

Guru and Co

sthita-prajña

Discarding all selfish desires of the senses that torment the mind and become satisfied in the realization of the self



Our Commitment

Embark on a journey of self-discovery with us, where true peace begins from within. Our sanctuary fosters tranquility offering a non-judgemental space for individuals to openly explore and address barriers hindering their path to a peaceful life. Through compassionate and empathetic listening, we facilitate healing, making well-being the foundation for more joyful existence



TRANSFORM

Your Life Today

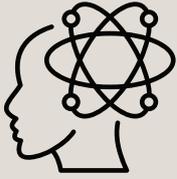


“

*There are far
better things
ahead than any
we leave behind*

- C S Lewis

”



Discover Your True Potential

Guru and Co will help you uncover your unique strengths and talents, so you can achieve your goals and live your best life



Create Sustainable Habits

Learn how to make lasting changes in your life with Guru and Co's proven methods for building healthy habits and routines



Overcome Limiting Beliefs

Identify and break free from the negative thought patterns that are holding you back with Guru and Co's expert



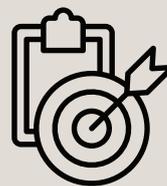
Find Balance and Fulfillment

Achieve a sense of harmony and purpose in your life by working with Guru and Co to align your priorities and passions



Manage Stress and Anxiety

Learn practical techniques for reducing stress and anxiety in your daily life with Guru and Co's personalized coaching



Achieve Your Goals

Set and achieve ambitious goals with Guru and Co's support and accountability. Take your life to the next level today.

Our Therapists and Coaches



Moutusi Daspurkayastha

+91 7676307943

Being a therapist has helped me understand my purpose in life and how connecting to people directly and supporting them without judgement gives me a sense of contentment. My aim is to help people explore and find what they are looking for and to empower them to navigate difficult situations and make the right choices in life on their own



K Gururaja

+91 94490 60959

A successful and experienced professional in the field of Mental Health sciences. With over 3 decades of dedicated service to healing people through my knowledge of psychotherapy as well as scriptural knowledge, I am an ardent believer of integrated healing practices for emotional well-being



Madhabi Palit

+91 98454 28783

My journey as a therapist has enabled me to open my understanding of the different facets of human life and the complexities associated with what makes or breaks us. My commitment is to enable those who are willing to commit themselves to a happier and for a peaceful existence



Aveejeet Palit

+91 96323 88558

In the more than 30 years of my professional career as a Design and Technology Consultant, I have been passionate in mentoring team members and coaching high-potential individuals. It came from a fundamental belief in the infinite potential of a human being. I specialise in areas of leadership development of mid-career professionals and students at the threshold of their careers

Contact Us

Better yet, see us in person!

We love to hear from you,
so feel free to drop us a message
we'll get in touch with you

**“ You are worthy
of new beginnings ”**

Guru and Co

Jayanagar, Bengaluru, Karnataka