



Welcome to Mumbai



The host city of the **6th National Sleep Medicine Course** conducted by the ISSR on the 10th and 11th of December 2011.

Let me first introduce to “**Amchi Mumbai**” as we love to call it. Amchi is the Marathi translation for “our” so what we really say is “Our Mumbai.”

We are possessive of our city, and why not? What started out as seven marshy islands, given away in dowry to Catherine of Braganza, ill appreciated by her husband Charles II, sold for a mere 10 pounds, commands arguably the highest real estate value in the world today.

Mumbai is the capital of Maharashtra state and the financial capital of India. It is a cosmopolitan melting pot of religions, castes, values, cultures and people from varied socio-economic backgrounds. All come together under the common nomenclature “**Mumbaikars.**”

Mumbai is a 22 km x 3 km wide stripe of reclaimed island land on the west coast of India. Placed into this tiny space are beaches, old historical sites, exquisite British architecture and of course new sky scrapers. This amalgam of impressive structures leaves you breathless with never a dull moment.

Mumbai is a pulsating city, so come feel the true vibe of **the city that never sleeps!!**

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