

Dinesh Ghodke

Speaker · Author · Meditation Teacher



Khurshed Batliwala and Dinesh Ghodke present together. This bio covers Dinesh; a companion bio covers Khurshed.

Dinesh Ghodke is a B.Tech from IIT Bombay. After a short stint at Infosys he left to teach meditation, mindfulness and stress-free living full time, and has done so for more than three decades in over 40 countries.

As secretary to Gurudev Sri Sri Ravi Shankar, he was part of the core team that organised the 2016 World Culture Festival in New Delhi. The event drew around 3.75 million people and featured 36,400 musicians and dancers from 142 countries.

He speaks on focus, resilience, wellbeing and high performance, drawing on meditation practice and on the science of why it works. He has spoken at TEDx events, the World Bank's World Ethics Forum, UN conventions, corporate conferences and universities around the world.

With Khurshed Batliwala he has co-authored four books. Ready, Study, Go!, Happiness Express, Sleep Your Way to Success and The Bloat Fix have together sold more than 150,000 copies.

He is a sportsman and a committed fitness enthusiast, with daily workouts and yoga. He trained as an alternative healer in Craniosacral Therapy, the Bach Flower Remedies and Marma Chikitsa. He has received the Adarsh Yuva Puraskar from Shri Mohan Bhagwat, and was named one of GVK's '12 Remarkables' from the spiritual field.

He lives at the Bangalore ashram.

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