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Mentora: Redefining Mental Wellness, Mentorship, and Human-Centered Growth in India



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TABLE OF CONTENTS

1	CONTENT & SENTIMENTS		3 - 6
2	PUBLISHED LINKS		7 - 18

Mentora: Redefining Mental Wellness, Mentorship, and Human-Centered Growth in India



In today's fast-paced world, success is often measured by external milestones, while internal well-being is overlooked. This growing disconnect has created a silent crisis where people are achieving more, yet feeling less fulfilled, more anxious, and increasingly directionless. This gap between achievement and emotional clarity is exactly what platforms like Mentora are solving.

Mentora is emerging as a powerful, human-centered ecosystem that integrates mental wellness, mentorship, and leadership development into one seamless experience.

The Vision Behind Mentora

Founded by Sreejit Pillai, along with co-founders Swetapadma Bag and Pranav Menon, Mentora was built on a simple yet powerful idea: growth is incomplete without emotional resilience.

Sreejit Pillai, a marketing strategist and business consultant with over nine years of experience, has worked at the intersection of consumer psychology, business strategy, and leadership. Having mentored over 5,000 students and professionals globally, he recognized a recurring pattern where people were equipped with skills but lacked clarity, confidence, and emotional strength to sustain growth.

This realization led to the creation of Mentora, a platform designed not just to guide careers, but to transform lives.

Bridging the Gap Between Success and Well-Being

Modern education systems and workplaces focus heavily on performance, often neglecting the emotional and psychological challenges individuals face. Mentora directly addresses this gap by creating a structured yet deeply personalized support system.

At its core, Mentora is not just about therapy or coaching. It is about building a full-circle ecosystem that supports individuals at every stage of their journey.

From anxiety and burnout to career confusion and leadership challenges, Mentora meets individuals where they are and helps them move forward with clarity.

A Full-Circle Support Ecosystem

What makes Mentora stand out in the growing mental wellness and mentorship space is its integrated approach. The platform brings together:

- Licensed psychologists and trauma-informed therapists
- Life and career coaches
- NLP experts and peer listeners
- Business mentors and leadership advisors

This diverse network ensures that every individual receives support tailored to their unique needs, rather than a one-size-fits-all solution.

Whether someone is navigating personal struggles, professional uncertainty, or entrepreneurial challenges, Mentora provides the tools, guidance, and emotional support required to grow through it.

Our Services

Mentora offers a thoughtfully designed suite of services that address both emotional well-being and personal or professional growth. The platform focuses on creating a balanced approach where mental health support and mentorship work together to deliver long-term transformation rather than short-term relief.

Mental Health Wellness including Counselling and Therapy

Mentora provides access to qualified and experienced mental health professionals who specialize in counselling and therapy across a wide range of concerns. These include anxiety, stress, burnout, emotional overwhelm, relationship challenges, self-doubt, and career-related pressure.

The approach is deeply personalized, ensuring that each individual receives support tailored to their unique experiences and challenges. Sessions are designed to create a safe, confidential, and non-judgmental environment where individuals can openly express themselves and work toward healing and clarity.

Mentora emphasizes not only resolving immediate concerns but also building emotional resilience, self-awareness, and coping mechanisms that empower individuals in the long run. The focus is on sustainable mental wellness, helping people function better in both personal and professional aspects of life.

Mentorship for Personal, Academic, and Professional Growth

In addition to mental wellness, Mentora offers structured mentorship programs aimed at guiding individuals through various stages of their journey. Whether it is students seeking career direction, professionals aiming for growth, or entrepreneurs navigating uncertainty, Mentora connects individuals with experienced mentors who provide actionable insights and guidance.

These mentorship programs are designed to go beyond advice. They focus on clarity, decision-making, goal setting, and accountability. Mentors work closely with individuals to help them identify their strengths, overcome limiting beliefs, and create clear, achievable pathways toward success.

Mentora's mentorship model integrates emotional intelligence with practical strategies, ensuring that individuals are not only making better decisions but are also mentally prepared to handle challenges that come with growth.

Integrated Growth Approach

What truly differentiates Mentora's services is the integration of mental wellness and mentorship into a single, cohesive framework. Instead of treating emotional health and career growth as separate areas, the platform recognizes that they are deeply interconnected.

By combining therapy, counselling, and mentorship, Mentora ensures that individuals receive holistic support. This integrated approach allows people to heal, grow, and perform at their best

simultaneously, creating a strong foundation for both personal fulfillment and professional success.

Who We Serve

Mentora works with a diverse set of institutions and organizations to create meaningful impact:

- Educational Institutions including schools, colleges, and others
- NGOs and NPOs
- Startups and Organizations

A Personalized and Compassionate Approach

Unlike traditional models that separate therapy, coaching, and mentorship, Mentora blends these disciplines into a unified framework.

This approach is:

- Personalized, where every journey is unique and support is tailored
- Compassionate, built on empathy, trust, and understanding
- Action-oriented, focused on real transformation and measurable growth

The platform emphasizes not just healing, but also direction, helping individuals take meaningful steps toward a better future.

The Founders' Mission: Making Support Accessible

Swetapadma Bag – Co-Founder and COO

With over seven years of experience across marketing, education, and NGO sectors, Swetapadma Bag has consistently focused on creating impact at scale. Her work has centered on empowering communities, connecting individuals with opportunities, and building systems that drive meaningful change.

