

Dinesh Ghodke

Faculty, *The Art of Living*
Secretary to Sri Sri Ravi Shankar

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A dynamic visionary with extensive leadership experience in managing public welfare projects, stress relief programs and peace initiatives with various national and international government agencies, under the guidance of Sri Sri Ravi Shankar, Founder of the Art of Living.

Specialized in forging valuable relationships, connecting people and delivering results with tenacious commitment.

Core Competencies

Leading Change

Negotiating & Closing deals

Author

Forming Strategic Alliances

Training and Development

Fitness and Wellness

Public Speaking

Mentoring

Organising Events

Executive Highlights

Co-hosted an event - *Yuvratri* on Christmas Eve, December 2006 in Mumbai, to launch World Alliance for Youth Empowerment (WAYE), in alliance with UNESCO, UNDP, UNFPA, UNAIDS, UNAID, UNICEF, UN Millennium Campaign and SIDA as strategic partners. Served as Director in WAYE and coordinated global initiatives for youth.

Facilitated the International Education Conference 2006 on integrated value education, in Bangalore with UNESCO and Indian Government's Ministry for Human Resource Development (MHRD) and was Emcee for its Closing Ceremony.

Invited to deliberate on the World Bank's youth policy for year 2007, in Hyderabad, to identify avenues for youth to engage in nation building.

Trained 5000 youth in November 2008 at New Delhi, through Youth Empowerment and Skills (YES!+) Workshop of the Art of Living Foundation, as Tobacco-Free Youth. Worked actively in partnership with the Ministry of Health and Family Welfare, Government of India, WHO and UNAIDS, to conclude the training successfully.

Visited 20 universities across USA, to combat increased stress and violence, in the wake of Virginia Tech campus shootout. Interacted with key decision makers and student bodies to pave way for violence and stress-free educational campuses. Conducted *"Workshop to relieve stress"* while at Stanford University.

Conducted a specially designed leadership and empowerment workshop for delegates from Middle Eastern Countries as part of the Art of Living's initiatives for spreading peace, in collaboration with the youth affairs and sports ministry of Iraq.

Executive Highlights

Lead a delegation of 70+ students to Europe as part of the Indian contingent for [World Culture Festival](#). The 30th anniversary celebrations of the Art of Living Foundation, held at Olympiastadion in Berlin.

Did a commentary, titled '[A Story Retold](#)' on Sri Sri Ravi Shankar's knowledge series; 'An Intimate Note to the Sincere Seeker'. This series also features on YesPlusTV, a dedicated channel on YouTube.

Delivered a series of talks for E TV, aired across their network outlining practical solutions to contemporary and pertinent challenges faced by young people.

Ready Study Go! - Smart Ways to Learn, a book published by Harper Collins India, exploring the attitude towards study, having tips and techniques to make the process of learning into an interesting, enjoyable and meaningful activity instead of the dull grind that it seems to have become for most people. bit.ly/readystudygo

Use Your Brain, a workshop based off a few chapters from his book Ready Study Go! which creates a paradigm shift in the process of learning. Whether you are a student working your way through university or a professional struggling with new concepts you have to study or simply someone who is curious and wants to know more... You will find techniques in the Use Your Brain workshop that will make the process of studying and learning easier and possibly more fun.

Conducted an Art of Living Program in 2014 for all 26 Ministers of Gujarat Government including Shri Narendra Modi, then Chief Minister of Gujarat.

Career Highlights & Accomplishments

Started as one of the youngest instructors for the Art of Living at the age of 21. Traveled more than 30 countries, since 1997, teaching programs on life skills, stress and trauma relief, ethics and human values, to an eclectic mix of people from all strata of the society. Passionately involved in nation building activities.

Planned and managed the [Art of Living Silver Jubilee Celebrations](#) at Bangalore, as key member of the "Planning and Implementation Committee". More than 2.5 million people from 110 countries attended the event.

- Oversaw the end-to-end communication with heads of various spiritual organizations, film and media personalities, politicians, diplomats, bureaucrats and foreign delegates who were invited to the event.
- Functioned as personal secretary to Sri Sri Ravi Shankar, for the year 2006.

Part of the core team and Master of Ceremony at [World Culture Festival](#), New Delhi. A unique platform where spiritual and religious leaders, politicians, peacemakers and artists came together to spread the message of global peace and harmony in diversity. 172 leaders from across the globe attended the event.

