

CURRICULUM VITAE

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RESEARCH & PUBLICATION

1. Ekta Khandelwal, **Rathore M**, Trivedi S. Asana to Anatomy; **Unpacking's Asanasinner mechanics** through experiential learning. Int J Anat Res 2024, Vol 12(1):8808-14. ISSN 2321-4287.
2. Ekta Khandelwal, Rathore Unlocking the mind-body connection: An HRV -Based assessment of **cardiac autonomic response to yogic posture**. Indian journal of clinical anatomy and physiology. 2024; 11(4):221--226
3. Trivedi S, Arora R, Thakur J, **Rathore M**. Comparing the clinical Orientation benefits of endoscopic demonstration on the nose, paranasal sinus, and skull base versus Cadaveric dissection for first year medical undergraduates. Indian J otolar& head & neck surgery 2024; doi.org/10.1007/s12070-024-04535-9
4. **Rathore M**, Verma Meghnath, Nirwan Mohit, Trivedi S. **Functional connectivity of prefrontal cortex** in various **meditation techniques**- A Mini – Review. Int J Yoga 2023; 15:187-94
5. Trivedi S, Sharma U, **Rathore M**. Comprehensive study of arrangement of renal hilar structures and branching pattern of segmental renal arteries: An anatomical study. Cureus 2023; 15(7): e42165. doi:10.7759/cureus.42165
6. **Rathore M**, Verma M, Abraham J, Dada Rima, Kumar M. Impact of “ **Yoga based lifestyle intervention**” and its applications on health and Disease. Int Res J of Ayur & yoga. 2023; 6(1), 64-73.
7. **Rathore M**, Verma M, Abraham J, Dada R. Impact of **Yoga based lifestyle intervention** and its implication on health and disease. Int research J of Ayurveda & Yoga 2023; 6(1) 64-73
8. Rathia D, **Rathore M**, John M, et al. The Efficacy of Utilizing the Anatomage Table as a Supplementary Educational Resource in Osteology Instruction for First-Year Medical Students. Cureus 2023 15(10): e46503. doi:10.7759/cureus.46503

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12. **Rathore M**, Khandelwal, Singh B. Comparative immediate effect of different **yoga asanas** on cardiac autonomic rhythm in health young volunteers. Indian J Clin Anat Physio 2021;8(1):15-19.
13. Abu Ubaida Siddiqui, Dhyanesh Kumar Sharma, **Rathore M**. This is how we did it conceiving and continuing a body donation and honor program at AIJ India institute of medical science. Raipur, India. Nat J Clin Anat.2020-04-23.
14. **Rathore M**, Abraham J. Implication of **Asana, Pranayama and Meditation** on **Telomere stability**- Review article Int J Yoga. 2018 11(3):186.
15. **Rathore M**.**Neuroanatomical perspective of meditation**–Systematic reviewJournal of the Anatomical Society of India .2028;67, S56-S57
16. **Rathore M**, Trivedi S, Jessy Abraham- **Anatomical correlation of core muscle activation in different** yogic posture. Review article Int J Yoga.2017;10(2):59-66
17. S Trivedi, BC Satapathy, **M Rathore**, MB SinhaA. rare case of anomalous origin of first lumbrical from the tendon of flexor digitorum superficialis to index fingerJournal of Clinical and Diagnostic Research: 2016;JCDDR 10 (11), AD03
18. MB Sinha, HP Sinha, D Sharma, **Rathore M**, S Trivedi, AU Siddiqui Variation in carotid system anatomy in central India.2016;Indian Journal of Anatomy 5 (3), 307-10.
19. **Rathore M**, Periyasamy, D. K. Sharma, Manisha Sinha. Electromyographical analysis of the effect of **yoga posture on the trunk muscle activities** and its significance: a pilot study. Indian Journal of Clinical Anatomy and Physiology.2015; 2(2):74-80.
20. S Trivedi,MB Sinha,DK Sharma,**RathoreM**, AU SiddiquiAbnormal musculotendinous slip from biceps brachii to pronator teres: A case report.2015;Int J Biomed Adv Res 6 (1), 64-66
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23. **Rathore M**, Sarita A, Kumar P. Exploring the significance of “**Mudra and Bandha**” in pelvic floor dysfunction. Review article, Yoga Mimamsa 46(3-4);59-63.

