

# CHAITANYA CHARAN

Author, Motivational Speaker, Lifestyle Mentor, Coach and Monk

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## AT A GLANCE

- Chaitanya Charan is a globally renowned author, speaker and lifestyle mentor and coach. He is author of over 25 books on spirituality and some of them are best sellers in India and worldwide. A motivational speaker and specialist life coach, he is a guide to professionals and corporate leaders. Seeing the prevalent problems of stress, depression, addiction and overall misdirection he felt inspired to dedicate his life to the cause of sharing the spiritual wisdom. He travels all over the world from Australia to America, giving talks on spiritual subjects in universities such as Princeton, Yale and Cambridge and companies such as Intel, Salesforce and Microsoft to list a few.

## TOPICS

- Culture of Collaboration
- Genuine Relationships
- Work Life Balance
- Managing Stress through Mindfulness
- Stress Management in Modern Work Culture
- Art of Decision Making for Corporate Professionals
- Ethics in Leadership and Management
- Art of Effective Communication
- Corporate Culture and Values

## PROFESSIONAL EXPERIENCE

- Consultant  
Bhaktivedanta Hospital, Mumbai, India May 2019 – Present

As a consultant, Chaitanya Charan guides the research in various areas that demonstrate the relevance of spirituality in the field of health and healthcare. He offers consultation to medical caregivers to achieve a healthy work-life balance. He edits and authors various publications on the field of spiritual health.

- Associate Editor  
Back to Godhead (ISSN 0005-3643, USPS 604-170), April 2006 – Present

As Associate Editor, Chaitanya Charan reviews and ensures that magazine content is a dynamical blend of traditional wisdom with contemporary relevance.

- Member  
Shastric Advisory Council, ISKCON, April 2012 – Present

As a member of this council, Chaitanya Charan helps the leaders of ISKCON in making informed choices that hold on to unchanging values while catering to changing situations.

- Software Engineer  
Patni Computer Systems, Pune, India July 1998 - February 1999

## INVITED TALKS

### Selected Invited Talks

- Intel, Phoenix, AZ — MIND the MIND
- Princeton University, NJ — The Karma Conundrum
- Salesforce, San Francisco, CA — The Missing Self in the Selfie
- Microsoft, Redmond, WA — Personal Competence through Self-awareness
- Ohio State University, Columbus, OH — Focus on conscious intention, not circumstantial emotion
- Dayton University, Dayton, OH — Inner power means to act intelligently, not impulsively
- University of Illinois, Chicago, IL — Rising towards contribution and satisfaction

- Cambridge University, UK — Science Vs Religion

### Other Invited Talks

Axis Bank, Mumbai; Tech Mahindra, Pune; Australia and New Zealand Bank, Wellington, New Zealand; New Zealand Bank, Wellington, New Zealand; Grand Rapids University, USA; Melbourne University, Melbourne, Australia; National Institute of Technology, Rourkela, India; National University of Singapore, Singapore; McGill University, Canada and over 100 others.

## WORKSHOPS

### Selected Workshops

- Enriching Our Relationships  
University of New South Wales, Sydney, Australia

Our relationships are often the source of the greatest drama and the greatest trauma. We feel empty when we are lonely, but we feel even lonelier when we are not understood by our loved ones. If we are to enrich our hearts with positive emotions of love, acceptance and belonging, we need to begin by changing our vision of ourselves and others. By learning to appreciate the pure spiritual core beyond the behavioral traits and the physical looks that sometimes attract and sometimes annoy, we can move forward in developing relationships that work instead of relationships that simply make us work.

- Beyond Negative Thinking and Positive Thinking to Productive Thinking  
Salesforce, San Francisco, CA, USA

That negative thinking can drain us of energy and enthusiasm is well-known. That positive thinking can blind us to danger and trouble is not that well-known. While much self-help training focuses on tapping the power of positive thinking, all-round preparation for life requires that we tap the power of negative thinking too. Ultimately, the thinking that can help us is neither positive or negative, but productive and effective. You deserve your best thoughts for presentation - and your best thoughts deserve you for application.

- Finding Inner Anchors Amid Outer Storms  
North Carolina State University, NC, USA

Life's unpredictable changes, as well as our mind's incomprehensible moods, can seem like storms that sweep us away. To protect ourselves, we need anchors. In fact, learning what our anchors are and how we can hold on to them may well be the most important life skill to navigate today's challenges positively and purposefully. Spiritual wisdom-traditions of ancient India offer time-tested principles and practices to take us to our anchors and to take our anchors with us as we swim through life storms to the shores of success and satisfaction.

