



11th Asian Sleep Research Society Congress 8th Asian Forum on Chronobiology 2025

February 8 – 9, 2025

Hotel Andaz, Aerocity, New Delhi, India

Pre-Conference Workshops

February 7, 2025

AIIMS, New Delhi



Hosted by Indian Society for Sleep Research

www.asrs2025.com

Message from the President of the ASRS

Dear all,

I am thankful to the ASRS Council for giving us the opportunity to organize the 11th Congress of the Asian Sleep Research Society in India. The Indian Society for Sleep Research, is privileged to host it in the capital city New Delhi, during February 8-9, 2025.

India is one of the oldest civilizations in the world with a kaleidoscopic variety of rich cultural heritage, nature, people, tribes, cuisine, faiths, dance forms, music, arts, crafts, spirituality and history. Not only that, its ancient literature Upanishad describes the existence of two states of sleep; 'quiet and dream' long before the discovery of rapid eye movement sleep.

The importance of sleep in health and disease have not only been described in its ancient literature but also well sculptured on the walls of its heritage temples and caves. We have an old saying "Health is Wealth". Now the sleep scientists and physicians chant 'SLEEP is HEALTH'.

The ASRS Congress brings the best of sleep science and medicine to the Indian subcontinent at a time when the country has gained all-round socio-economic-scientific growth. During the past two decades, sleep is getting enormous importance in life and laboratories. It will be a golden opportunity for the researchers and sleep physicians from neighbouring countries like Nepal, Bangladesh, Sri Lanka, Malaysia and Indonesia and Middle East besides participants from South East and far East Asian countries to meet in New Delhi and share our recent work about sleep and sleep disorders.

With a rich heritage and myriad attractions, India is among the most popular tourist destinations in the world. Delhi has a unique confluence of the old and the new world. As the bustling old bazaars rub shoulders with swanky malls, and majestic monuments accompany luxurious heritage hotels, the traveler can get the best of both worlds. The Congress venue 'Aerocity' is the newest and most happening place in New Delhi with an express metro line connecting to Indira Gandhi International Airport and downtown Connaught place.

Come February 2025 and the 11th ASRS Congress in New Delhi greets you.



Hrudananda Mallick
President, ASRS
ASRS Congress Chair

Message from the President of the Asian Forum on Chronobiology

Welcome to the 8th Asian Forum on Chronobiology,

The 8th Asian Forum on Chronobiology will be held in New Delhi India on February 8-9, 2025. The Forum is co-organized with the 10th conference of the Asian Society for Sleep Research hosted by Professor H Mallick. Chronobiology is a scientific field for understanding adaptation in the periodically changing environment such as day/night and seasons, the underlying mechanisms at the molecular and cellular to the physiology and behavior levels, and for solving the issues in agriculture, livestock, industry, lifestyles and medicine. The first Asian Forum on Chronobiology was held in 2015 in Japan. The chronobiologists in China, Korea, India, Turkey and Japan got together in Sapporo and agreed to continue the Forum for further development of this science in Asia by exchanging information and ideas for future collaboration. Except for the year of COVID-19 pandemics, the Forum was held successfully in China, Japan, and Turkey. Since 2015, the number of papers in this scientific field has been enormously increased in Asia and still increasing. I really hope the Forum could contribute to the further development of chronobiology in Asia.



Ken-ichi Honma
President,
Asian Forum on Chronobiology

Committee



Hrudananda Mallick
ASRS Congress Chair

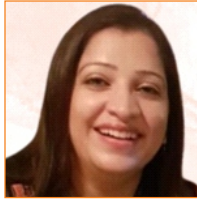


Ken-ichi Honma
AFC Chair

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Dr Anita Jagota
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Scientific Programme

11th ASRS Congress
8th AFC

Sleep Research

Sleep Medicine

Sleep Chronobiology

- ◆ Plenary Lecture
- ◆ Keynote Address
- ◆ Symposia

- ◆ Oral Presentation
- ◆ Poster Presentation
- ◆ Award Sessions

Symposia Topics

- ◇ Artificial intelligence and sleep
- ◇ Chronomedicine
- ◇ Circadian rhythm
- ◇ Dental Sleep Medicine
- ◇ Excessive daytime sleepiness/
Hypersomnia
- ◇ Insomnia
- ◇ Paediatric sleep
- ◇ Parasomnia/ REM behaviour
disorders
- ◇ Physiology of sleep
- ◇ Psychiatric and Sleep Disorders
- ◇ Restless legs syndrome (RLS)
- ◇ Sleep and aging
- ◇ Sleep Health
- ◇ Sleep in women
- ◇ Sleep Related breathing disorders
- ◇ Sleep technology
- ◇ Molecular clock
- ◇ Comparative aspects of biological
clocks
- ◇ Suprachiasmatic Nucleus
- ◇ Seasonality and Photoperiods
- ◇ OTHERS

Pre-Conference Workshops



February 7, 2025



1:00 PM to 5:00 PM



AIIMS, New Delhi

Sleep and Circadian Clock

Organiser:

Ken-ichi Honma (Japan)
Anita Jagota (India)

Yoga Nidra

Organiser:

Karuna Datta (India)
H N Mallick (India)

Technological Advances in Sleep Medicine

Organiser:

Manvir Bhatia (India)
Preeti Devnani (USA)

Registration Details



	Early Bird		Regular		Late		On Spot	
	Till 30 th September 2024		1 st October – 31 st December 2024		1 st January – 15 th January 2025		7 th February 2025 onwards	
	USD	INR	USD	INR	USD	INR	USD	INR
Delegate (Members)	200	15000	250	17000	300	18000	400	20000
Delegate (Non Members)	300	17000	350	18000	400	19000	450	20000
Student (Members)	100	6000	125	7000	150	7500	200	8000
Student (Non Members)	150	7000	200	7500	250	8000	300	9000
Technician		6000		7000		7500		8000
Industry		17000		18000		20000		25000

Workshop Registration Fee (All workshops will run concurrently)

Category (Choose any one)	Till 31 st Dec 2024	From 1 st Jan 2025 onwards
1. Sleep and Circadian Clock 2. Yoga Nidra 3. Technological Advances in Sleep Medicine	INR 2,000 USD 25	INR 4,000 USD 50

Bank Details

Account Number	10874588162
Account Name	Indian Society for Sleep Research
Bank Name & Address	State Bank of India, Ansari Nagar, New Delhi - 110029
IFSC Code	SBIN0001536

Modes of Payment:

- ▶ **International Delegates:** by Credit/Debit Card
Kindly fill the registration form at our [website](#) and make the payment
- ▶ **Indian Delegates:** by NEFT/UPI
- ▶ **DD/Cheque:** in favour of "Indian Society for Sleep Research"

Please share the screenshot of the payment confirmation on +91 97172 98182 & asrsdelhi2025@gmail.com

For UPI Payment



Scan QR Code

[Register Online](#)



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Conference Secretariat

ASRS 2025

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