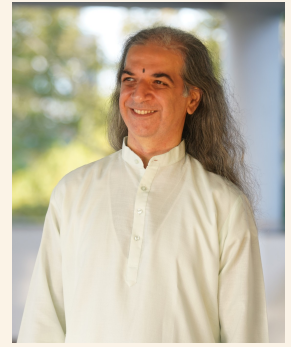


Khurshed Batliwala (Bawa)

Sleep & Wellness Expert · Speaker · Author · Meditation Teacher



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

Khurshed Batliwala (Bawa) holds an M.Sc. in Mathematics from IIT Bombay. A degree like that opens a lot of conventional doors. He walked past them to teach meditation, and has now done so for over 35 years, in more than 40 countries, guiding over 250,000 people into the practice.

Sleep is where much of his work now sits. He speaks on sleep, stress, burnout, focus and leadership, drawing on the meditation practices of ancient India and on what current research says about why they work. His teaching carries the imprint of Gurudev Sri Sri Ravi Shankar, under whose Art of Living he has taught for over three decades.

His talks include The Biology of Success, Secrets of Sleep, Rest: The Ultimate Performance Booster, Rebooting Wellness and Powerful Conversations. Most engagements end up bespoke. He finds out what matters to that particular room and builds the session around it.

Organisations that have hosted him include Maersk, Barclays, American Express, Morgan Stanley, Citibank, Tata, Godrej, Bosch, ICICI Bank, Toyota, the Hinduja Group and the Bombay Stock Exchange. On campus he has 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. He has given more than ten TEDx talks across India.

With Dinesh Ghodke 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 trained in Craniosacral Therapy and co-created India's first practitioner training programme in it. He is a qualified Bach Flower Therapist and teaches all three levels on behalf of the Bach Centre, UK.

"I have heard many motivational speakers, but Bawa is truly different and exceptionally effective. Listening to him feels like having your best friend as a world class motivational speaker. You never hesitate to ask questions or follow up with more, because he makes every interaction comfortable and engaging. His 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