

DR. RAJ HEGDE

SCIENCE-DRIVEN CORPORATE WELLNESS

Dr. Raj Hegde (PhD, Computer Engineering) helps leaders and teams cultivate clarity, resilience, and purpose using science-backed wellness practices and conscious leadership frameworks.

200+

Professionals
mentored

15+

Years in Wellness
& Research

2

Patents



WELLNESS

Calm Minds. Resilient Teams

- Science meets Stillness
- Work Life Integration

EFFICIENCY

Focus is the New Productivity

- Purpose Driven Performance
- Flow at Work

EFFECTIVENESS

Leadership rooted in Trust

- Servant Leadership
- Building E+ Teams



EXPERIENCE ACROSS



CORE: SEE CALMNESS IN REAL TIME

Guided meditation enhanced through his co-patented biofeedback technology.

100% PROCEEDS TO PURPOSE

Every session aids Govardhana, an ANBI fueling sustainability and conscious living.



BOOK A PILOT SESSION!



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