### Other Workshops

Axis Bank, Mumbai; Tech Mahindra, Pune; Australia and New Zealand Bank, Wellington, New Zealand; New Zealand Bank, Wellington, New Zealand; Grand Rapids University, USA; Melbourne University, Melbourne, Australia; National Institute of Technology, Rourkela, India; National University of Singapore, Singapore; McGill University, Canada and many others.

## GUEST LECTURES

Chaitanya Charan is an insightful speaker who is known for his systematic, structured style of presentation, his verbal creativity in presenting complex concepts memorably and his lively, logical question-answer sessions.

- Stanford University — Finding Security in Insecurity
- Massachusetts Institute of Technology — Yoga and Empowered Living

- Yale University — Science and Spirituality
- Princeton University — Ethics from Epics
- University of Colorado, Denver — Matters that Matter more than Matter
- University of Colorado, Boulder — Spirituality and Mental Health
- University of Denver — Letting go of Resentment
- Texas A & M University — Live in the Present
- Duke University — Science, Spirituality and Mental Health

## PUBLICATIONS

### Selected Books

**All these books are available online at:**

[https://www.amazon.com/s?k=chaitanya+charan+books&ref=nb\\_sb\\_noss\\_2](https://www.amazon.com/s?k=chaitanya+charan+books&ref=nb_sb_noss_2)

1. Chaitanya Charan (2018). Gita wisdom through quotes. Mumbai, India: The Writing Place Publishers.
2. Chaitanya Charan (2018). Wisdom from Ramayana. Delhi, India: Fingerprint Publishers.
3. Chaitanya Charan (2018). Gita for daily enrichment. 365 reflections on the Bhagavad Gita. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
4. Chaitanya Charan (2017). The searching eye. Finding spiritual meaning in a messy world. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
5. Chaitanya Charan (2017). Demystifying reincarnation. Delhi, India: Fingerprint Publishers.
6. Chaitanya Charan (2017). Inner Change. 121 Bhagavad Gita reflections for unleashing your higher self. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
7. Chaitanya Charan (2016). Mind it! 64 Reflections on the Bhagavad Gita for managing the mind, Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
8. Chaitanya Charan Das (2016). Gita for daily enrichment. Be Intense, not tense and other 364 articles, Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
9. Chaitanya Charan (2016). Belong. 121 Reflections on Bhagavad Gita. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
10. Chaitanya Charan (2016). GK for PK. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
11. Chaitanya Charan (2015). The eye to see the I. 124 Reflections on the Bhagavad Gita. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
12. Chaitanya Charan Das (2014). Timeless wisdom on current issues. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
13. Chaitanya Charan (2014). Science and Spirituality. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
14. Chaitanya Charan (2014). 10 Leadership Sutras. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
15. Chaitanya Charan Das (2014). E.N.E.R.G.Y. Your sutra for positive thinking. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
16. Chaitanya Charan Das (2014). Frequently unanswered questions. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
17. Chaitanya Charan Das (2014). The spiritual scientist. Series I. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
18. Chaitanya Charan Das (2014). The spiritual scientist. Series II. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
19. Chaitanya Charan Das (2013). Oh my God!. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.
20. Chaitanya Charan Das (2009). Recession. Adversity or Opportunity. Pune, India: Vedic Oasis for Inspiration, Culture & Education (VOICE) Press.

### Articles

- We can make ourselves useful as a species, Chaitanya Charan Das, 2006, Available online: <https://timesofindia.indiatimes.com/home/opinion/edit-page/We-Can-Make-Ourselves-Useful-as-a-Species/articleshow/1435769.cms?referral=PM>

- Obesity, Spirituality and Self-Mastery, Chaitanya Charan Das, 2007, Available online: [http://articles.economictimes.indiatimes.com/2007-10-13/news/27689852\\_1\\_obesity-fulfilment-food-tastes](http://articles.economictimes.indiatimes.com/2007-10-13/news/27689852_1_obesity-fulfilment-food-tastes)

#### **AWARDS, HONORS and RECOGNITION**

- Chaitanya Charan was invited for several distinguished lectures and keynote talks
- Published articles in renowned Times of India and Economic Times
- Interviewed by multiple media outlets
- TEDx Talk at MMU, Mullana, India.

#### **EDUCATION/ TRAINING**

- The Bhakti Center, New York, USA, 2019 – Present  
Providing training in Mindfulness and Purposeful Living
- ISKCON Chowpatty, Mumbai, India, 2012 – 2019  
Developed educational courses and gave seminars to students and corporate professionals.
- New Vedic Cultural Center, Pune, India, 1998 - 2011  
Lived as a Monk for 15 years. Mentored thousands of students and corporate professionals in the art of stress management and work-life balance. Performed over 13,000 hours of meditation practice.
- Bachelor's in Electronics and Telecommunications Engineering  
Government College of Engineering, Pune, India 1994 - 1998