Represented the Art of Living at various national and international forums, prominent being:

- [World Ethics Forum](#) (WEF), Oxford, UK
- United Nation's World Youth Peace Summit (WYPS), Bangalore, India
- [TEDx Youth](#) Mumbai and [TEDx Symbiosis](#) Bangalore, Pune
- Spokesperson for the Art of Living for the International Yoga Day 2015 and 2016

- Speaker at:
 - UN Summit 2016 in Tehran on Environment, Culture and Religion.
 - World Youth Meet organised by the Sri Satya Sai Lok Seva Institutions.
 - Nascom Product Conclave, Banaglore, 2015
 - National Law School, Bagalore 2016

Conducted the Art of Living workshops for a broad spectrum of general populace including politicians, corporate executives, housewives, slum dwellers, young people from the rural and urban areas, hardcore terrorists and prison inmates. Inspired and trained over 1000 teachers to lead the YES!+ programs in various countries.

- **Co-created and developed** the [*Youth Empowerment and Skills \(YES!+\) workshop*](#).
- **Taught** the YES!+ series of courses in various national and international universities of repute, like the Stanford University, UCLA, University of Massachusetts, Amherst , XLRI Jamshedpur, IITs (India), IIM Bangalore.
- **Gave seminars** and conducted workshops for various organizations like Standard Chartered, Barclays, L&T, HLL, World Bank, United Nations, UN and WHO, Toyota, TVS, CREDAI, CII.
- **Executed** a tailor made YES!+ workshop for 11 medical colleges across Maharashtra, for graduating medicos, to bring awareness for prevention of female feticide and protection of girl child, in partnership with UNFPA.
- **Collaborated** with UNET for [*'Mission Green Earth'*](#), aimed protecting the environment and played a key role in a drive to plant and adopt 100,000 trees.
- **Launched** the [*'Clean Inside, Clean Outside'*](#) campaign, in partnership with Maharashtra Govt. and BMC (Bombay Municipal Corporation) by training 1875 youth in a 4-day specially designed program.
- **Co-steered** a team to prevent suicides in Mumbai and Pune by offering Stress Free Teaching, Better Parenting and YES!+ workshops along with launching a Hopeline.
- **Programmed** [*'Manavathe'*](#), a Government of Karnataka initiative for skill development and nation building. 26500 students from 356 colleges across Karnataka benefitted.
- **Served** as Director, Outreach at [*Sri Sri University*](#), Odisha from 2013-15

Leading nation building activities, as an active member in the “National Executive Council” for Volunteer for a Better India (VBI) initiative of the Art of Living

Spearheading the campaign on voter awareness with an aim to promote good governance and reestablish faith in the democratic process.

Awards and Accolades

- Titled and awarded [*“The Remarkables”*](#) 2012, for Spirituality, along with 12 other achievers from various fields, by Lavasa International Convention Centre along with GVK Alliances Network.
- Gold medalist at Maths Olympiad, IIT Mumbai for the year 1992 in the non-student category.
- Awarded the NCERT India Scholarship in 1990.
- Awarded ‘Adarsh Yuva Adhyatmik Guru Puraskar’ by the Bhartiya Chhatra Sansad Foundation, MIT School of Government in 2016.

Interests

Yoga and bodybuilding:

- Yoga brings suppleness and stamina; bodybuilding brings raw strength and great shape to the body. Mastered the art of combining both with extremely impressive results
- Organized as a key team member, '[Yogathon](#)' for a million+ people, around the world; Lead 108 Sun Salutations.
- Started the Gym at the Art of Living International Centre, Bangalore, adding muscle to meditation.

Sports:

- Hold a silver medal in Gymnastics and 11th rank in Cross Country Race as a graduate at IIT Mumbai.
- Love to challenge and engage students in playing soccer, at institutes when visiting for a lecture or a YES!+ workshop.

Scriptures and Sanskrit

Is an ardent student of Indian Scriptures and Sanskrit, has designed a workshop on chanting and its harmonious effects on the mind-body complex. .

Healing Arts

- Certified Bio-dynamic Cranio Sacral Therapist registered with PACT (Pacific Association of Cranio Sacral Therapists).
- Level 2 Practitioner of Emotional Freedom Technique (EFT).
- Basic understanding of Myofascial Release Therapy (MFR).

Social Media and Writing

Believe social media to be a powerful watchdog and a tool of change. Blogger and public figure on various online media & an occasional writer on '[Speaking Tree](#)', the spiritual section of Times of India.

Upcoming Works

Fitness Workshop: Designing a series holistic fitness workshop amalgamating the principles of yoga, bodybuilding and nutrition.

Yoga Diaries: Working on a book 'Yoga Diaries' - a parable about learning yoga.

Education

Indian Institute of Technology, Bombay,
Metallurgy and Material Sciences - (1993 - 97)

