



**SR
HU**

योग विज्ञान स्कूल

(स्वामी राम हिमालयन विश्वविद्यालय की एक शैक्षणिक इकाई)

School of Yoga Sciences

(A Constituent Academic Unit of Swami Rama Himalayan University)

Ref.SRHU/SYS/2025/181

Date: 19/09/2025

Notice

This is to inform you that Dr. Mritunjay Rathore, Professor, AIIMS Raipur, Chhattisgarh, will be delivering a Guest Lecture at the School of Yoga Sciences.

All M.Sc. Yoga Sciences and Holistic Health/ Yoga Therapy (Final Year & First Year) and B.Sc. Yoga Sciences and Holistic Health (Final Year) students are directed to attend the lecture on a mandatory basis.

Programme Details:

Date: 20th September 2025

Time: 11:30 AM onwards

Venue: NLT-VI, School of Yoga Sciences

All concerned students are required to be seated by 11:15 AM.

Order by:-

Subell
19/9/2025

Officiating Principal

School of Yoga Sciences

Swami Rama Himalayan University

Principal

School of Yoga Sciences

Swami Rama Himalayan University

Jolly Grant, Dehradun Uttarakhand-248016

स्वामी राम नगर, जौलीग्रान्ट, देहरादून 248016, उत्तराखण्ड, भारत

Swami Ram Nagar, Jolly Grant, Dehradun 248016, Uttarakhand, India.

Tel.: +91-135-2471137 | Fax: +91-135-2471141 | Email: principal.sys@srhu.edu.in | www.srhu.edu.in



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School of Yoga Sciences

[A Constituent Academic Unit of Swami Rama Himalayan University]

SRHU School of Yoga Sciences organized a special session on

Applied Anatomy of Yoga Practice

Date : 20.09.2025

Time : 11:00 AM – 1:00 PM

Venue : Nagarjuna Hall-VI

Report:

The SRHU School of Yoga Sciences organized a special session on *Applied Anatomy of Yoga Practice* on **20th September 2025**, from **11:00 AM to 1:00 PM** at **Nagarjuna Hall–VI**. The session was led by **Dr. Mritunjay Rathore, Professor, AIIMS Raipur, CG** and witnessed an enthusiastic participation of around **103 students, faculty members, and yoga practitioners**. Dr. Rathore skillfully combined anatomical concepts with practical demonstrations, helping participants explore how yoga postures influence bones, joints, muscles, and ligaments. He also shared valuable insights on alignment techniques to enhance posture effectiveness and prevent injuries.

The two-hour session was highly interactive, encouraging participants to actively connect theoretical knowledge with hands-on practice. Many expressed that the session deepened their awareness of how yoga impacts the body structurally and functionally, making their practice more safe, mindful, and effective. With such positive engagement, the session proved to be a meaningful step in blending scientific understanding with the holistic practice of yoga.

