

### 5<sup>th</sup> June 2016: Doctrine of Yoga by Mr. Krishna Kumar MB

**Brief CV of the Key Speaker:** Mr. Krishna Kumar MB, consultant on Corporate Planning, Policy Formulations & Logistics, Governing Board Committee (ISOL Foundation), as the key speaker. Mr. Krishna Kumar MB is a dynamic professional with rich experience in Broadcast Industry and Corporate Communications, Journalism, Crisis Management, Editorial Operations, Strategic Planning and Management.

**Summary of the Lecture:** Yoga is the most advanced science for the development and advancement of the human faculties with psycho-physical characteristics in synchronisation with the cosmic systems. Doctrine of Yoga or Yoga Anusaasanam popularly known as Yoga Sootra (sutra) is an extensive application of the Principles of 'Jyotishmati' of Skanda together with its branches of Astronomy, human structure and functions in reciprocation to nature.

Posture and regulation of breathe skeleto- muscular and organ systems are only a part of the YoGa Sootra. The extensive application of the YoGa Sootra underlies in the positioning in consonance with Astrophysical principles and delinking the impact of chronological progression of time, to create a self defined, self determining Faculties and Physique with absolute control of involuntary and voluntary functions. Thus System of YoGa is fundamental to futuristic course of learning and skill development to create absolute mastery over the subject streams pursued.

The event was attended by 45 students.

