

Swami Rama Himalayan University
School of Yoga Sciences
Office of the Principal

File No. SRHU/HSYS/2025/88

Dated: - 22/05/2025 ✓

NOTICE

This is to inform you all Yoga Faculty, Staff, Ph.D Scholar and M.Sc Yoga Sciences students that Dr. Deepa Singh, Professor, Department of Anatomy, Swami Rama Himalayan University, and Dr. Deepika Sharma, Assistant Professor, Department of Anatomy, Swami Rama Himalayan University, will be conducting a Continuing Medical Education (CME) session for the School of Yoga Sciences, Swami Rama Himalayan University, The revised date of CME is on 23rd May 2025 from 11 AM onwards.

Presence of M.Sc Yoga Sciences, Ph.D Yoga Science scholars are Mandatory.

Order by:-



Officiating Principal
School of Yoga Sciences
Swami Rama Himalayan University

Principal
School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Continuing Medical Education (CME) Report

A Continuing Medical Education (CME) was conducted at the **School of Yoga Sciences, Swami Rama Himalayan University** on **23rd May 2025**, starting at 11:00 AM. The event aimed to deepen participants' understanding of the anatomical principles that underpin yoga practice, ensuring a more scientific approach to teaching and therapeutic application of yoga.

The session was led by two distinguished faculty members from the Department of Anatomy: **Dr. Deepa Singh**, Professor, and **Dr. Deepika Sharma**, Assistant Professor, Department of Anatomy, Himalayan Institute of Medical Science. Their lectures provided detailed insights into the musculoskeletal and internal anatomical structures involved in yoga postures (asanas), along with discussions on the physiological benefits and clinical significance of proper alignment and movement in yoga practice.

The session was attended by **all faculty and staff** of the School of Yoga Sciences, along with **Ph.D. scholars**, and numerous **students from the B.Sc. and M.Sc. Yoga Sciences** programs. The total number of students was 37. The turnout reflected a strong academic interest in integrating medical science with traditional yoga knowledge.

Overall, the CME session was a highly productive academic initiative that emphasized the essential role of anatomy in the practice and teaching of yoga. Participants reported a greater awareness and understanding of how anatomical knowledge can enhance yoga instruction and therapeutic interventions. The School of Yoga Sciences continues to promote such integrative educational experiences to uphold its commitment to holistic and evidence-based learning.

Continuing Medical Education (CME) Photograph




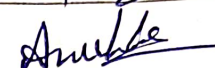


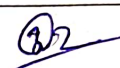
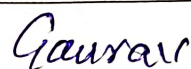

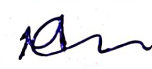

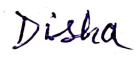
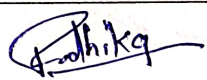
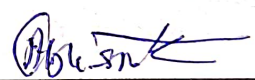
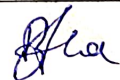
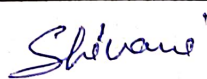
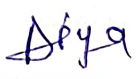
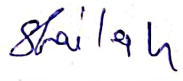

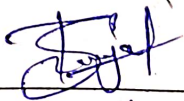

In this picture, the lecture is given by Dr. Deepa Singh, Professor, and Dr. Deepika Sharma, Assistant Professor, from the Himalayan Institute of Medical Sciences

School of Yoga Sciences
Swami Rama Himalayan University

(CME Attendance)

Date- 23/05/2025

Lecture By:- Dr. Deepa Singh, HIMS, SRHU

Sl. N.	Student Name	Class	Signature
1.	Sakshi	Ph.D	
2.	Anushka	Ph. D.	
3.	Diksha patel	Ph.D.	
4.	Nisha Yadav	Ph.D.	
5.	Anup Raturi	Ph.D	
6.	Gaurav Jorijal	Ph.D	
7.	Anwit Kumar	Ph.D	
8.	Mahima Mishra	Ph.D	
9.	Neelam patel	ph.D.	
10.	Disha Pal	Ph.D	
11.	Radhika	B.Se 2nd	
12.	Ashish K	B.Sc 2nd	
13.	Bhawna	M.Sc 2nd	
14.	Shivani	''	
15.	Diya	''	
16.	Shailesh	''	
17.	Kunj	''	
18.	Pranjal Parajyal	M.Sc I	
19.	Sumit Dhyani	M.Sc I	

20.	Ritisha	Bsc 3 rd year	Ritisha
21.	Komal	"	Komal
22.	Pooja	"	Pooja
23.	Aradhana G	"	(A)
24.	Shalini	"	(S)
25.	Diya	"	(D)
26.	Manvi	"	Manvi
27.	Aakriti	"	Aakriti
28.	Gopi	"	Gopi
29.	Kajal	"	Kajal
30.	Aruna Dutta	MSc I year	Aruna
31.	Brigita Pal	"	Brigita
32.	Jyoti	"	Jyoti
33.	Apurva	"	Apurva
34.	Priya	"	Priya
35.	Arzoo Baiswal	MSc I st year	Priya
36.	Vanshika Raghav	"	Vanshika
37.	Anya Verma	"	Anya
38.			
39.			
40.			
41.			
42.			