

Dr. P. N. Ganesh Kumar

Dr. P. N. Ganesh Kumar has a *doctoral degree in yoga* from S-VYASA Bangalore, Hindu University of America under the guidance of Guruji Dr. H R Nagendra. He completed his *Master of Physical Education [M.P.Ed]* from Bangalore university and *B.Com* degree from mysore university. In addition, he has *Post Graduate Diploma in Yoga [PGDY]* from Annamalai University, Tamil Nadu. From Asian Yoga Federation Singapore, he has successfully completed *Asian Yoga Teacher* and *Asian Yoga Referee* courses. He has also successfully completed *Y.T.T.C in yoga* from Vivekananda Yoga Research centre, Jigani, Bangalore. He has done *Rekhi* and *Pranic Healing course* in mysore. He has successfully passed *Skill India RPL Exam Level – 5* from Government of India. He has done *N.I.S. in yoga* from Sports Authority of India, Kolkata.

Dr. P. N. Ganesh Kumar has more than 35 years of experience in yoga as teacher, trainer, coach and resource person. He is serving as *Grade I teacher* at Government high school and university colleges, Department of public instruction, Government of Karnataka. He is serving as *Honorable lecturer and yoga trainer* at Vivekananda Yoga Education and Research Institute, Mahajana Tourism College Mysore and Vidya Vikas Tourism College Mysore. He is also a state resource person at *DSERT* Bangalore. He has the experience as the coach, He was *District yoga coach* (Lecturer in District Yoga Sports Foundation), *State Yoga Coach* (Sate team- Karnataka state amateur yoga sports association, Bangalore), *National yoga coach* (Indian team – Yoga Federation of India), *International Yoga Coach* (Asian team – Asian Yoga Federation). He also has the experience of organizing and hosting mega yoga events such as *International Yoga Day event*, *Mass Surya Namaskara Programme* and *Yoga Dasara* event in mysore from past 17 years. Since 1985 he conducted yoga classes for general public, aspiring yoga teachers and rural people. He taught yoga for corporate employees such as Infosys.

Along with professional experience he has immense organizational and administrative experience. He served as *Hon. General Secretary* at Yoga Federation of Mysore. He delivered his duties as *Hon. President* Mysore District Yoga Sports Foundation. He was *Ex-Director and chairman* for university yoga course in collaboration with Karnataka State Open University, Mysore. He is the *founder and Director* of Mysore Vivekananda Yoga Education and Research Institution(R) India. He is *founder president* of Mysore Yoga Okkuta. He was the *Vice-President* for Yoga Dasara event during the year 2012. He served as *chief coordinator* for International Yoga Day Celebration Committee Mysore. He was the *Ex. Chairman* for Board of Examination at Karnataka State Open University Mysore. He served as *Technical committee member* at Yoga Federation of India.

His specializations or arear of interest in yoga are *Patanjali's ashtanga yoga, Hatha yoga, Ashtanga vinyasa krama, Power yoga, Artistic yoga, Rhythmic yoga, Flow yoga, Pranayama (Vasista paddhathi and Hatha yoga paddhathi), Kriya, Bandha, Mudra and Meditation.*

During his long career he has authored many books on a wide range of yoga subjects, and the books are in the yoga course curriculum offered by the institute. Some of the important books written by Dr. P. N. Ganesh Kumar are *History, development and principles of yoga, Science of yoga, Principles of yoga, pranayama, meditation and kriya, Science of yoga and yogic management, Principles of ashtanga vinyasa yoga krama, Arogyakkagi Surya Namaskara and Yoga, health and value education.*

Due to his immense contribution for about 35 years in the field of yoga apart form 13 medals in *national level* yoga competitions, 15 medals in *state level* yoga competitions and *Bronze medal* in 8th Asian yoga championship at Singapore he honored with many awards such as *Yogacharya, Yoga Bhushana, Yoga Siri,*

Yoga Visharada, Yoga Seva Rathna, Yoga Rathna, Yoga Kousthubha, Yoga Kalanidhi and Adarsha Prathibha Rathna.

He has written many articles in newspapers and done numerous yoga related television and radio programmes with intention to make yoga to reach many people and motivate them to practice it. Some of the important shows he has done for the radio are: *Yoga for health, Yoga for women, Yoga Chikithse and International yoga day*. The yoga related television programmes hosted by Dr. P. N. Ganesh Kumar are *Sakhi Samaya (Udaya TV), Super star of Karnataka (ETV), Fit & Fine (Suvarna TV) and Yoga Manthana (News I TV)*.

He has participated in national level yoga workshops organized by *S-VYASA Bangalore, B.Ed College Mysore University, Tourism Colleges Mysore University and Yoga Federation of India*. He has travelled to many countries such as *China (Shanghai, Beijing), Kenya(Nairobi), Dubai, Nepal and Singapore* for international yoga workshops.