



हिमालयन आयुर्विज्ञान संस्थान

स्वामी राम हिमालयन विश्वविद्यालय की एक शैक्षणिक इकाई

**Himalayan Institute of Medical Sciences**

A Constituent Academic Unit of Swami Rama Himalayan University



## DEPARTMENT OF ANATOMY

### REPORT OF CME

A CME was conducted on 18<sup>th</sup> January, 2025 at 3.30pm, in HLT-1 of Himalayan Institute of medical sciences by Department of Anatomy. The topic for CME was “**Anatomy in Yogasanas**”, presenter for which was Dr. Deepika Sharma (Senior Resident, Anatomy). Dr. Ashok K Deorari, Principal, HIMS along with other faculty members and students of HIMS were present during the CME. The aim of presentation was to correlate certain Yoga Asanas with Anatomy of musculoskeletal system of body. Various yoga poses especially ‘Surya Namaskar’ were explained in correlation to Anatomy of body with this presentation. Two students from “Himalayan School of Yoga Sciences” were also present who very beautifully demonstrated each yoga pose when it was being presented. Knowledge of Anatomy in Yoga can help to reduce risk of injury, improve flexibility and make yoga more accessible. This will help to have better and scientific approach to this practice.

After the presentation which was of around one hour, question answer session was conducted and answer to all queries of audience was given by the presenter and Head of the Department. Overall it was a good presentation with a very unique topic and approach.

**Dr. Deepika Sharma**  
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