Suhelle
20/9/2025
Principal

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

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School of Yoga Sciences

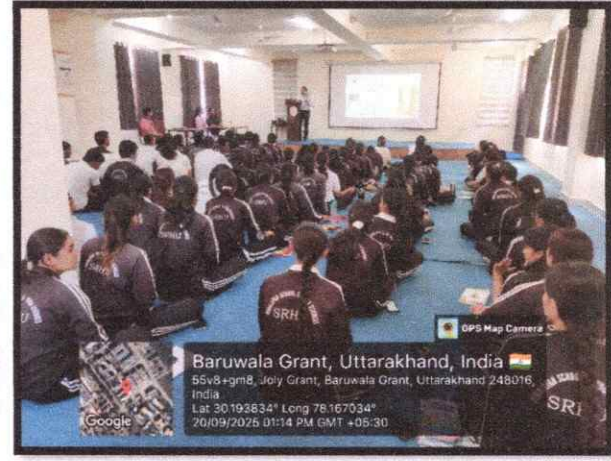
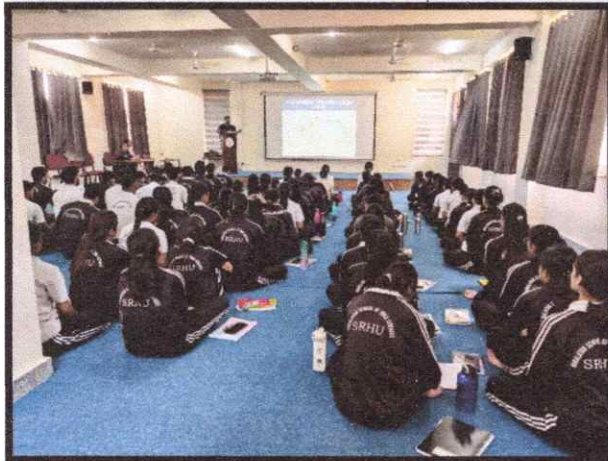
(A Constituent Academic Unit of Swami Rama Himalayan University)



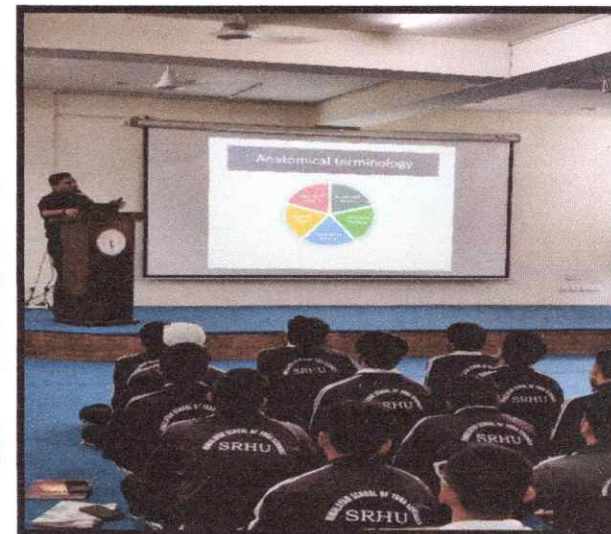
Baruwala Grant, Uttarakhand, India
55°8'gm8, Joly Grant, Baruwala Grant, Uttarakhand 248016, India
Lat 30.19383° Long 78.167043°
20/09/2025 11:58 AM GMT +05:30



Baruwala Grant, Uttarakhand, India
55°8'gm8, Joly Grant, Baruwala Grant, Uttarakhand 248016, India
Lat 30.193826° Long 78.167065°
20/09/2025 01:14 PM GMT +05:30



Baruwala Grant, Uttarakhand, India
55°8'gm8, Joly Grant, Baruwala Grant, Uttarakhand 248016, India
Lat 30.193834° Long 78.167034°
20/09/2025 01:14 PM GMT +05:30



Subrata

20/09/2025

School of Yoga Sciences

Swami Rama Himalayan University

Jolly Grant, Dehradun, Uttarakhand-248016

स्वामी राम नगर, जौलीग्रान्ट, देहरादून 248016, उत्तराखण्ड, भारत

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B.Sc. Yoga Science & Holistic Health, Batch-2024,Sem-III**Attendance sheet**

