

Khurshed Batliwala & Dinesh Ghodke

SLEEP & WELLNESS EXPERTS | SPEAKERS | AUTHORS | MEDITATION TEACHERS

Two IIT Bombay graduates who left conventional careers to teach meditation with the Art of Living. They speak to companies and campuses on sleep, stress, focus and performance, and build every session around what that particular room needs.

KEY NUMBERS

250,000+

taught

40+

countries

4 books

150,000+ copies

180K+

YouTube

210K+

Instagram @khurshedbatliwala

TALKS

Happiness Advantage

Sleep Your Way to Success

The Biology of Success

Powerful Conversations

Your Journey to Wellbeing

HOW THEY WORK

Khurshed and Dinesh present together, as a pair, for a single engagement fee. Most engagements are bespoke. 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.

WHERE THEY HAVE SPOKEN

Corporate: Maersk, Barclays, American Express, Morgan Stanley, Citibank, Tata, Godrej, Bosch, ICICI Bank, Toyota, the Hinduja Group, the Bombay Stock Exchange, among others.

Campus: IIM Ahmedabad, Bangalore, Lucknow and Indore; IIT Bombay, Madras, Delhi, Kanpur, Guwahati and Gandhinagar; XLRI Jamshedpur, BITS Pilani, AIIMS Delhi, among others.

Platforms: more than ten TEDx talks, the World Bank's World Ethics Forum at Oxford, UN conventions, among others.

What people say

They make every interaction comfortable and engaging.

VSS MANI

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 their 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

As a practising doctor, I appreciate health education that respects both science and simplicity. Most popular talks on sleep and stress get a lot of science wrong. Bawa and Dinesh explained why rest affects the body the way it does, accurately, and made it simple without dumbing it down. The talk was an engaging and well-delivered session that I would recommend to anyone interested in understanding the mind-body connection better.

Dr Abhirudra Mulay — MS (General Surgery), DNB (Urology); Consultant Urologist, Andrologist & Renal Transplant Surgeon; Professor, Dr D Y Patil Medical College, Pune

Khurshed and Dinesh have a unique ability to simplify wellness, stress management, and overall workplace well-being. I attended a few of their sessions, and was amazed by their clarity of thought, depth of knowledge and impactful delivery. Years later, I continue to use their 'tips' to manage my hours and deal with my day to day challenges!

Anirudh Agarwala — Partner, Touchstone Partners

Khurshed Batliwala and Dinesh Ghodke are amongst the foremost authorities on Well-being in India. Their sessions for my MBA students are thoroughly engaging and very well received. They provide many practical take-aways that help students better manage their lives and careers.

Dr Kanchan Mukherjee — Professor, IIM Bangalore

We invite many speakers to campus. Few leave the students still talking about the session a week later. This one did, and the faculty asked when we could have them (Khurshed and Dinesh) back.

Dr Madhura Yadav — Dean of Student Welfare, Manipal University Jaipur

Khurshed and Dinesh have a rare ability to take profound ideas and make them usable. Their sessions are clear, practical, and they connect with an audience better than almost anyone I have seen. What they teach stays with you and shows up in how you work and lead.

Dr Neha Miglani — Senior Journalist & Editor, The Lifestyle Journalist Magazine; Director, Institute of Fashion and Communication Technology

I have done many of their courses over the years and the tools have genuinely stuck, more than anything else I have tried. Practical, sharp, and they hold up when you actually use them, at work and outside it.

Neha Dhelia — Senior Manager, PwC, India

Authors of Ready, Study, Go!, Happiness Express, Sleep Your Way to Success and The Bloat Fix. Based in India, available both nationally and internationally, with travel and stay arranged by the host.

 bawadinesh.com

 [@BawaDinesh99](https://www.youtube.com/@BawaDinesh99)

 [@khurshedbatliwala](https://www.instagram.com/khurshedbatliwala) & [@dineshghodke](https://www.instagram.com/dineshghodke)

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