| **INDIAN MARTIAL ARTS GURU & SPIRITUAL LEADER** | **GURUKKAL Dr. S. Mahesh** is an Indian Martial Arts Guru, renowned for his expertise in the ancient Indian Martial Art, Kalaripayattu. He is a fifth generation martial artist upholding a rich tradition and lineage of 127 years of Kalaripayattu Thekkan Sampradayam and Sidha treatments. His great grandfather Shri. Krishnan was an extraordinary exponent of "Choondani Viral Marma vidya" (a technique to immobilize the opponent by pointing forefinger with yogic powers) and Krishnan master's son Ramakrishna (a yogi who was a staunch devotee of the Hindu God Subramanya) and Yogini Rugmini (a Buddhist nun) had also harnessed yogic powers through Kalari and yogic practices. Gurukkal Mahesh, a multifaceted personality has done his graduation in Chemistry, Masters in Journalism and his Doctoral thesis on the topic “Influence of Kalaripayattu in curing systems”. He has authored a few books on Kalaripayattu, Vaastu and Yoga. Gurukkal is now the Co-PI of the IKS Center for Kalaripayattu & Sidhar Tradition under the Ministry of Education, India. |
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| **DIRECTOR & MEDIA PERSON**  He also has a successful career in the Media having received several awards for his short movies and documentaries. As of now he is involved in the epic film “Kaaliyan” as the director and writer with Malayalam Superstar Prithviraj. | |
| Gurukkal has a strong commitment to promote Kalaripayattu as the foundation of a healthy lifestyle and a fearless society. His brainchild “AGASTHYAM” strives to raise one’s consciousness to a higher level through the rigors of Kalaripayattu and is aiding many students to have a great psycho-physical transformation in life. His innovations in Kalaripayattu, including programs like Nalludal and Prana for breath control, along with his training of over 10000 women in Shakthi self-defense, have significantly enriched this ancicent martial art. Agasthyam is also conducting online training programs to promote the teachings of thekkan mura and propagate Kalari lifestyle for people of all ages around the world. Guided by Gurukkal, Agasthyam currently mentors a diverse range of prominent figures in society, such as University Professors, IAS officers and Army personnel. The kalaripayattu training model developed by Gurukkal is now being extended to numerous corporate executives and staff members, proven to be an effective method for boosting productivity and invigorating employees. In recognition of Gurukkal's invaluable contributions through Agasthyam, he was honored with the Indian Army's Medal of Excellence by Brigadier Lalith Sharma. | **GURUKKAL & KALARIPAYATTU EXPERT**  Gurukkal Mahesh is one among a rare breed of people who are an amalgamation of knowledge, are tech savvy, media friendly and expert in arts like Kalari, Vaastu, and Sidda. His contributions are both impressive and empowering. |
| **PROMINENT TALKS & ACTIVITIES BY GURUKKAL**   * Technical Committee Meeting of Voluntary Certification Scheme for Traditional Community Healthcare Providers in Foundation for Revitalisation of Local Health Traditions, Bangalore on 18th October’23 * Speech and Performance at the Keraleeyam 2023 venue on 1st November’23 | |