| S.No. | DD. No. | Name | Sign |
|-------|----------------|------------------|------------------|
| 1 | DD241107301001 | Akriti Negi | <u>AKRITI</u> |
| 2 | DD241107301002 | Tanshika Raghav | <u>Tanshika</u> |
| 3 | DD241107301003 | Priya Rana | <u>Priya</u> |
| 4 | DD241107301004 | Payal Krishali | <u>Payal</u> |
| 5 | DD241107301005 | Nisha Adhikari | <u>Nisha</u> |
| 6 | DD241107301006 | Darshpreet Kaur | <u>Darsh</u> |
| 7 | DD241107301007 | Kumkum Rajput | — |
| 8 | DD241107301008 | Ayushi Sharma | <u>Ayushi</u> |
| 9 | DD241107301009 | Kritika Thapa | <u>Kritika</u> |
| 10 | DD241107301010 | Atharv | <u>Atharv</u> |
| 11 | DD241107301011 | Rishabh Malhotra | <u>Rishabh</u> |
| 12 | DD241107301012 | Muskan Sharma | <u>Muskan</u> |
| 13 | DD241107301013 | Megha Rana | <u>Megha</u> |
| 14 | DD241107301014 | Sheetal Chauhan | <u>Sheetal</u> |
| 15 | DD241107301015 | Tanuja Negi | <u>Tanuja</u> |
| 16 | DD241107301016 | Anjali Negi | — |
| 17 | DD241107301017 | Prabhakar Bhatt | <u>Prabhakar</u> |
| 18 | DD241107301018 | Akash Singh | <u>AKASH</u> |
| 19 | DD241107301019 | Nikita Rana | — |

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|----|----------------|-------------------|--------------------|
| 20 | DD241107301020 | Nikhil Bisht | — |
| 21 | DD241107301021 | Yashika Bisht | Yashika Bisht |
| 22 | DD241107301022 | Srishti | Srishti. |
| 23 | DD241107301023 | Somit Gusain | — |
| 24 | DD241107301024 | Ayushi Lekhwar | Ayushi |
| 25 | DD241107301025 | Khushi | — |
| 26 | DD241107301026 | Arti | Arti |
| 27 | DD241107301027 | Srishti Panwar | Srishti Panwar |
| 28 | DD241107301028 | Km. Aarti Chauhan | Aarti Ch |
| 29 | DD241107301029 | Navya Nagar | Navya |
| 30 | DD241107301030 | Chitranshi Rawat | Chitranshi |
| 31 | DD241107301031 | Ujjwal | Ujjwal |
| 32 | DD241107301032 | Anshul | Anshul |
| 33 | DD241107301033 | Avnish Kaintura | Avnish |
| 34 | DD241107301034 | Isheeta Bhatt | Isheeta |
| 35 | DD241107301035 | Aanchal Khanduri | Aanchal |
| 36 | DD241107301036 | Kanika | Kanika |
| 37 | DD241107301037 | Shreya Mangain | Shreya Mangain |
| 38 | DD241107301038 | Vidushi Chaudhary | Vidushi Chaudhary. |
| 39 | DD241107301039 | Avantika | Avantika |

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|----|----------------|------------------|----------|
| 40 | DD241107301040 | Ashish Rawat | Ashish |
| 41 | DD241107301041 | Deepak Chamoli | Deepak |
| 42 | DD241107301042 | Yuvraj Singh | Yuvraj |
| 43 | DD241107301043 | Saniya Sindhwal | Saniya |
| 44 | DD241107301045 | Ishan Rawat | Ishan |
| 45 | DD241107301046 | Dhruv Chamoli | — |
| 46 | DD241107301047 | Shruti Nautiyal | Shruti |
| 47 | DD241107301048 | Kashish Rana | — |
| 48 | DD241107301049 | Tripti Sayana | Tripti |
| 49 | DD241107301050 | Deepika Bijalwan | Deepika |
| 50 | DD241107301051 | Raj Giri | Raj |
| 51 | DD241107301052 | Saloni Bisht | Saloni |
| 52 | DD241107301053 | Monika | Monika |
| 53 | DD241107301054 | Kanika Krishali | — |
| 54 | DD241107301055 | Priya | Priya |
| 55 | DD241107301056 | Ritik | Ritik |
| 56 | DD241107301057 | Ritika Panwar | — |
| 57 | DD241107301058 | Sneha Chauhan | Sneha |
| 58 | DD241107301059 | Vipanshu Singh | Vipanshu |
| 59 | DD241107301060 | Khushi Kothari | Khushi |

