

Dr. Rakhi K Datta

Consultant Anaesthesiologist and Pain Management Physician
Certified Neuro-Linguistic Practitioner | SuperCoach for Mind Management | Author

Education:

- MBBS
- DNB Anaesthesia
- Fellowship in Regional Anaesthesia and Pain Management

Certifications:

- Certified Neuro-Linguistic Practitioner

Professional Experience:

- Consultant Anaesthesiologist and Pain Management Physician (12 years)

Areas of Expertise:

- Pain Management
- Regional Anaesthesia
- Neuroscience for Stress and Anxiety Management
- Psychological Counselling
- Neuro-Linguistic Mentoring
- Mental Health Coaching

Book:

- Author of "Secret Wellness Strategy: The Empowered Path to Conquer Stress, Anxiety, and Negativity in the Modern Era"

Accomplishments:

- Published Author
- Pain Management Expert
- DNB Guide
- Special Skills:
- Mind Management SuperCoach

Summary:

I am a highly dynamic and enthusiastic medical professional with a successful 12-year career as a Consultant Anaesthesiologist and Pain Management Physician in Inlaks & Budhrani Hospital, Pune. My journey has been diverse and fulfilling, starting from a lecturer to becoming a DNB Guide, transitioning from Anaesthesia to specialize in Pain Management, and evolving from simple self-writing to becoming a global author. My passion for mental health and well-being led me to become a Certified Neuro-Linguistic Practitioner and a SuperCoach for Mind Management.

I have a deep understanding of neuroscience and its applications in managing stress, anxiety and depression among students, working professionals, and corporate sectors. Additionally, I possess strong skills in psychological counselling, allowing me to effectively mentor in the area of neuro-linguistic practices.

My book, "Secret Wellness Strategy: The Empowered Path to Conquer Stress, Anxiety, and Negativity in the Modern Era," is a valuable resource that provides practical strategies for improving mental well-being and addressing the challenges of modern life.

As an accomplished author, I have contributed significantly to the neuroscience, and mental health. My expertise and dedication make me a valuable asset in helping individuals achieve optimal well-being and mental harmony.