



Welcome to



**SANCTUARY OF MIND,
ENERGY AND
SELF-DISCOVERY**





Mind Healing

HEAL • GROW • TRANSFORM



“

Mind Healing provides a **holistic, safe, and economical** alternative to traditional clinical therapy. With **personalized, non-invasive** sessions, it delivers **deep emotional relief, mental clarity, and lifestyle balance**-making it a **smart, sustainable investment** in your **overall well-being.**”

”



Service offered



Mind Healing & Counseling:

Personalized sessions to overcome stress, anxiety, depression, and trauma



Graphology Consultations:

Unlock hidden traits and subconscious patterns through handwriting



Career & Relationship Guidance:

Support in decision-making, communication, and life transitions



Lifestyle Modification:

Tailored advice to create a balanced and purposeful life



Motivational Workshops & Seminars:

For schools, colleges, and organizations

Unique Approach



Fusion of science, spirituality, and psychological tools



Deep empathy, confidentiality, and commitment to personal growth



Proven techniques for emotional resilience, clarity, and confidence

ABOUT Dr. Rajarshi Kayal (M.Sc. Ph.D)



Dr. Rajarshi Kayal is a compassionate guide and expert in the field of emotional wellness, personality decoding, and lifestyle transformation.

With an academic background in Life Sciences (M.Sc., Ph.D), he combines scientific insight with practical healing tools to help individuals lead healthier, more fulfilling lives.



As a Mind Healer, **Dr. Kayal** specializes in safe, non-medicated approaches to address stress, anxiety, overthinking, and emotional imbalances.

Through Graphology, he offers powerful personality assessments based on handwriting, unlocking self-awareness and growth potential. His role as a Lifestyle Modifier focuses on realigning daily habits, thoughts, and behaviors to promote lasting change.



He conducts workshops and motivational seminars in collaboration with various governmental and non-governmental organizations, earning recognition and respect for his contributions.



Healing with science. Guiding with heart.

“Zero Side Effect, Only Effect.”

Sanctuary of Mind, Energy & Self-Discovery

Dr. Rajarshi Kayal, M.Sc. Ph.D

Mind Healer, Graphologist, Lifestyle Modifier

Dr. Rajarshi Kayal blends science, self-awareness, and subtle healing techniques to **transform lives**.

WHY CHOOSE DR. RAJARSHI KAYAL?



Expert in **mind healing** with a science-backed, drug-free approach



Skilled **graphologist** – decoding personality through handwriting analysis



✿ Trusted by clients for **confidentiality, empathy,** and real-life outcomes

✿ Offers both **online and in-person** sessions for easy, accessible care



Known for his **compassionate, personalized** guidance in every session.



Tailors lifestyle solutions for **holistic mental, emotional, and behavioral** wellness



Empowering Minds: Workshop Highlights

Over 1.5 lakhs people across Kolkata, various parts of West Bengal, different regions of India, and Abroad have benefited through numerous workshops, seminars, and related programs

- ❖ Conducted a workshop on Stress management, Internal relation, Mind power and motivation for the Personnel of CID at **CID Headquarter Bhawani Bhawan, West Bengal.**
- ❖ A workshop on Stress management of Police Personnel of I.B was organised at **Intelligence Branch Headquarter, West Bengal.**
- ❖ Parenting & how to concentrate in studies organised by **Kolkata Police at Boat Club.**
- ❖ A workshop on Stress Management of WBRS Officers and Dy.SP(UT) was organised at **Swami Vivekananda State Police Academy, Barrackpore, West Bengal.**
- ❖ Modification of your lifestyle through mind power organized by **Botanika at Hyderabad.**
- ❖ Workshop on Stress Management of Promote Rangers, Deputy Rangers, Rangers, office staffs, and forest personnel at **State Forest Training Institute, Hijli, Kharagpur, Govt. of West Bengal. (many times)**
- ❖ Residential Workshop on How to lead healthy Lifestyle through Mind Power at **Mangalam Group, Bhadrak, Odisha.**
- ❖ Workshop on The way of remaining happy hours in Old Age at **Swapnabhan Auditorium organised by Govt. of West Bengal**
- ❖ Mind Healing Sessions and Motivational Camps for the well-being of students, guardians, teachers, and staff at **Sister Nivedita Girls' School, Bagbazar, Kolkata (many times)**
- ❖ Summer Camp (শ্রীশ্রীকালীন শিবির) organized by **Ramakrishna Sarada Mission, Dirang**, focusing on students' personality development, discipline, confidence building, memory power, stress management, yoga, and life skills. **and Many more.....**



Testimonials from clients

01

SHRESTHA PARIA VII-C-30

1 review

★★★★★ 6 months ago

আমি নিজে বহুসংস্টি দিন ধরে কিছু সমস্যায় ভুগছিলাম। একবার হঠাৎ আমি ডাঃ রাজর্ষি কায়াল -এর পেঞ্জে পাই। আমি তাঁকে দেখানোর পর। ম্যাজিকভারে একটা শাস্ত্র ভারের উঠরে মতো অলরে ব্যেংখায় মনের কিছু দিকো আমার ভিতর্গে যেসব চলন ঠিকঠাকের মধ্যে ফল পালো।

02

Dr Bijay Paul Dr. Pauls

4 reviews

★★★★★ 6 months ago

My experience today with Dr Rajarshi is amazing. Can't believe someone can read your present, past and future so perfectly without asking anything. His mind healing remedy I started from today and instantly observed some positive vibration within myself. Thanks to you Dr Rajarshi for your time and guidance. Highly recommended.

03

Dr. Jayita Saha

3 reviews

★★★★★ 6 months ago

I am truly grateful for the guidance and support I received during the mental healing session with Dr. Rajarshi Kayal. His calm presence, empathetic approach, and deep understanding created a safe space for me to open up and reflect. I left the session feeling lighter, more centered, and empowered to take small steps toward emotional balance. Thank you, Dr. Kayal, for helping me rediscover clarity and strength from within.

04

Pragya Tantia

2 reviews · 1 photo

★★★★★ a year ago

For over six years, I've had the privilege of being mentored by Sir. His guidance has been invaluable to me and his expertise in various fields like graphology, aura reading, eyeball reading and numerology, has been instrumental in my personal and professional development. I couldn't have asked for a better mentor to navigate life's challenges and opportunities.

05

chandan ghosh

1 review

★★★★★ a year ago

EXCELLENT EXPERIENCE.WHAT A RELIEF ? TOTAL MIND REFRESHMENT AND POSITIVE THINKING.THANKS SIR FOR LOVELY THERAPY.

06

t k

3 reviews

★★★★★ a month ago

My first experience with Dr rajarshi kayal was quite nice. I had my first session with him. He is so much skilled that he can accurately diagnose and tells about eneself even I doubt I can tell this much accurately about myself. He also guided me on other aspects of life aslo. He is very humble and honest with his profession , he is patient and easy going. After first session I felt very relaxed. Following his prescription I hope definitely I can overcome my problems. Thanks to him of his guidance and valuable advice. 🙏

DO YOU NEED
MORE HELP?



SCHEDULE A CALL



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Rajarshi kayal's Talks



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Rajarshi Kayal-Unveiling secret of your mind