Shreyashi
Kshamta Patel

Shreyashi
Kshamta Patel

Sneha
20/9/25

Principal
School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248011

B.Sc. Yoga Science & Holistic Health, Batch-2023,Sem-V**Attendance sheet**

| S.No. | DD. No. | Name | Sign |
|-------|----------------|---------------------|----------------------|
| 1 | DD231107301001 | Vrinda Goyal | <u>Vrinda</u> |
| 2 | DD231107301002 | Nitin Chobey | <u>Nitin</u> |
| 3 | DD231107301003 | Prabhat Pundir | <u>Prabh</u> |
| 4 | DD231107301004 | Abdul Quadir | — |
| 5 | DD231107301005 | Neha Rana | <u>Neha Rana</u> |
| 6 | DD231107301006 | Amrita | — |
| 7 | DD231107301007 | Sushil Joshi | — |
| 8 | DD231107301008 | Sakshi Chauhan | <u>Sakshi</u> |
| 9 | DD231107301009 | Abhishek Bisht | <u>Ab</u> |
| 10 | DD231107301010 | Sonali | — |
| 11 | DD231107301011 | Kavita | <u>Kavita</u> |
| 12 | DD231107301012 | Nikita | <u>Nikita</u> |
| 13 | DD231107301013 | Piyush Nirala | <u>Piyush</u> |
| 14 | DD231107301014 | Mayuri Bhandari | <u>Bhandari</u> |
| 15 | DD231107301015 | Pragya Kusum Badoni | <u>Pragya</u> |
| 16 | DD231107301016 | Manisha | <u>Manisha</u> |
| 17 | DD231107301017 | Ashi Aswal | <u>Ashi</u> |
| 18 | DD231107301018 | Tanushree Rana | <u>Rana</u> |
| 19 | DD231107301019 | Pinki Rana | <u>Pinki</u> |
| 20 | DD231107301020 | Oshi Rawat | <u>Oshi</u> |
| 21 | DD231107301021 | Yashika Gupta | <u>Yashika Gupta</u> |
| 22 | DD231107301022 | Kalpana | — |
| 23 | DD231107301023 | Himanshu Dwivedi | <u>H</u> |
| 24 | DD231107301024 | Monika Kothiyal | <u>Monika</u> |

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|----|----------------|---------------------------------|-------------------------------|
| 25 | DD231107301025 | Charu Painuly | <u>Charu</u> |
| 26 | DD231107301026 | Vipul Bailwal | <u>Vipul</u> |
| 27 | DD231107301027 | Sudiksha Panwar | <u>Sudiksha</u> |
| 28 | DD231107301028 | Divya Solanki | <u>Divya</u> |
| 29 | DD231107301029 | Ayush Lakhera | <u>Ayush</u> |
| 30 | DD231107301030 | Shikha Chamoli | — |
| 31 | DD231107301031 | Nisha | <u>Nisha</u> |
| 32 | DD231107301032 | Neha Anand | <u>Neha</u> |
| 33 | DD231107301033 | Aman Krishali | <u>Aman</u> |
| 34 | DD231107301034 | Aresh Kunwar | — |
| 35 | DD231107301035 | Mukti Tomar | — |
| 36 | DD231107301036 | Neha Chettri | <u>Chettri</u> |
| 37 | DD231107301037 | Anchal Chauhan | <u>Anchal</u> |
| 38 | DD231107301038 | Garima Bhatt | <u>Bhatt</u> |
| 39 | DD231107301039 | Alok Rawat | <u>Rawat</u> |
| 40 | DD231107301040 | Neha | — |
| 41 | DD231107301041 | Parmar Karan kumar Dashrathbhai | <u>Karan</u> |
| 42 | DD231107301042 | Akhil Negi | AKHIL <u>AKHIL</u> |
| 43 | DD231107301043 | Ashutosh Duklan | <u>Ashutosh</u> |
| 44 | DD231107301044 | Mansi Negi | — |
| 45 | DD231107301045 | Shubham Bhatt | <u>Shubham</u> |
| 46 | DD231107301046 | Ayushi Bhandari | <u>Bhandari</u> |
| 47 | DD231107301047 | Yash Attri | <u>Attri</u> |
| 48 | DD231107301048 | Aditya Bhandari | <u>Aditya</u> |
| 49 | DD231107301049 | Pradeep Raturi | <u>Raturi</u> |

