



Datta Rokade

Author | Speaker | Coach | Facilitator | Meditation Expert

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- Datta Rokade is a **Personal Empowerment Coach, Corporate Facilitator, Author, and Meditation Expert** with over **19 years of experience** in transforming individuals, leaders, and organizations. He partners with executives, business owners, educators, and professionals who aspire to create inner peace, invincible health, and blissful success while leading meaningful lives.
- He is the **author of two transformative books – Healing Hearts: 90 Days of Self-Reflection and Still Leader**, a contemporary guide to leading with calmness, clarity, courage, and consciousness in a fast-changing world. A dedicated **Raja Yoga Meditation practitioner since 2010**, Datta integrates timeless spiritual wisdom with modern leadership and neuroscience-based practices..
- As a faculty member of the **Brahma Kumaris**, he contributes through the **Security Services Wing, Education Wing, IT Wing, Design & Innovation Wing**, and is an active member of **SpARC (Spiritual Applications and Research Center)** and the **Bhagavad Gita Seva Wing**.
- With a unique ability to blend **experiential learning, meditation, coaching, and practical life tools**, Datta has empowered **thousands of participants** across corporates, academic institutions, healthcare organizations, and the armed forces.
- He has been successfully running his flagship program **Meditation Laboratory** for more than a decade, and also facilitates **Still Leader, Digital Wellness, and Gita for the Modern Mind & Karma. Clarity. Consciousness.** programs that address conscious leadership, modern lifestyle challenges, and the timeless wisdom of the Bhagavad Gita for everyday life.

EDUCATION & CERTIFICATIONS

- **B.Com** – Pune University
- **Executive MBA in Marketing** – Jaro Education, United Business Institute, Belgium
- **Certified Personal Empowerment Coach** – Symbiosis Coaching (ICF)
- **Certified Master SPIRIT LIFE Coach** – Symbiosis Coaching (ICF)
- **Certified The Passionate Facilitator** – ARC
- **Certified NLP Practitioner & Master Practitioner**
- **Hypnotherapy & Hypnosis Certification Diploma**
- **EFT/TFT Tapping Practitioner**
- **VIHASA** (Values In Healthcare – A Spiritual Approach) Facilitator





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PROGRAMS OFFERED:

Datta conducts engaging sessions on a wide spectrum of **personal growth, leadership, and well-being themes**, including:

Inner Leadership & Self-Mastery

- Self-Managing Leadership
- Inner Leadership
- Coaching Skills for Leaders
- First Time Managers

Emotional & Mental Well-being

- Overcoming Overthinking
- Stress Management & Resilience
- Art of Saying "No"
- Healing Thyself
- Blissful Relationships
- Power of Positive Self-Talk

Leadership & Workplace Excellence

- Emotional Intelligence at Work
- Leadership Communication Mastery
- Teamwork & Team Building
- Relationship & Conflict Management
- Diversity, Equity & Inclusion in Workplace Culture
- Campus to Corporate

Mindfulness, Meditation & Spiritual Practices

- Meditation Laboratory
- Creative Visualizations
- Mindfulness Experiments
- Harnessing the Power of Mind & Brain
- Application of RajaYoga Meditation
- Values Laboratory & VIHASA

Contemporary Well-being & Digital Balance

- Digital Wellness
- Habits & Detox Techniques
- Sleep in the Digital Age
- Power of Attention & Focus
- Impact of Social Media

Training Methodology

Datta's facilitation style is **experiential and participatory**, blending **activities, games, role plays, group discussions, and case studies** to ensure deep engagement and practical application of learnings. His approach ensures participants not only gain insights but also **experience transformation in real time**.

PROGRAMS & WORKSHOPS CONDUCTED AT:

Datta has successfully designed and delivered impactful programs for **corporate clients, armed forces, academic institutions, and healthcare organizations**, including:

Corporate & Industrial Clients

ACG Capsules, ACG Metalcrafts, Anand Group, Apollo Hospitals, ASSEAL Pune, ATOS, Axis Securities, Barclays Technology Centre, Continental Automotive, Copeland India, Dana Anand India, Danfoss Power Solutions, EXIDE Industries, Forbes Marshall, Force Motors, Gabriel India, Infosys, MAHLE ANAND Group, MINDA Industries, NPCIL, Polybond India, Raychem India, Renault India, Sakal Media Group, Spicer India, Springer Nature, Tata AutoComp, Thyssenkrupp, Times Group, Viraj Profiles Ltd., Xpansion, and many more.

Armed Forces & Security Organizations

Indian Army (multiple regiments), Air Force Station Naal, Force One Mumbai, BSF (Jodhpur, Barmer, Suratgarh), SSB, CISF, Rajasthan Police, Rapid Action Forces, and Police Training Centres.

Educational Institutions

Anand University, Jai Narayan Vyas University Jodhpur, Nagarjuna University Vijayawada, St. Mary's College Hyderabad, Bhavan's Vivekanand College Secunderabad, Sanjivani College of Engineering, Delhi Public School Udaipur, Podar International School, Geetanjali University, College of Agriculture Parbhani, VNMKV Parbhani, and many more.

Medical & Healthcare Sector

Apollo Hospitals, Vishwanath Karad Hospital (Pune), Krishna Hospital (Karad), Dr. Vithalrao Vikhe Patil Foundation's Medical College, Pravara Institute of Medical Sciences (PIMS), and Rural Medical Colleges, and many more.

Media & Radio Programs

Radio Madhuban (Jeevan Roshni – Talk on Values)
Radio Puneri Awaz, Pune
BBS Radio "Why I am so Happy?"

