

BRUHANMATI

Mental wellness guidance inspired by traditional wisdom

Integrating the Art of Loving & the Science of Living

About Bruhanmati

Bruhanmati offers reflective mental wellness programs for professionals, educators and institutions. The work integrates contemporary psychological understanding with traditional wisdom to support emotional balance, clarity and meaningful engagement with life and work.

Core Orientation

The work brings together the art of loving and the science of living, supporting thoughtful relationships, reflective awareness and responsible action in contemporary life.

Programs

- Mental Wellness for Professionals
- Faculty Personality Development
- Teacher Wellbeing
- Art of Loving & Science of Living workshops
- Reflective one-to-one guidance

Formats

Introductory talks, half-day workshops, full-day workshops, and multi-session programs. Available in Bengaluru and online across India.

Contact

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