

Khurshed Batliwala and Dinesh Ghodke

Sleep & Wellness Experts · Speakers · Authors



Khurshed Batliwala and Dinesh Ghodke are IIT Bombay graduates who left conventional careers to teach meditation. Between them they have taught in more than 40 countries and guided hundreds of thousands of people into the practice. They have co-authored four books, including *Sleep Your Way to Success*, which have sold over 150,000 copies together.

Khurshed holds an M.Sc. in Mathematics from IIT Bombay and has taught for 35 years. Dinesh, a B.Tech from the same institute, was part of the core team that organised the 2016 World Culture Festival, a gathering of 3.75 million people and 36,400 artists from 142 countries. Their teaching carries the imprint of their teacher, Gurudev Sri Sri Ravi Shankar.

They speak to companies and campuses on sleep, stress, focus, resilience and performance, drawing on the meditation practices of ancient India and on what current research says about why they work. Talks include *The Biology of Success*, *Secrets of Sleep*, *Rest: The Ultimate Performance Booster*, *Rebooting Wellness* and *Powerful Conversations*. Most engagements are bespoke. They find out what matters to that particular room and build the session around it.

Organisations that have hosted them include Maersk, Barclays, American Express, Morgan Stanley, Citibank, Tata, Godrej, Bosch, ICICI Bank, Toyota, the Hinduja Group and the Bombay Stock Exchange. On campus they have taught at the IIMs at Ahmedabad, Bangalore, Lucknow and Indore, the IITs at Bombay, Madras, Delhi, Kanpur, Guwahati and Gandhinagar, XLRI Jamshedpur, BITS Pilani and AIIMS Delhi. Between them they have given many TEDx talks, and spoken at the World Bank's World Ethics Forum and UN conventions.

"I have heard many motivational speakers, but Bawa and Dinesh are truly different and exceptionally effective. Listening to them feels like having your best friends as world class motivational speakers. You never hesitate to ask questions or follow up with more, because they make every interaction comfortable and engaging. Their sharp wit, infectious sense of humour, and relatable storytelling keep the audience laughing throughout, while his practical insights ensure everyone leaves inspired and equipped with knowledge they can apply immediately in their personal and professional lives."

— VSS Mani, Founder, Just Dial

Khurshed and Dinesh present together, as a pair, for a single engagement fee. Formats run from a 20-minute keynote to multi-day programmes, with one to two hours the preferred length for a full session. Audiences from 15 to over 1,000 work equally well, in person or online. Based in India and available both nationally and internationally, with travel and stay arranged by the host.

Books, blog and workshops: bawadinesh.com · YouTube: youtube.com/@BawaDinesh99