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|----|----------------|-----------------|------------------|
| 50 | DD231107301050 | Aastha | <u>Aastha</u> |
| 51 | DD231107301051 | Himanshu Sharma | <u>Himanshu.</u> |
| 52 | DD231107301052 | Kshamta Patel | — |
| 53 | DD231107301053 | Nishant Nayal | — |
| 54 | DD231107301054 | Sakshi | <u>Sakshi</u> |
| 55 | DD231107301055 | Madhuri Panwar | <u>Madhuri</u> |
| 56 | DD231107301056 | Tushar Dhiman | — |
| 57 | DD231107301057 | Radhika | — |

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Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

| | | | |
|----|----------------|-----------------|------------------|
| 50 | DD231107301050 | Aastha | <u>Aastha</u> |
| 51 | DD231107301051 | Himanshu Sharma | <u>Himanshu.</u> |
| 52 | DD231107301052 | Kshamta Patel | — |
| 53 | DD231107301053 | Nishant Nayal | — |
| 54 | DD231107301054 | Sakshi | <u>Sakshi</u> |
| 55 | DD231107301055 | Madhuri Panwar | <u>Madhuri</u> |
| 56 | DD231107301056 | Tushar Dhiman | — |
| 57 | DD231107301057 | Radhika | — |

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20/9/25
Hindipatti
School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

M.Sc. ~~YSHH~~ Batch-2025, Sem-I

Attendance sheet

| S.No. | DD. No. | Name | Sign |
|-------|---------|-------------------|--|
| 1 | | Priyanshu Kothala | <u>Priyanshu</u> |
| 2 | | Bunty Kumar | <u>Bunty</u> |
| 3 | | Ambika | <u>Ambika</u> |
| 4 | | Shristi | <u>Shristi</u> |
| 5 | | Aaradhna | <u>Aaradhna</u> |
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| 16 | | | <u>Subhal</u> 20/9/25 |
| 17 | | | Principal School of Yoga Sciences Swami Rama Himalayan University Jolly Grant, Dehradun, Uttarakhand-248016 |
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Attendance sheet

| S.No. | DD. No. | Name | Sign |
|-------|---------|--------------|--|
| 1 | | Smrati Kalua | <u>Smrati</u> |
| 2 | | Ishant Royal | <u>Ishant</u> |
| 3 | | Priyanka | <u>Priyanka</u> |
| 4 | | Ritisha | <u>Ritisha</u> |
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| 16 | | | |
| 17 | | | <u>Suhani</u> |
| 18 | | | <u>20/9/25</u> |
| 19 | | | Principal School of Yoga Sciences Swami Rama Himalayan University Jolly Grant, Dehradun, Uttarakhand-248016 |
| 20 | | | |

Attendance sheet

| S.No. | DD. No. | Name | Sign |
|-------|---------|--------------|--|
| 1 | | Smrati Kalwa | <u>Smrati</u> |
| 2 | | Ishant Royal | <u>Ishant</u> |
| 3 | | Priyanka | <u>Priyanka</u> |
| 4 | | Ritisha | <u>Ritisha</u> |
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| 16 | | | |
| 17 | | | <u>Suhani</u> |
| 18 | | | <u>20/9/25</u> |
| 19 | | | Principal School of Yoga Sciences Swami Rama Himalayan University Jolly Grant, Dehradun, Uttarakhand-248016 |
| 20 | | | |