Guest lecture on "Sleep, melatonin and hormonal balance" on account of world sleep day

Webinar Report

On account of world sleep day, a Guest lecture on "Sleep, melatonin and hormonal balance" was successfully held on March 25th 2026. The event aimed to educate and engage healthcare professionals and students about the critical aspects of sleep health and its association with hormonal balance.

This event was organized by the Department of Physiology at Sri Devaraj Urs Medical College, Kolar.

Dr. Mamatha Shree C, Associate Professor, Department of Physiology, SDUMC Tamaka, Kolar, welcomed the keynote speaker, Dr. M. Rajajeyakumar and the delegates.

Keynote Presentation

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

His talk focused on the following key points:

The presentation by Dr. M. Rajajeyakumar focused on the physiology of circadian rhythm and sleep, highlighting the role of the suprachiasmatic nucleus (SCN) as the body's master clock regulating sleep–wake cycles, hormonal secretion, and various physiological functions. He explained the pathway of light influencing melatonin secretion from the pineal gland and outlined sleep architecture (NREM and REM) along with the importance of

melatonin in sleep initiation, immunity, and antioxidant activity. The Lecture emphasized how circadian disruption due to factors like shift work, artificial light, and irregular lifestyles can lead to multiple disorders including metabolic, cardiovascular, psychiatric, and neurodegenerative diseases. Also discussed hormonal rhythms such as cortisol and growth hormone, introduces the concept of chronomedicine for time-based diagnosis and treatment, and integrates modern science with yogic practices for lifestyle modification. Recent advances like gene therapy, light therapy, and time-restricted feeding were highlighted, along with future challenges in applying circadian biology to disease management.

92 registered participants, encompassing a diverse audience of doctors, researchers, postgraduate students, PhD scholars, medical students attended the guest lecture.

Feedback

Feedback from the delegates was overwhelmingly positive. Attendees expressed appreciation for the depth of the topic and the relevance of the information shared. Many highlighted the importance of such discussions in enhancing awareness on sleep health and its association with hormonal balance.

Conclusion

The Guest lecture on “Sleep, melatonin and hormonal balance” served as an important platform for raising awareness about sleep health and its association with hormonal balance

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