24. DK Sharma, SV Vishnudutt, **Rathore M**. Prevalence of cervical Rib and its association with gender, body side, handedness and other thoracic body anomalies in population of central India. Indian J of basic and applied medical research. 2014; 3 (2), 593-597
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26. AA Deshkar, R Bhargava, AM Deshkar, P Soni, **Rathore M**, V Verma Ergo medicine services in rural and urban Chhattisgarh. 2014; Journal of Evolution of Medical and Dental Sciences 3 (16), 4192-4197
27. DK Sharma, **Rathore M**, AU Siddiqui Body Donation Awareness'-The only solution for the Scarcity of Cadavers in Medical Education in India. 2014. Indian J Anat 3 (4), 201-6.
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29. B Sinha, **Rathore M**, Trivedi S. Morphometry of first pedicle of sacrum and its clinical relevance International Journal of Healthcare and Biomedical Research. 2013; 1, 234-40
30. B Sinha, Rathore M, Trivedi S. A Study of variation of sacral hiatus in dry bone in central Indian region. International J. of Healthcare and Biomedical Research. 2014; 2 (4), 46-52
31. MB Sinha, S Trivedi, AU Siddiqui, **Rathore M**. Occipital condyle and its relevance during surgery. 2014; National Journal of Clinical Anatomy 3 (4), 209-214.
32. S Trivedi, A Siddiqui, T Sinha, MB Sinha, Rathore M. Absence of extensor indicis: A rare anatomical variant. 2014; Int J Biom Res 5 (1), 61
33. AU Siddiqui, KR Gandhi, S Trivedi, MB Sinha, **Rathore M**. Crista terminalis, musculus pectinati, and taeniasagittalis: anatomical observations and applied significance. International Scholarly Research Notices 2013 (1), 803853
34. B Sinha Manisha, **Rathore M**, T Soumitra, A Siddiqui Morphometry of first pedicle of sacrum and its clinical relevance. 2013; International Journal of Healthcare and Biomedical Research 1, 234-40.
35. AU Siddiqui, KR Gandhi, S Trivedi, MB Sinha, **Rathore M** .Morphometric assessment of the greater palatine foramen with the adjacent anatomical landmarks. 2013; Indian Journal of anatomy 2 (2), 6.
36. R Purnima, T Pankaj, **Rathore M**, V Vijay, SN Pandey Antibiotics Induced Adverse Drug Reaction Monitoring in a Teaching Hospital in Chhattisgarh. 2012. Research journal of Pharmacology and Pharmacodynamics 4 (1), 13-16

EXTRAMURAL & INTRAMURAL RESEARCH PROJECT IN YOGA

1. Serving as Principal Investigator in the Institutional Intramural Research Project titled *"Impact of Selected Yoga Postures on Core Muscle Strength in Degenerative Disk Disease Without Neurological Deficit,"* leading an in-depth study on the therapeutic role of yoga in spinal health and rehabilitation.
2. Working as Guide in the research project *"Neck Muscle Activity and Craniovertebral Angle in Computer Operators with Neck Pain at AIIMS Raipur,"* providing expert supervision and mentorship to assess postural and muscular imbalances in prolonged screen users.
3. Acting as Co-Principal Investigator in the Institutional Intramural Research Project *"Therapeutic Efficacy of Yoga on Biochemical Profile, Anxiety, and Sleep Quality in Asthmatic Patients: A Randomized Controlled Trial,"* contributing to the scientific evaluation of yoga as a complementary therapy for respiratory health.
4. Engaged as Co-Principal Investigator in the Extramural Research Project (AYUSH) *"Impact of Yoga on Quality of Life in End-Stage Renal Disease Patients on Maintenance Hemodialysis – A Mixed-Method Pilot Study,"* exploring holistic approaches to enhance well-being in chronic kidney disease patients.
5. Leading as Principal Investigator in the Institutional Intramural Research Project *"Differential Modulation of Cardiac Autonomic Rhythm Across Various Body Postures,"* conducting research on the physiological impact of postural variations on heart rate variability and autonomic balance.
6. Serving as Principal Investigator in the Institutional Intramural Research Project *"Myoelectric Activity of Core and Lower Limb Muscles in Different Postures: Understanding the Biomechanics,"* advancing research on muscular activation patterns in diverse postural alignments.

