

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.

As an associate of Arpitha Associates, a Center for Excellence with offices in Malaysia, Singapore and India, he focuses on providing holistic health solutions to organizations and executives. Arpitha Associates is today, acknowledged by a top line roster of Fortune 500 clients.

Reference - www.arpitha.com

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.
- As a part of Arpitha Associates, he works on Stress Education Programs and Body-Mind-Soul- transformation at Individual level for Corporate Executives and Institution Heads.

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
- Stress education program for holistic health as a co-facilitator from Arpitha Associates
- 'Dinacharya' – a daily way of living
- Customized weight management programs

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
 - Weight Management Workshops – Tailor made to the individual
 - Forgiveness & Gratitude Workshops

Clients Profile:

- Corporate including Verisign, Digital, Infosys, Income Tax Department, HAL Management Academy, Rail Wheel Factory (Formerly – Wheel and Axle Plant), Indian Railways etc. Has been consulted by over 1500 individuals from India and Abroad

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- Nadi pariksha is the science of pulse examination. By pulse examination, we mean, examining the radial artery which is located on the outer side of the wrist. This is commonly known to all as the artery which doctors of all streams palpitate to examine the rate of heart

beat and more. In Ayurveda and other traditional healing systems, pulse examination goes beyond just examining the heart rate.

The understanding here of the pulse of nadi which are essentially arteries, veins, and nerves. The nadis carry information of health of cells. These cells form tissues and organs. All these cells have their own intelligence and communicate their state of health which causes the organs in the body to work in a particular manner.

By palpating the radial artery and at the same time connecting to the Higher Self within which essentially connects to the all knowing Consciousness (also called as the Father of the Christ, Brahman, etc), information on the subject's physiological, psychological and sub-conscious health and analytical, emotional and other mind processes can be made available. Based on nadi pariksha, suitable remedies are suggested.

- Dinacharya – *Dinacharya* is a sanskrit term often used in Ayurveda. Dinacharya is a combination of two words. The word *Dina* means daily and *Charya* means to do. Hence, *Dinacharya* means to do something daily. In the context of Ayurveda, *Dinacharya* means to perform certain practices daily so as to maintain sound health.
- About Krishnamacharya Yoga Mandiram - Krishnamacharya Yoga Mandiram is a Yoga training and research organisation based in Chennai and is recognised by the Government of Tamilnadu.

Krishnamacharya Yoga Mandiram was founded by T K V Desikachar, son and student of T Krishnamacharya in 1976. TKV Desikachar is known and respected the world over as an authority on yoga. The Krishnamacharya Yoga Mandiram founded by him as a tribute to his father and mentor, is a government recognised Public Charitable Trust.

Yoga therapy is a hallmark of KYM. Therapy at KYM does not stop with just curing physical illness but extends holistic healing to those seeking relief from any problem - be it physical, mental, emotional or spiritual. Here, students are not merely numbers or cases. Each person is taught individually with the focus on dealing with the cause rather than the symptoms of the problems.

KYM started the KYM Institute of Yoga Studies was started in the year 1988 as a separate Wing of Krishnamacharya Yoga Mandiram. The KYM Institute of Yoga Studies conducts a two year part-time postgraduate diploma in Yoga.

KYM's research wing which is recognized by the Indian Government as a research institute conducts detailed research studies on yoga and its application in therapy.

- About Kaivalyadhama Yoga Institute - With the goal of restructuring the society on spiritual values, through revival of ancient Yogic discipline, Swami Kuvalayananda established the Kaivalyadhama Yoga institute on the Vijayadashami Day 1924, at Lonavla.

Kaivalyadhama Yoga Institute is aided by Govt. of India Ministry of HRD & Govt. of Maharashtra Department of Higher & Technical Education and is recognised by University of Pune for Research. It is also recognised by Council for Scientific & Industrial Research, Govt. of India as a Research Institute. It has permanent recognition for college by National Council for Teacher Education, Govt. of India and has been declared as an Institute of Higher Learning by Govt. of India, Ministry of Education in 1962.

In 1950, Kaivalyadhama Yoga Institute opened Gordhandas Seskeria College of Yoga and

Cultural Synthesis.

Alongwith the spiritual and physical culturists a number of patients suffering from various psychosomatic diseases started coming to Kaivalyadhama. For them the 'Rugna Seva Manidr' was created to look after the therapeutic work. Out of this grew the Shrimati Amolak Devi Tirathram Gupta Yogic Hospital, a first ever hospital of this kind in India, devoted exclusively to the treatment of chronic functional disorders through Yoga, in 1961. As the demand arose from other places to spread the activity of this kind, now branches are started in Bombay, Rajkot, Delhi and Bhopal, USA & France.

- About Sivananda Yoga Vedanta Centre - In 1987 Swami Vishnudevananda opened the Sivananda Yoga Vedanta Centre in West Fort, Trivandrum as part of the International Sivananda Yoga Vedanta Centres (ISYVC), a non-profit organization. The Sivananda Yoga Vedanta Centre offers Basic and Advanced Yoga Certification courses and conducts regular classes for learners.
- About FRLHT - FRLHT is a registered Public Trust and Charitable Society, which started its activities in March 1993. The Ministry of Science & Technology recognizes FRLHT as a scientific and research organization. The Ministry of Environment and Forests has designated FRLHT as a National Center of Excellence for medicinal plants and traditional knowledge.

FRLHT's vision is "To Revitalise Indian Medical Heritage"

FRLHT believes revitalisation of Indian Medical Heritage holds two promises for India, viz., self-reliance in primary health care for millions of households and original contributions to the world of medicine. FRLHT holds the view that in an era of globalisation, India should make fuller use of her rich and diverse medicinal plant knowledge for her own needs and confidently share on fair terms with the rest of the world, products and services based on her heritage).

- About Arpitha Associates - Arpitha was founded in 1990 by the vision of Dr. J. M. Sampath. Based in Bangalore City, it has today expanded to include into its fold many others believing in its philosophy. Arpitha have international partner offices in Singapore, Malaysia and the United States of America.

Arpitha's main objective is to facilitate individual and organizational development through the use of a continuous process of clarification of 'Vision', 'Values' and 'Learning', that contribute towards Evolutionary Excellence.

In this endeavor, Arpitha continuously innovate in order to build and morph quality and proven people development processes into creative business strategies, driving the most successful organizations of today.

Arpitha is in a space of nurturing individual, team & organizational performance and growth by deciphering subjective perception of human behaviour to objective people processes that would eventually nurture excellence.

Any organization which believes that people are the most critical contributors to organizational excellence would find our orientation most significant.