



Rashmin Pulekar

Faculty-The Art of Living | TEDx Speaker | Youth Mentor

Having mastered the knack of successful stress free living himself, Rashmin Pulekar has been teaching the Art of Living courses in India and abroad since 2003.

An internationally rated chess player, he befriended success early in his university days, when he captained Mumbai University to winning the Gold Medal in All-India Inter-University Chess Championships, twice in succession in 1996 and 1997.

Through his compelling sessions on Mind Management, he is credited to have improved the lives of over one lakh people, since a very young age. Having amassed the essential life skills for the contemporary world, through his diverse experience at teaching stress management workshops, ranging from training urban youth to prison inmates, from slum dwellers to corporates, from Afghanistan refugees to leading chess grandmasters (Surya Shekhar Ganguly, P. Harikrishna and Dronavalli Harika), he travels and trains the best to become better.

A truly enthralling speaker, he has been recognized for elevating the happiness quotient of the management and employees of corporates such as C i s c o , P a n a s o n i c , Reckitt Benckiser, TCS and of scientists of the Nuclear Power Corporation of India through his humorous yet profound seminars.

He has trained the students at IIM Bangalore, IIT Mumbai, XLRI Jamshedpur, IISC Bangalore, just to name a few, for evolving them into emotionally strong, ethically steadfast and socially responsible citizens of the country.

He has also been highly commended for his noteworthy role in uplifting the morale of people through his workshops in Scandinavian countries, like Norway and Sweden.

In 2008 he was entrusted the responsibility of training youth leaders from 15 different countries who participated in the World Youth Forum in Brussels, Belgium.

With his unique style of delivering the deepest aspects of life through splashes of humor, his sessions leave his listeners lightened, uplifted and inspired.

Link to TEDx talk: <https://youtu.be/lwG2UUS5IE>