

Profile

Mahesh is a Yoga professional active for over a decade helping individuals and organizations focus on their health through thoughtful integration of Yoga, nadi pariksha, Healthy food and herbal remedies. His work stems from his understanding of traditional practices and their role in promoting sound health based on principles of Ayurveda.



Mahesh's expertise comes from his ability to diagnose an individual's state of physiological health at the level of the organs, tissues and energies, psychological health as active expressions of the mind and the level of the sub-conscious through the sophisticated diagnostic technique of Nadi Pariksha (Ayurvedic Pulse diagnosis). He has equal expertise at designing a Yoga practice and suggest a diet that is suitable for the person's body type and health condition.

Mahesh's research is based on bridging the gap between the shastra and practice. This is done through study of manuscripts and understanding the basis and context of the practices and adapting them for teaching as well as therapeutic purposes.

Yoga Education and Work Experience

- ★ Training and certification as a Yoga Instructor from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) and Advanced training in application of Yoga as therapy from Krishnamacharya Yoga Mandiram.
- ★ Exposure through childhood and growing years in Indian tradition.
- ★ Learnt the art of Nadi Pariksha (Ayurvedic Pulse diagnosis) in the foothills of the Himalayas in Dehradun and Mussoorie.
- ★ Studied Yoga Shastras in Kaivalyadhama at Lonavla and at FRLHT.
- ★ Learnt Structured Yoga postures from Shivananda Yoga Vedanta Centre – Neyyar Dam, Kerala.
- ★ Over 16 years of experience as a Yoga practitioner.
- ★ In 2003, he started the Yoga research department and established a Library of Yoga Shastras (manuscripts) at FRLHT. During the 4 year work at FRLHT, he developed a sound understanding of the principles of Ayurveda and he provided a structure for treatment of patients by integrating Yoga and Ayurveda.

Core Skills in Consulting

Perform Nadi Pariksha to diagnose physiological, psychological and sub-conscious aspects and integrate this understanding to address patient's physiological, emotional and mental health issues through-

- ★ Customised Yoga practices to suit the individual's needs
- ★ Holistic, Dietary and lifestyle recommendations specific to the individual's needs
- ★ Herbal remedies and Spiritual remedies – Deva session, Timeline Healing, Self Regression Therapy
- ★ Dinacharya. – a daily way of living

Key Publications and Papers Presented

- ★ Articles in Health magazines including Heritage Amruth, Artha Health Magazine, popular Newspaper dailies, Punarnava Ayurveda World Conference Souvenir
- ★ Talks and Workshops on Yoga, Holistic health and Dinacharya at various forums including schools, colleges and International Conferences.
- ★ Talk at Central College – Yoga, a way of living
- ★ Yoga workshop at Digital
- ★ Yoga workshop at Verisign
- ★ Workshop at Rail Wheel Factory – Vigilant Mind equals Right Action
- ★ Talk on Mental Health on Chandana “All India Radio's FM Radio Channel”
- ★ Yoga Workshop at FLRHT for Foreign Nationals
- ★ Talk at Sardar Patel High School – Yoga for better academic performance
- ★ Talk at Income Tax Department – Yoga, a way of living
- ★ Talk at Kumaran's school – Dinacharya
- ★ Talk at Gear Foundation School – Dinacharya
- ★ Talk at School of Ancient Wisdom – The Science of Yoga, Talk at Yukti outreach programme
- ★ Yoga workshop at International Conference on Yoga and Ayurveda at Rishikesh
- ★ Talk at HAL Management Academy – Dinacharya
- ★ Workshop at School of Ancient Wisdom – Yoga and Ayurveda for you
- ★ Talk at School of Ancient Wisdom – Intentions for better productivity – Exide Battery company
- ★ Talk at Parkinson's Disease Society. of Karnataka – Happiness for good health

- ★ Talk at Indian Railways Officer.s Training Centre – Baroda – Dinacharya – How discipline contributes to your commitment to the organisation
- ★ Talk at Sri Aurobindo Women’s Council – Effect of Forgiveness & Gratitude
- ★ Talk at Gokhale Institute of Public Affairs, Basavanagudi – Spiritual Healing
- ★ Talk at Airtel Corporate Office, Bannerghatta Road – Enhancing Self Confidence
- ★ Talk at Prestige Angsana, Doddaballapur Road for Airtel – Being Love and Joy
- ★ Talk at Parkinson's Disease Society. of Karnataka – Spiritual Healing
- ★ Talk at Vidya Mandir Education Society, Malleswaram – Self Discipline
- ★ Talk at Mantri Elegance, Bannerghatta Road – Tools for Transformation
- ★ Talk at Taj Westend, Race Course Road – Tools for Transformation
- ★ Workshop at Featherlite Pottery Town Govt. High School – Tools for Transformation
- ★ Talk at Bangalore Club – Tools for Transformation
- ★ Forgiveness & Gratitude Workshops

Clients Profile:

Corporate including –

- ★ Verisign
- ★ Digital
- ★ Infosys
- ★ Airtel
- ★ Aurobindo women’s council
- ★ Overseas women’s council
- ★ Income Tax Department
- ★ HAL Management Academy
- ★ Rail Wheel Factory (Formerly – Wheel and Axle Plant)
- ★ Indian Railways etc.
- ★ BHEL
- ★ Has been consulted by over 1500 individuals from India and Abroad

Mahesh can be reached at:

mail@nadichikitsa.com

(R) 91-80-2334 8644

(M) 91-99000 45199