GUEST LECTURES & CONFERENCE&CME PRESENTATIONS AT NATIONAL AND INTERNATIONAL LEVEL IN YOGA

1. Keynote Speaker at National Research Symposium and **International Yoga Conference** "Yoga Sankalp 2024" On 17th March 2024, the keynote speaker addressed the National Research Symposium and International Yoga Conference "Yoga Sankalp 2024" in Indore, with the theme "Towards Holistic Well-being through Yoga."
2. Guest Speaker at **International Conference** yoga in cancer care-As a Guest Speaker, the topic "Mindful Asana Practice for Cancer Survivorship" was presented at Lonavala, date 8th December 2024.
3. Participated as a Resource Person in the **Continuing Medical Education (CME)** program on the topic "Empowering Yoga Education through Advancements in Teaching Pedagogy of Yoga Practice: Aligning with NEP 2020" at Central University, Devprayag, from 21st to 22nd March 2025.
- 4.
5. Delivered a Guest Lecture on *"Neuroanatomical Perspective of Meditation"* at the 12th Annual Conference of Neurological Surgeons Society, hosted by AIIMS Raipur in 2024.
6. Presented a Guest Lecture on *"Anatomical Perspective of Asanas"* at ANATOMICA-MPCGCON2023, hosted by R.D. Gardi Medical College, Ujjain, in 2023.
7. Delivered a Guest Lecture on *"The Importance of Yoga During the COVID-19 Pandemic"* at the National Seminar, hosted by Pt. Ravishankar University, Raipur, in 2021.
8. Presented an Oral Lecture on *"Biomechanics of Asanas"* at the Annual Conference of Anatomical Society of India, hosted in New Delhi, in 2019.
9. Presented a Scientific Poster on *"Study on the Effect of Warrior One and Warrior Two on Lower Extremity Muscles: An EMG Study"* at ANATOMICA-MPCGCON2023, hosted by R.D. Gardi Medical College, Ujjain, in 2023.
10. Presented a Scientific Poster on *"Does the FAM Alter the Functional Connectivity of the DMN of the Brain?"* at the Annual Conference of the National Academy of Medical Science, hosted by AIIMS Bhopal, in 2019.
11. Invited Speaker at the 5th National Conference of the Society of Clinical Anatomists (SOCA), delivering a guest lecture on *"Functional Anatomy of Sun-Salutation with Special Reference to LPHC Muscles."* This session, held on April 9-10, 2016, at S.G.R.D Institute of Medical Science and Research, Amritsar (Punjab), explored biomechanical insights into sun-salutation and its impact on the lumbo-pelvic-hip complex.
12. Delivered a Keynote Talk at the 8th National Conference on Rational Pharmaco-Therapeutics – Right for Patients, Right for Nation, held from February 9-11, 2017, at Government Medical College, Raigarh (Chhattisgarh). The session, titled *"Yoga: A Non-Pharmacological Approach for*

Lifestyle Disorders," emphasized the therapeutic potential of yoga as an evidence-based intervention in modern healthcare.

13. Oral Presentation at the 21st International Conference on Frontiers in Yoga Research and its Application, held from January 3-7, 2016, at PrashantiKutiram, Bengaluru, India. The presentation, *"Functional Anatomy of Core Muscle Activation in Different Yogic Postures – A Conceptual Review,"* examined the neuromuscular engagement of core muscles in various yoga postures.
14. Poster Presentation at the 21st International Conference on Frontiers in Yoga Research and its Application, organized from January 3-7, 2016, at PrashantiKutiram, Bengaluru, India. The study, *"Anatomical Analysis of Cobra Posture and its Correlation with Lower Back Pain,"* provided insights into spinal biomechanics and therapeutic applications for lumbar health.
15. Scientific Poster Presentation at the 56th Annual Conference (NAMSCON-2016) of the National Academy of Medical Sciences, held from October 21-23, 2016, at AIIMS, Raipur (Chhattisgarh). The research, *"Analysis of Myoelectric Activation Patterns During Posture: Understanding the Process,"* explored electromyographic patterns of muscle activation in various postures and their implications for movement efficiency and rehabilitation.
16. Master trainer for 200 hr Yoga training course at Parmath Niketan, Rishikesh.
17. Resource Person in Continuing Medical Education (CME) workshop at international yoga center , Central Sanskrit University , Uttarakhand.

