

DR. MANI DAS

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Profile In Brief:

Mental Health Consultant | Educator | Relationship Coach | Personal Development Coach | Life Coach | Psychological Counselor | Stress Management Expert | Certified NLP Practitioner | Motivational Speaker | Author | TM Practitioner | Educator

NASI Award-winning educator with 24 years of experience mentoring 10,000+ students, parents, and professionals in stress management, leadership, and personal development.

Certified Life Coach & Relationship Expert with 8+ years of experience, guided 1000+ individuals, couples, Armed Forces personnel, and gender-diverse communities in communication, emotional intimacy, and conflict resolution.

Education:

1. Post Graduate Diploma in Counselling & Stress Management, Counseling Psychology, Jadavpur University, Kolkata, 2017
2. B.Ed. Bachelor of Education, Zoology, Sammilani Teachers' Training College, Kolkata, 2009
3. Ph.D., Zoology/ Zoology, University of Kalyani, Kalyani, Kolkata, 2000

Certification:

1. Certified NLP Practitioner
2. Certified Life Coach
3. Certified Emotional Intelligence Coach

Psychological counsellor and Mental Health Consultant Work Experience (2017- present)

Through my services as a mental health consultant, I have helped thousands of students, individuals, couples, and several organizations navigate personal challenges.

Brief Summary of My Counseling Work

- Psychological counselor, Self-employe (2017 – Present)
- Mental Health Consultant, Ummeed Counselling and Consulting Services (Apr 2025 - Present)
- Psychological Counselor, Garima Greh, Kolkata (2021–Present)
- National Faculty, Gender Affirmative Care Workshop, AIIMS Kalyani (March 2005)
- Cyber Psychology & Security Session for Army Soldiers & Families (Feb 2025)
- Couples' Counselor, Indian Army (2 SIKH, Barrackpore) (Sept–Nov 2024)
- Stress Management Session, ASWB (Apr 2024)
- Psychological Grooming, AWWA, Fort William (2022, 2023)
- Personal Development Coach, CCLMS College (2020–2022)
- Mindfulness Sessions, HSBC (May 2022)
- Stress Management Workshop, BBIT School (May 2022)
- Radio Talks, AIR Geetanjali, Kolkata – World Happiness & Sleep Awareness

Skills

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|---------------------------------|--------------------------------------|--------------------------|-------------------------|
| • Positive Behaviour management | • Confidentiality | • Emotional Intelligence | • Guided meditation |
| • Qualified Teacher | • Psychological counseling | • Time management | • Behavior modification |
| • Staff Development | • Neuro-Linguistic Programming (NLP) | • Active listening | |
| • Motivational Speaking | • Crisis intervention | • Goal setting | |
| • Leadership | | • 1:1 mentoring | |

Awards and Accolades

- Best Relationship Coach, Speaker & Healer – Star Night Galaxy Awards, Asia Pacific India (2022)
- Bravery Award – 15th National Transgender Day, West Bengal, for work with Garima Greh inmates
- Best Science Teacher – NASI, Kolkata Chapter (2015)
- Best Coordinator (3x) – Conservation of Planet, Schneider Electric India, Kolkata

Books and Publication and other mentionable achievements

Co-authored *Destiny by Design* (2022) and featured in Jio Bangla (2023) and *Aajkal* (2023) on relationship issues. Guest on Kayo Bello Podcast, UK (2024).

Teaching Experience and Administrative Leadership Experience (2000 – 2024)

- **HOD / Mentor Biology - Duration: Apr 2018 – Mar 2024 & Assistant Teacher Biology – 2008-2024 (DPS Megacity Kolkata)**
 - **HOD Environmental Science: April 2010 – 2016: DPS Megacity Kolkata**
 - **Lecturer and Assistant teacher (BIOLOGY) and Academic Coordinator - 2005-2008 (Techno India, Salt Lake) Lecturer and Assistant teacher (BIOLOGY) and Academic Coordinator - 2005-2008 (Techno India, Salt Lake)**
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