



*Welcome to*



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

# Sanctuary of Mind, Energy & Self-Discovery

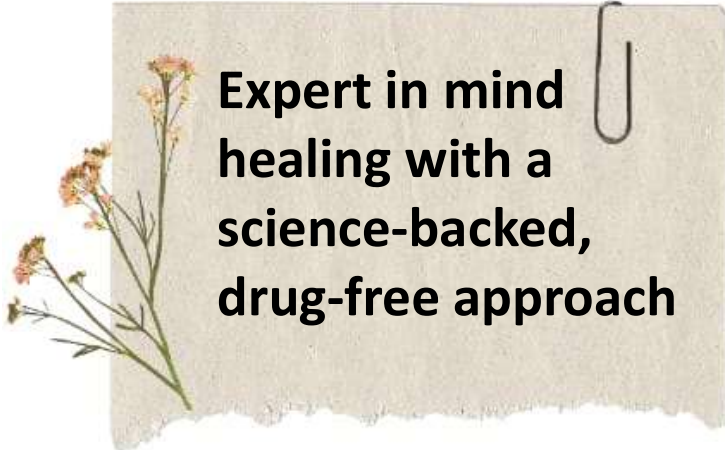


**Dr. Rajarshi Kayal, M.Sc. Ph.D**

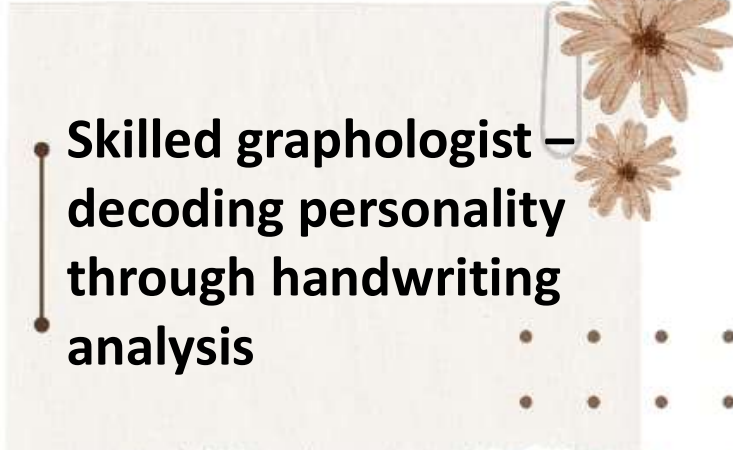
**Mind Healer, Graphologist, Lifestyle Modifier**

**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**

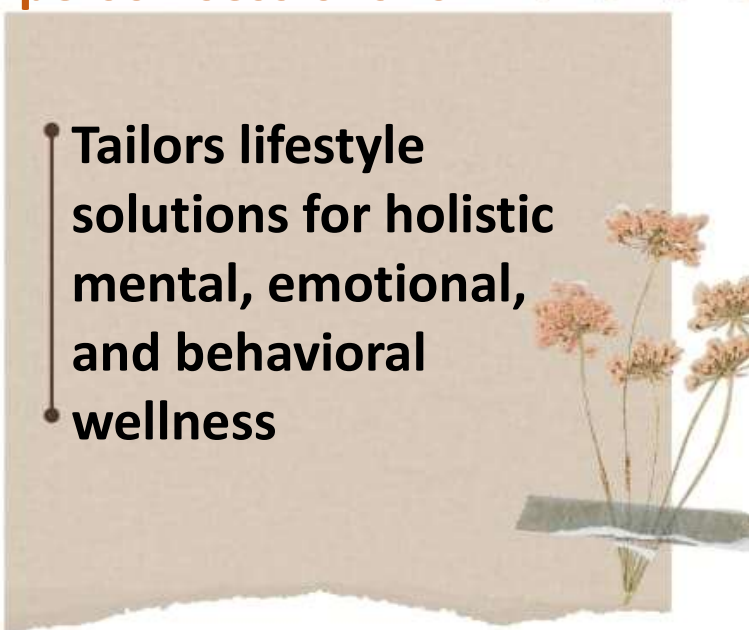


**Skilled graphologist – decoding personality through handwriting analysis**

- **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**





## 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."**

## 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





**The Healing Power of the Mind:**  
Unlock inner strength and emotional clarity through safe, natural, and science-backed techniques.

**Zero Side Effects – Only Effect:**  
Experience true healing without medication, dependency, or adverse reactions — just lasting positive change.



**No Emergency Situations – 100% Safe Process:**  
Mind healing is calm, structured, and risk-free, with no sudden emotional breakdowns or medical crises.

**Gentle, Controlled, and Fully Monitored:**  
Every session is conducted in a supportive environment, tailored to individual pace and emotional readiness.





*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.*



# Empowering Minds: Workshop Highlights

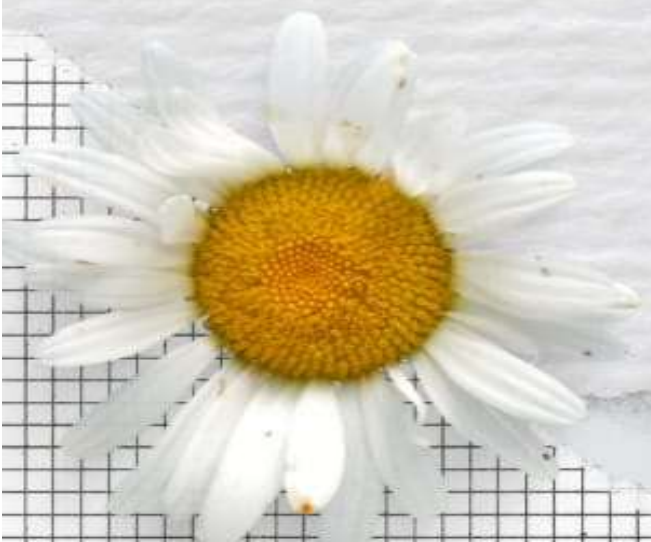
Over 75,000 people benefited all over India including Kolkata, other parts of West Bengal, Hyderabad, Orissa and many more through numerous workshops, seminars etc.