ADVANCING INNOVATION IN YOGA ANATOMY TEACHING

1. Pioneered an advanced Yoga Anatomy Workshop on *"Mindful Asana Practice for Cancer Survivorship,"* successfully conducted on December 6, 2024, during the International Conference in Lonavala. This workshop provided scientifically backed insights into the role of asanas in cancer rehabilitation, focusing on biomechanical precision, postural alignment, and therapeutic applications for survivorship care.
2. Invited as a Lead Speaker at the 2023 International Yoga Summit in Haridwar, presenting a specialized workshop on *"Uniting Mind and Bodies Through Yoga."* Organized by the Indian Yoga Association, this session explored the intersection of yoga anatomy, neuroscience, and biomechanics, enhancing participants' understanding of movement efficiency and mind-body integration in yoga practice.
3. Played a key leadership role as Organizing Secretary and Resource Faculty for YOGANATOME-23, a National Workshop on Yoga Anatomy hosted by AIIMS Raipur in 2023. This initiative introduced cutting-edge methodologies in yoga biomechanics, integrating anatomical knowledge with practical application, fostering a scientific approach to postural wellness and functional movement.
4. Yoga Anatomy Training and Teaching Program was conducted on 18th March 2025 at DevSanskritiVishwavidyalaya (DSVV), Haridwar.
5. A Yoga Anatomy Teaching and Training Program was held on 21st March 2025 at Doiwala, Uttarakhand.
6. A Yoga Anatomy Teaching and Training Program was conducted for International Delegates at RishikeshParmathNiketan from 19th to 21st March 2025.
- 7.

AWARDS & RECOGNITIONS

- Academic Honor: Conferred with the Academic Scroll by the National Academy of Medical Sciences (NAMS) at the Annual Conference at AIIMS Bhopal (2019), recognizing outstanding contributions to medical science and education.
- National Service Excellence: Awarded the Special Activity Award (2018) by the National Service Scheme (NSS) for leadership in the *"Teach One Each One"* program, an initiative focused on educating the children of contract workers at AIIMS Raipur (*Annex-11*).
- Distinguished Medical Recognition: Recipient of the National Dr. C. T. Thakar Award by the Indian Medical Association (IMA), honoring excellence in medical education, research, and healthcare service.
- Presidential Commendation: Bestowed with the President's Appreciation Award by the IMA Chhattisgarh Chapter for significant contributions to healthcare advancements and medical community leadership.

PHOTOGRAPHS GALLERY

1. Yoga Anatomy Training and Teaching Program was conducted on 18th March 2025 at DevSanskritiVishwavidyalaya (DSVV), Haridwar.



2. A Yoga Anatomy Teaching and Training Program was held on 21st March 2025 at Doiwala, Uttarakhand.





3. A Yoga Anatomy Teaching and Training Program was conducted for International Delegates at Rishikesh Parmath Niketan from 19th to 21st March 2025.





4. Participated as a Resource Person in the Continuing Medical Education (CME) program on the topic "Empowering Yoga Education through Advancements in Teaching Pedagogy of Yoga Practice: Aligning with NEP 2020" at Central University, Devprayag, from 21st to 22nd March 2025.





5. Yoga Anatomy Workshop at the International Conference at KDHAM, on December 6, 2024, in Lonavala.



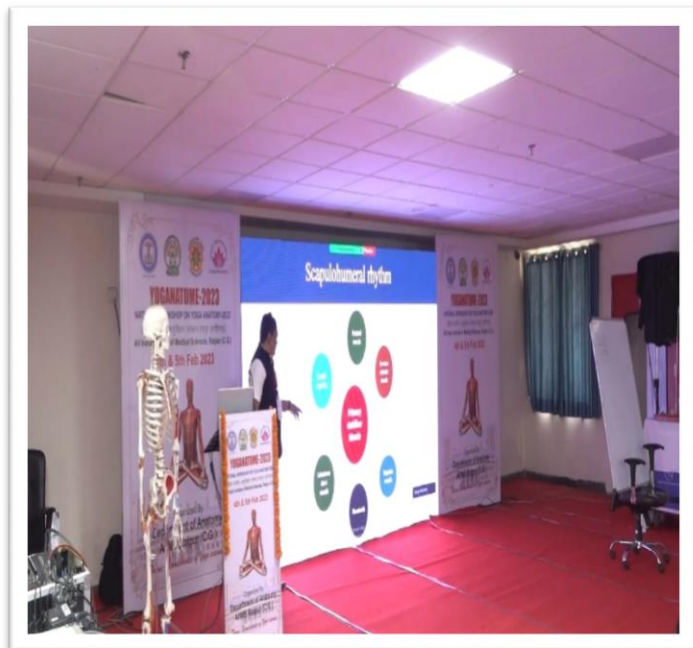
6. Yoga Anatomy Workshop at the International Conference "Yoga Sankalp 2024," held on November 17, 2024, at Choithram Eye Hospital, in Indore



