



## DR. PRASHANT TODMAL

Mindfulness Trainer | Motivational Speaker  
| Author | High-Performance Coach

## BIOGRAPHY

Dr. Prashant Todmal completed his undergraduate in Mechanical Engineering in 2011 from Sanjivani College of Engineering affiliated with Savitribai Phule Pune University, Maharashtra, India. He obtained his M. Tech. degree in “Product Design and Development” in 2013 from the National Institute of Technology Warangal, Telangana, which is among the top ten Engineering Institutes in India. He received his Ph.D. in Mechanical Engineering with a specialization in “Applied Mechanics for Machinery” in 2017 from Politecnico Di Milano University, Italy which is among the top ten Universities for Mechanical Engineering in the world. He has received a fellowship under the prestigious “Heritage Erasmus-Mundus: India-Europe partnership program” funded by the European Commission for his Ph.D. He has also worked as Dean Academics and In-charge Principal at Dilkap College of Engineering and Polytechnic and as an Assistant Professor in the Mechanical Engineering Department at VJTI, Mumbai, India. He has published high-quality publications in international journals, conference and he has received a patent grant for his invention.

Besides academics, he is immensely passionate about understanding the nature of reality. In his pursuit of understanding the nature of reality, he studied several sciences including astrophysics, psychology, metaphysics, and spiritual science. His views are scientific, and he has gone into depths of the nature of reality using modern scientific ways as well as ancient spiritual ways. Everything he has learned in the past several years and from his life he is sharing with the world. He is author of a life transformational book- “Bliss Secrets-Limitless Possibilities of Life”. He is working as a high-performance coach to help people around the world to transform their lives and live life to their full potential. His mission is to wake up people and get them out of misery and suffering. His major idea is once people know who they are and their true potential they will be unstoppable and life will be of limitless possibilities.

## CAREER OBJECTIVE

Teach people the fundamental principles of life and train them to transform their lives.

## CONTACTS

**Address:** Bliss Secrets: Limitless Possibilities of Life, 208, A-Wing Altamonte building, Near Neral Bus Depot, Neral East, Karjat-410101.

**Phone:** +917448173296

**Email:** info@prashanttodmal.com

**Website:** prashanttodmal.com

## TESTIMONIAL

*“Very important program. Spirituality and health care are inevitable pairing in the days to come. The effects of prayers, calmness, and meditation are proven to have a profound impact on health and wellness”.*

*- Dr. Sreeraj S.R., Principal, Dr. N. Y. Tasgaonkar College of Physiotherapy*



## PROGRAMS

### **Inspirational Program**

#### **1 hr session**

This program focuses on fundamental principles of life and how these principles can help participants transform their lives.

### **Motivational Program**

#### **1.5 hr session**

This program focuses on spirituality; its potential to transform the lives of people, and modern scientific discoveries relevant to it.

### **Life Transforming**

#### **Motivational Training**

#### **2 hr training**

This is a life transformational training where participants will learn to use principles of spirituality in everyday life. The audience will get more clarity on the problems they face and the way to solve these problems.

### **Peak Performer**

#### **Workshop**

#### **1 day workshop**

This is an extended life-transforming workshop with an emphasis on ways for practical implementation of spiritual principles.

## AREAS OF INTEREST

- ❖ Spirituality and Mindfulness
- ❖ Performance improvement
- ❖ Life skills development
- ❖ Personal development
- ❖ Leadership development

## RELATED SKILLS

- ❖ Good understanding of the subject. Good learning skills, curious, like problem-solving from a deeper understanding.
- ❖ Ability to explain in simple words so that even laymen can understand.
- ❖ Easily adaptable to the environment.
- ❖ Focused and hard-working.

## RELATED ACTIVITIES

- ❖ Studied various spiritual philosophies such as Tao Te Ching, Bhagavad Gita, Dhammapada etc.
- ❖ Studying the nature of reality with subjects- Astrophysics, Psychology, Metaphysics, and Spirituality.
- ❖ Writing blogs, books, and quotes that inspire people.
- ❖ Making YouTube videos, meditation, yoga, and exercise.
- ❖ Practice vipassana meditation technique.

## ACHIEVEMENTS

- ❖ Awarded scholarship from European Union under the India-Europe partnership Heritage Erasmus Mundus program for the period 2013-2016 for carrying out Ph.D. research at Politecnico Di Milano.
- ❖ Secured 98.54 percentile in GATE (Graduate Aptitude Test in Engineering) 2011 (college topper).

## LANGUAGES

- ❖ English (excellent)
- ❖ Hindi (excellent)
- ❖ Marathi (mother tongue)
- ❖ Italian (basic)