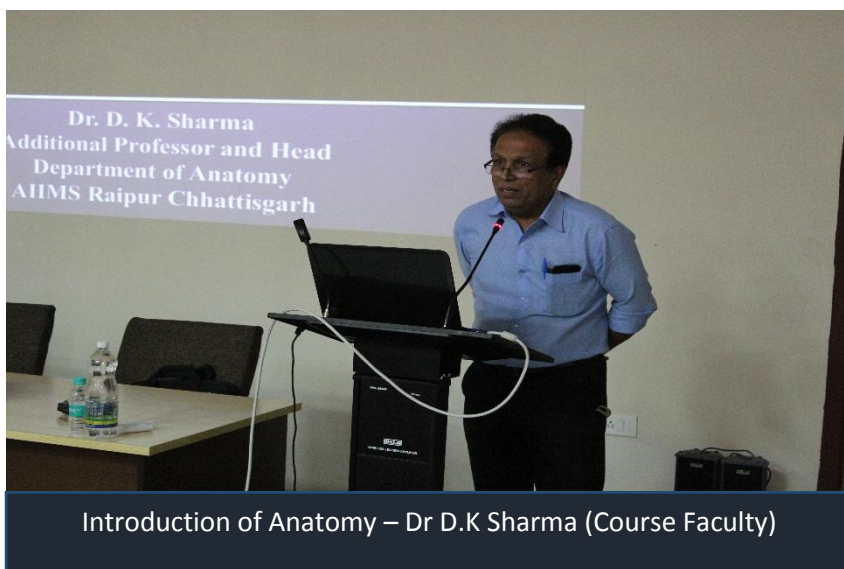


The Functional Anatomy Yoga Workshop Jointly organized by the Department of Anatomy and Yoga Committee AIIMS, Raipur on 25<sup>th</sup> and 26<sup>th</sup> March 2017 for Yoga students, Medical and Nursing Students. Total 40 Students participate from the PtRavishankarUniversity,BilaspurUniversity,ShriMahavir College of Naturopathy & Yogic Science, Durg and MBBS and Nursing students of AIIMS, Raipur, attended the Workshop.

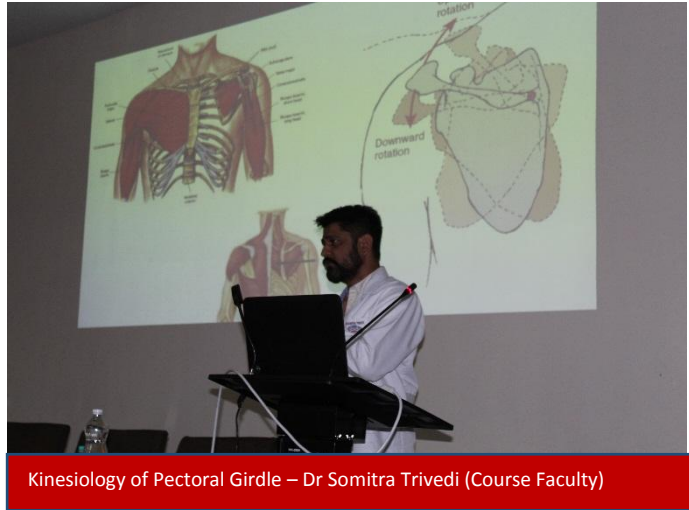
The Objective of the Workshop was focused on identification of Common problems and Corrective strategies in yoga pose. The participants were involved in Pre Test and Post Test, Lecture session, Group activity and discussion during the workshop.



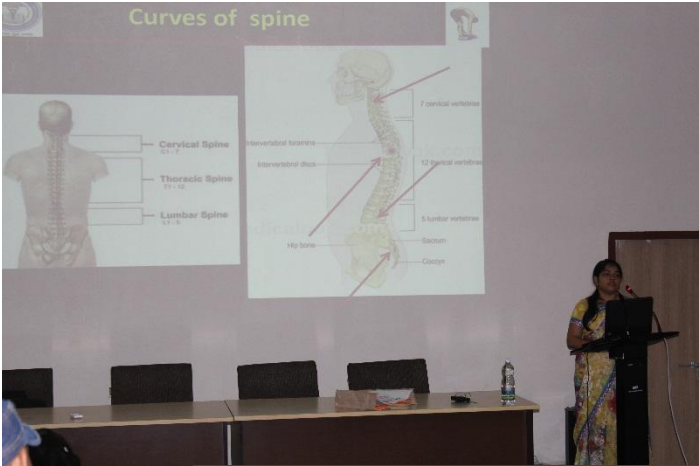
Overview of Workshop – Dr MrithunjayRathore (Course Director)



Introduction of Anatomy – Dr D.K Sharma (Course Faculty)



Kinesiology of Pectoral Girdle – Dr Somitra Trivedi (Course Faculty)



Kinesiology of Spine – Dr Manisha B Sinha (Course Faculty)



- Learning objectives**
1. State why yoga should be introduced in medical curriculum as a branch of contemporary medicine.
  2. Briefly describe the effects of yoga training on physiological functions.
  3. Briefly explain the beneficial effects of pranayam.
  4. Briefly explain the mechanism of action of yoga.
  5. In a tabular form, give the differences between yoga and physical exercise.

Physiology of yoga – Dr EktaKhandelwal (Course Faculty)



Functional Anatomy workshop conducted By Dr MrithunjayRathore







