



**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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HIMS/DME/2025/ 07

Date: 14.01.2025

**CME**

**Date : 18.01.2025**

**Time: 03:30 PM – 04:30 PM**

**Day : Saturday**

**Venue: HLT-2, Charak (Lecture Hall)**

**Topic: “Anatomy of Yogasanas: Unpacking Yoga’s Inner Mechanics.”**

**Presenter: Dr Deepika Sharma**  
**Senior Resident, Department of Anatomy, HIMS, SRHU**

**Abstract:**

The word “YOGA” means to unite, join, harness and yoke. It is a group of physical, mental and spiritual practices that originated in ancient India. With global development in fitness, metaphysics and modern values, today Yoga Asanas and Vinyasas are practiced in the form of exercises or relaxation techniques. Various Yoga Asanas and techniques used are related to musculoskeletal framework of the body. Knowledge of Anatomy in Yoga can help generate a deeper understanding and refine yogic practices thereby reducing risk of injury, improving flexibility and making Yoga more accessible.

Through this CME, the Department of Anatomy aims to correlate certain postures in Yoga Asanas with Anatomy of relevant components of musculoskeletal system of the body. This will promote a better and scientific approach to these practices.

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

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