS, MD (JIPMER), MSc (Yoga), CCEBDM  
(PHFI), ACME

Clinical Neurophysiologist, Associate Professor,  
Dept. of Physiology

Saveetha Medical College and Hospital,  
SIMATS, Chennai – 602105

**MEMBERS OF THE ORGANIZING**

**COMMITTEE**

**Dr. Vinutha Shankar M.S**

**Dr. Shobha MV**

**Dr. Ashwini K Shetty**

**Dr. Geetha S**

**Dr. Parasuraman S**

**Dr. Usha G Shenoy**

**Dr. Dinakar Reddy**

**Dr. Anaresh Sriram**

**Dr. Logeshpriyan**

**Dr. Reshma R**

**Dr. Vishnukumar S**

**Dr. Bayya Reddy**

**Dr. Shashikiran**