- ❖ 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 Promotee Deputy Ranger at State Forest Training Institute, Hijli, Kharagpur, Govt. of West Bengal.
- ❖ 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 Swapnabhor Auditorium organised by Govt. of West Bengal
- ❖ Parenting workshops for parents to motivate their wards at Sister Nivedita Girls' School, Bagbazar, Kolkata
- ❖ Workshop on Sales techniques through Mind Power at Subarna Banik Samaj Hall, Bowbazar, Kolkata **and Many more.....**











## Milestones of Recognition

Received C.V. Raman Award on National Science Day held on Jadavpur University campus in 2016.

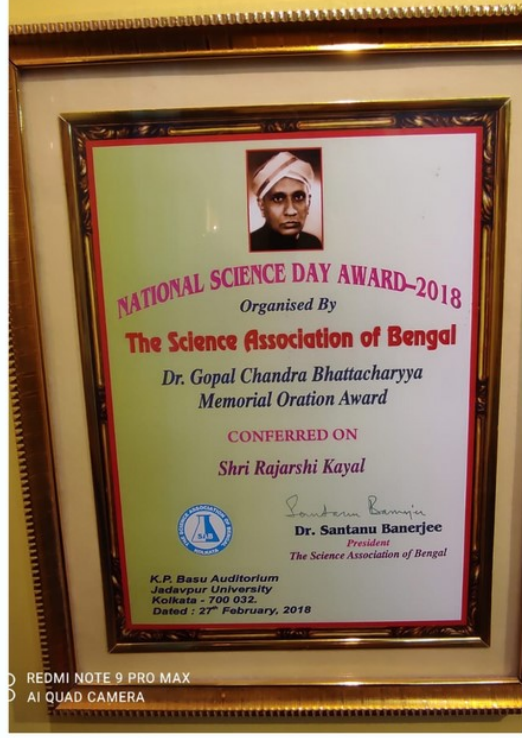
Received Swami Vivekananda Memorial Award on National Science Day held on Jadavpur University campus in 2017

Received Gopal Chandra Bhattacharya Award on National Science Day held on Jadavpur University campus in 2018

Received certificate of appreciation from A.D.G C.I.D in 2017

Received Fellowship Award on National Science Day held on The Science Association of Bengal in 2025





Achievements





# Testimonials from clients



**SHRESTHA PARIA VII-C-30**

1 review



★★★★★ 6 months ago

আমি বিগত কয়েকদিন ধরে কিছু সমস্যায় ভুগছিলাম। এরপর হঠাৎ আমি ডা: রাজর্ষি কয়াল - এর খোঁজ পাই। আমি তাঁকে দেখানোর পর মানসিকভাবে ভরসা পাই। আমি সবার উদ্দেশ্যে বলব একবার দেখান মনের দিক দিয়ে একদম হালকা হয়ে যাবেন। স্যারের নির্দেশ মেনে চলুন কিছুদিনের মধ্যে ফল পাবেন।



**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.



**Dr. Jayita Saha**

3 reviews



★★★★★ 9 months ago

Good mentor and excellent mind healer. I got tremendous motivation and confidence from him in every aspects of life.. My earnest thanks to you Sir. Always be with us....



**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.



**chandan ghosh**

1 review



★★★★★ a year ago

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



**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 oneself 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 ofr his guidance and valuable advice. 🙏



# Testimonials from clients



**Rubel Pal**

1 review



★★★★★ a week ago **NEW**

Dr Rajarshi Kayal the first Man who has the combined power of spirituality and science. He can manifold our life by his esteemed eternal knowledge which he has gained from our valuable pictures actually he is the man form of our Indian culture and heritage.

Thank you sir.



**Indira Chatterjee**

3 reviews



★★★★★ 4 months ago

Dr. Rajarshi Kayal is an immensely talented person. We met him 7 years ago. Still, my whole family is under his supervision.

We have benefited from him in many ways. He is like our guiding star. His honest dedication & continuous support towards the clients, is really commendable. He has solutions for your every problems in life. We are really blessed to have him as lifestyle modifier. 🙏🌸



**Abhisek Das**

3 reviews



★★★★★ 8 months ago

We met recently and had a wonderful experience. The best part is he is a very good listener and prescribes the healing medicine accordingly. We experienced a nice and warm behavior and completely satisfied with the suggestion.....Highly recommended from my side...GOD bless



**Kriti Ghosh**

5 reviews



★★★★★ 4 months ago

Dr. Rajarshi Kayal is definitely very talented. I met him for a session and I was very surprised how he could know about me and my life with so much details without me telling him about it. I have never seen anything like it. I had some pain related issues and his methods completely made it disappear right after the session. I'm definitely considering following his guidance in other aspects of my life. He is kind, and patient with his clients. And interaction with him made me feel energized and very positive. I'd definitely recommend him for the one stop solution for all your problems.

**DO YOU NEED  
MORE HELP?**

**SCHEDULE A CALL**



[www.rajarshikayal.com](http://www.rajarshikayal.com)



[rajarshikayal2009@gmail.com](mailto:rajarshikayal2009@gmail.com)



+91 700 173 4402



+91 9153 183 006



Rajarshi kayal's Talks



Rajarshi Kayal-Unveiling secret of your mind