



Department of Medical Education
Himalayan Institute of Medical Sciences
Swami Rama Himalayan University
Swami Ram Nagar, P.O. Jolly Grant, Dehradun- 248016



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Dr. Dipak Kr. Dhar

HIMS/DME/2023/105

Date: 13.05.2023

Guest Lecture

Date : 16.05.2023

Time : 03:30 – 04:30 PM

Day : Tuesday

Venue: Auditorium (above HLTs)

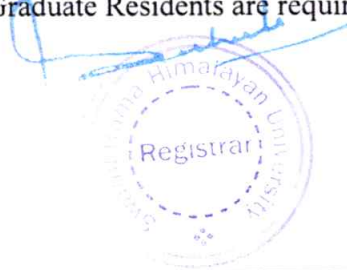
**Topic: "Sports Physiology and Yoga through the lens of medical research:
Crux to Confluence"**

Speaker - Dr. Ruchi Kothari
Associate Professor and Officer In-Charge
Sports Physiology Lab, MGIMS, Sevagram, Wardha

Abstract:

Over the past few decades, the incidence of non-communicable diseases has risen by leaps and bounds. It is majorly attributed to the modern day lifestyle, entangled in physical inactivity and stress. Exercise and sports can be explored as a means of prevention of these silent yet all-pervasive detriments. Yoga and mindfulness is yet another emerging avenue in this league. There is a growing consensus that both sports and Yoga are not merely relaxing and recreational activities, but their physiological effects can be harnessed for medical purposes. The present session intends to provide a bird's eye-view of how scientifically validated research can be done on the physiological effects of sports as well as yoga. It will help us to generate quantifiable scientific evidence in these fields which can be explored as a possible preventive and therapeutic measure in diseases as well as enhance our quality of life.

All Faculty & Post Graduate Residents are required to attend the Guest Lecture.



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Coordinator
D.M.E

Email Id: dme.hims@srhu.edu.in

List of Attendees

S. No	Name	Designation	GL-16.05.2023
1	Dr. Debalina Maiti	Asstt. Prof.	Present
2	Dr. Ashok Kumar Srivastava	Professor & Head	Present
3	Dr. Shaili Vyas	Professor	Present
4	Dr. Surabhi Mishra	Asstt. Prof.	Present
5	Dr. Sanjoy Das	Professor	Present
6	Dr. Aarti Kotwal	Professor	Present
7	Dr. Garima Mittal	Professor	Present
8	Dr. Nupur Koul	Asstt. Prof.	Present
9	Dr. Purnima Upreti	Professor	Present
10	Dr. Sonal Gupta	Asstt. Prof.	Present
11	Dr. Harsh Bahadur	Professor	Present
12	Dr. Rajesh Kumar Maheshwari	Professor & Head	Present
13	Dr. Taruna Sharma	Professor & Head	Present
14	Dr. Saurabh Kohli	Professor	Present
15	Dr. Megha	Jr. Resident	Present
16	Dr. Abha Shrivastava	Professor & Head	Present
17	Dr. Brijesh Purwar	Professor	Present
18	Dr. Anupama Nautiyal	Assoc. Prof.	Present
19	Dr. Dipak Kumar Dhar	Asstt. Prof.	Present
20	Dr. Ram Kumar S	Asstt. Prof.	Present
21	Dr. (Brig.) Ravinder Singh Saini	Professor	Present
22	Dr. (PT.) Shweta Samant	Asstt. Prof.	Present