7. Yoga Anatomy Workshop at the International Yoga Summit, organized by the Indian Yoga Association, held on November 23, 2023, at Haridwar



8. National Yoga Anatomy Workshop at AIIMS Raipur, held on February 4th and 5th, 2023



9. Yoga anatomy teaching at AIIMS Raipur 2020



- **Yoga Anatomy workshop at the Community level**



- Yoga anatomy teaching for yoga teachers of Chattisgarh at Yoga Ayog.



- **Conduction of the international yoga at AIIMS Raipur**



- **Conducted a Yoga Workshop at Central Jail Raipur for Prisoners.**





- Conducted yoga workshop for CRPF Personnel at Nuxilite zone





MEETING WITH YOGA GURU



Maa hansaji yogendra



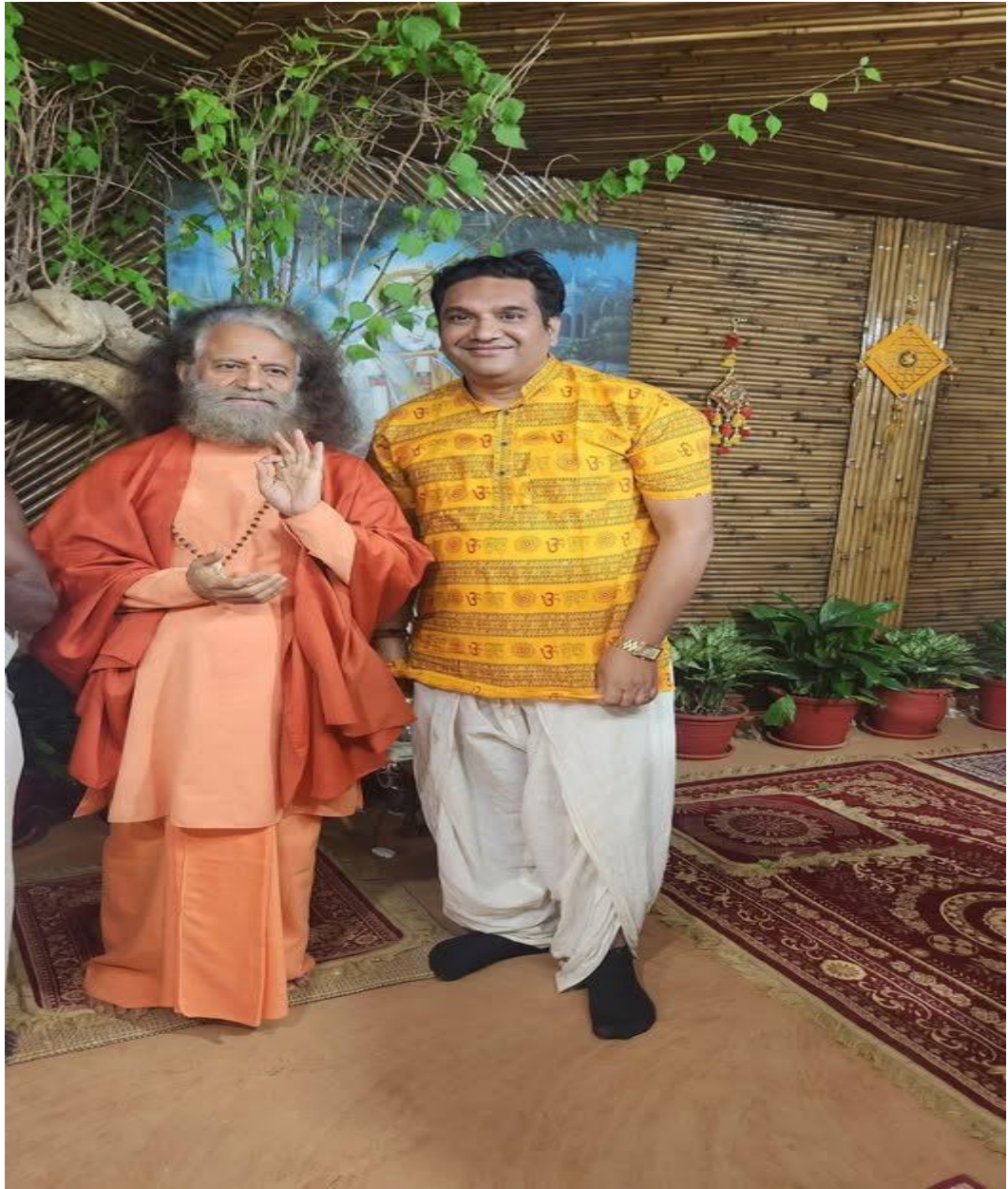
Guruji Dr HR Nagendra



Yogacharya Dr.Ananda Balayogi Bhavanani



Dr Chinmay pandya ji





Shri Subodh Tiwari Ji



Swami Ramdev ji



योग एनाटॉमी वर्कशॉप में कैंसर देखभाल पर टिप्स

रायपुर। महाराष्ट्र के लोनावाला में आयोजित योग एनाटॉमी वर्कशॉप में अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) के डॉ. मृत्युंजय राठौर ने कैंसर देखभाल में योग के महत्व पर प्रकाश डाला। लोनावाला के कैवल्यधाम में आयोजित इस कार्यक्रम में उन्होंने आसनों के शिक्षण की जानकारी दी। इसमें कैंसर सर्वाइवरशिप के लिए आसन सर्वाइवरशिप के लिए उष्ट्रासन कैमल पोज के महत्व को रेखांकित किया और इसके चिकित्सीय लाभों और अंतर्निहित तंत्रों को समझाया। उन्होंने इस बात पर जोर दिया कि कैसे विशेष आसन कैंसर देखभाल के सर्वाइवरशिप चरण के दौरान शारीरिक और मानसिक दृढ़ता में योगदान दे सकते हैं। इसी के साथ उन्होंने कैंसर रोकथाम में आसन अभ्यास की भूमिका