

6th August 2016: The Flow, The Zone and Yog Darshan by Mr. Rakesh Kumar

Brief CV of the Key Speaker: GM and Chief Vigilance Officer, OICL

Summary of the Lecture: The lecture aimed at exploring "YOG DARSHAN" or Patanjali Yog Sutra, with respect to working in the zone or flow as envisaged by [Mihály Csíkszentmihályi](#). [Mihály Csíkszentmihályi](#) defined, flow as completely focused motivation, according to him it leads to ultimate, experience by harnessing the emotions. Flow is so named because during Csíkszentmihályi's 1975 interviews several people described their "flow" experiences using the metaphor of a water current carrying them along. Some of the challenges to staying in flow include states of apathy, boredom, and anxiety.

Being in a state of apathy is characterized when challenges are low and one's skill level is low producing a general lack of interest in the task at hand. Boredom is a slightly different state in that it occurs when challenges are low, but one's skill level exceeds those challenges causing one to seek higher challenges. Lastly, a state of anxiety occurs when challenges are so high that they exceed one's perceived skill level causing one great distress and uneasiness. These states in general differ from being in a state of flow, in that flow occurs when challenges match one's skill level. Consequently, Csíkszentmihályi has said, "If challenges are too low, one gets back to flow by increasing them. If challenges are too great, one can return to the flow state by learning new skills." Yog Darshan provides simple yet effective method for improving learning and performance. The only handicap it has is its practice based technique which needs teacher who have mastered the art themselves and they teach by example.

The lecture was attended by 61 students.

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