Yogesh Parmar is a leading behavioral scientist and the founder of [GameChangers](#). Recently nominated among100 Emerging Leaders in Asia, he is a certified master facilitator, speaker and coach & has helped ignite and sustain significant performance excellence for 50,000+ people in Fortune 100 & 500 companies. Yogesh is deeply passionate about performance arts and philanthropy – he evangelizes [Seva Cafe](#) – a pay-it-forward restaurant and also supports [Vipassana meditation](#) for kids, which in his own words 'alters the operating system' – the mind – on which 'apps' such as academics, art and science operate.

5 questions for Yogesh

What makes you come alive?

People are my preferred choice of poison..:)

Gratitude. Warmth. Authenticity. Vulnerability. Dignity. Wholeness. Leaps of faith. Touch. Singing. Dancing. Writing.

What was a pivotal turning point in your life?

The one that readily comes to mind is a medical diagnosis in the early 20's that was experienced for a number of years as destiny manifest.

The oldest I have felt was when I was 23. By 25, was convinced that the best days in life were firmly behind.

With the help of doctors, physiotherapists, coaches and steadily increasing confidence within the body, a new lease of life came to be.

An act of kindness you'll never forget?

Have been a recipient of and witness to monumental acts of kindness. Whilst there are several that bear mention, what is alive in this moment are the acts of kindness and generosity where people have given me a long rope when I have been entirely clueless, hopelessly ignorant or dead wrong.

One thing on your bucket list?

To facilitate a workshop in every country in the world in the day followed by an offer free hugs on the street in the evening.

Your one-line message to the world?

To fall in love with the journey so deeply that we forget who, what or where the destination is.