पर प्रकाश डाला। उन्होंने बताया कि नियमित अभ्यास तनाव को कम करने, प्रतिरक्षा को बेहतर बनाने, रक्त संचार को बढ़ाने और समग्र स्वास्थ्य को बढ़ावा देने में मदद करता है जो कैंसर के जोखिम को कम करने में महत्वपूर्ण कारक हैं। इस सत्र के दौरान डॉ. राठौर ने त्रिकोणासन, ट्रायंगल पोज और उष्ट्रासन जैसे विभिन्न आसनों को करते समय आने वाली चुनौतियों पर भी चर्चा की और सही तकनीक और सुरक्षा सुनिश्चित करने के लिए व्यावहारिक सुझाव दिए।

200 से अधिक योग साधकों ने किए विभिन्न आसन



इंदौर | हरि ॐ योग केंद्र चौरटेबल ट्रस्ट, इंडियन मेडिकल एसोसिएशन एवं योग विभाग चोइथराम कॉलेज द्वारा योग कार्यशाला का आयोजन किया गया। इसमें एम्स रायपुर एनाटॉमी विभाग के प्रो. डॉ. मृत्युंजय राठौर ने संबोधित करते हुए शरीर के घुमावों को अलग-अलग हड्डियों और मांसपेशियों के समन्वय के उदाहरण के साथ प्रस्तुत किया। उन्होंने पेक्टोरल, हैमस्ट्रिंग, पेल्विक बोन की तकलीफों को सोमेटोसाइकिक मैकेनिक्स

के माध्यम से समझाया। मस्तिष्क के चारों ओर स्थित आनंदमय कोष जिसे ब्लेस्ड माइंड भी कहते हैं, के लिए ध्यान के अभ्यास भी कराए।

200 से अधिक डॉक्टरों, योग विद्यार्थी, योग साधकों ने प्रायोगिक अभ्यास भी किए, जिसमें रीढ़ घुमाव के आसन, संतुलन के आसन प्रमुख थे। स्वागत अश्विनी वर्मा, डॉ. अक्षत पांडे, डॉ. हेमंत शर्मा, डॉ. अशोक शर्मा ने किया। संचालन डॉ. संजय लोंढे ने किया।

AIIMS-R's Yoga Anatomy prog hosts 50 international delegates

TIMES NEWS NETWORK

Raipur: All India Institute of Medical Sciences (AIIMS) Raipur organised an international Yoga Anatomy Training Programme in Rishikesh, aimed at promoting holistic health through a scientific understanding of yogic practices.

The programme saw the participation of over 50 delegates from diverse parts of the world, including Russia, Europe, South Africa, Latin America, and more.

The primary objective of the programme was to bridge



The programme in Rishikesh

global knowledge by offering in-depth insights into the biomechanics of asanas and pranayama, utilising a human skeleton model to demonstrate the precise biomechanics of postures.

The workshop, led by Prof.

(Dr) Mritunjay Rathore from the department of anatomy, AIIMS Raipur, received outstanding feedback from delegates, who praised the depth and clarity of the content covered.

Lt Gen Ashok Jindal (Retd), director & CEO of AIIMS Raipur, emphasised how such initiatives not only contribute to global health awareness but also help integrate traditional practices with modern scientific perspectives, creating a bridge for better understanding and application of yoga in promoting holistic health.

AIIMS Raipur holds International Yoga Anatomy Training event in Rishikesh

■ Staff Reporter
RAIPUR, Mar30

AIIMS Raipur organised an international Yoga Anatomy Training Program in Rishikesh, aimed at promoting holistic health through a scientific understanding of yogic practices. The program was attended by over 50 delegates from diverse parts of the world, including Russia, Europe, South Africa, Latin America, and more.

The primary objective of the program was to bridge global knowledge by offering in-depth insights into the biomechanics of asanas and pranayama, utilizing a human skeleton model to demonstrate the precise biomechanics of yoga postures. The workshop explored how yoga, with its profound ancient wisdom, can be applied to enhance physical, mental, and spiritual well-being. This training program provided participants with



valuable knowledge about the anatomical principles behind yoga, helping them gain a deeper understanding of its benefits.

The workshop, led by Prof. (Dr.) Mritunjay Rathore from the Department of Anatomy, AIIMS Raipur, received outstanding feedback from delegates, who praised the depth and clarity of the content covered. Prof. Rathore's extensive expertise in yoga anatomy played a key role

in ensuring a highly impactful and engaging learning experience. Lt Gen Ashok Jindal (Retd), Director & CEO of AIIMS Raipur, emphasized how such initiatives not only contribute to global health awareness but also help integrate traditional practices with modern scientific perspectives, creating a bridge for better understanding and application of yoga in promoting holistic health.



रूस, अमेरिका, दक्षिण अफ्रीका ने लिया योग शरीर रचना पर प्रशिक्षण

रायपुर। एम्स के एनाटोमी विभाग के प्रोफेसर डा. मृत्युंजय राठौर द्वारा ऋषिकेश में अमेरिका, दक्षिण अफ्रीका, रूस, यूरोप जैसे देशों से आए लोगों को अंतर्राष्ट्रीय योग शरीर रचना पर ट्रेनिंग दी। कार्यक्रम का मुख्य उद्देश्य वैश्विक ज्ञान का सेतु स्थापित करना था। इसमें आसनों और प्राणायाम की बायोमैकेनिक्स पर गहरी जानकारी के साथ मानव कंकाल मॉडल का उपयोग कर योग आसनों की सटीक बायोमैकेनिक्स को प्रदर्शित किया गया। कार्यशाला में यह भी अन्वेषण किया गया कि कैसे योग, अपनी गहरी प्राचीन विद्या के साथ, शारीरिक, मानसिक और आत्मिक कल्याण को बढ़ावा देने के लिए लागू किया जा सकता है। इस प्रशिक्षण कार्यक्रम ने प्रतिभागियों को योग के शारीरिक सिद्धांतों के बारे में महत्वपूर्ण जानकारी प्रदान की। प्रोफेसर राठौर की योग शरीर रचना में गहरी विशेषज्ञता ने सीखने के अनुभव को अत्यधिक प्रभावशाली और आकर्षक बनाने में महत्वपूर्ण भूमिका निभाई। एम्स के निदेशक अशोक जिंदल ने इस प्रकार की पहलों के महत्व पर जोर दिया।