At Mentora, she ensures that mentorship and mental health services remain accessible, inclusive, and impactful.

Pranav Menon – Co-Founder and CPO

Pranav Menon brings a deeply human perspective shaped by his experience in NGOs and Human Resources. His belief is clear that no one should be denied support due to financial constraints.

His vision for Mentora is rooted in affordability and accessibility, ensuring that individuals receive continuous, high-quality support rather than short-term solutions.

Leadership and Program Excellence

Sanskriti Samarth – Chief Program Officer

As the Chief Program Officer at Mentora, Sanskriti Samarth plays a pivotal role in designing and executing the platform's core programs. Her work focuses on creating structured, impactful, and scalable mentorship and wellness frameworks that align with Mentora's vision of holistic growth.

With a strong emphasis on program effectiveness and user experience, she ensures that every initiative delivers real value to individuals navigating personal and professional challenges. Her contribution strengthens Mentora's ability to provide consistent, high-quality guidance across its ecosystem.

Empowering Individuals to Grow Through Challenges

Mentora operates on a powerful philosophy: Grow through what you go through.

This philosophy reflects in every aspect of the platform. Instead of avoiding challenges, Mentora helps individuals understand, navigate, and transform them into opportunities for growth.

The platform supports:

- Students seeking career clarity
- Professionals dealing with burnout and self-doubt
- Entrepreneurs navigating uncertainty
- Organizations aiming to build resilient teams

By addressing both emotional and professional dimensions, Mentora enables sustainable, long-term development.

Building Future-Ready Individuals and Organizations

Beyond individual support, Mentora is actively working with educational institutions, startups, and corporate environments to create a culture of self-awareness and resilience.

Its structured programs focus on:

- Mental wellness and emotional intelligence
- Career readiness and decision-making
- Soft skills and communication
- Leadership and personal growth

This holistic framework ensures that individuals are not just skilled, but also confident, self-aware, and capable of handling real-world challenges.

Why Mentora Stands Out

In a rapidly growing mental health and mentorship industry, Mentora differentiates itself through:

- A holistic ecosystem rather than isolated services
- A human-first approach grounded in empathy and real experiences
- A scalable yet personalized model
- A strong focus on long-term transformation over short-term fixes

It is not just a platform, it is a movement toward redefining how individuals grow, lead, and live.

The Road Ahead

As awareness around mental health and personal development continues to grow in India and globally, platforms like Mentora are set to play a crucial role in shaping the future.

With a strong foundation, experienced leadership, and a clear vision, Mentora is steadily building an ecosystem where individuals are empowered not just to succeed, but to thrive.

Connect with Mentora


















- Website: www.connectmentora.com
- Instagram: [mentora_ig](https://www.instagram.com/mentora_ig)
- LinkedIn: <https://www.linkedin.com/company/connectmentora/>



















Conclusion



















Mentora is more than a digital platform, it is a response to a real and growing need. In a world where people are constantly striving for more, Mentora reminds us that true growth begins within.



















By combining mentorship, mental wellness, and leadership development, Mentora is helping individuals build not just successful careers, but meaningful, balanced, and resilient lives.














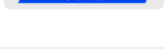

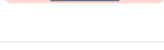

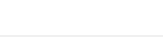
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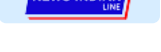

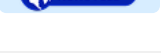

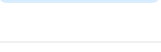


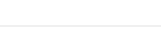
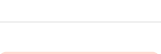




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2.		Kerala News Journal News Portal	27	30	12.4K	View Release
3.		Insightful News News Portal	<25	30	12.4K	View Release
4.		India News Connect News Portal	26	25	12.4K	View Release
5.		Rajasthan News Time News Portal	28	26	12.4K	View Release
6.		India Wire News News Portal	30	30	12.4K	View Release
7.		News Indian Link News Portal	26	28	12.4K	View Release
8.		daily Street Journal News Portal	25	26	12.3K	View Release
9.		News Economic India News Portal	<25	26	12.3K	View Release
10.		Madhya Pradesh News Tribune News Portal	26	<25	12.3K	View Release
11.		Indian Headline News News Portal	28	29	12.3K	View Release
12.		India Press Buzz News Portal	27	25	12.3K	View Release
13.		India Press Dispatch News Portal	28	<25	12.3K	View Release
14.		News India Headline News Portal	27	28	12.3K	View Release
15.		India Flash News News Portal	26	30	12.2K	View Release
16.		News India News Portal	<25	26	12.2K	View Release
17.		The India Brief News Portal	27	<25	12.2K	View Release








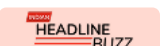






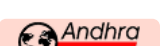



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18.		The Indian Post Online News Portal	26	<25	12.2K	View Release
19.		Jharkhand News Hub News Portal	28	27	12.2K	View Release
20.		Maharashtra NewsFlash News Portal	27	30	12.2K	View Release
21.		India Forbes News News Portal	<25	27	12.2K	View Release
22.		Manipur News World News Portal	30	26	12.1K	View Release
23.		News India Network News Portal	25	27	12.1K	View Release
24.		India Global Live News Portal	25	27	12.1K	View Release
25.		India News Break News Portal	27	<25	12.1K	View Release
26.		Jharkhand India News Agency News Portal	26	30	12.1K	View Release
27.		Traveller News India News Portal	<25	28	12.1K	View Release
28.		Gossip Today News Portal	<25	27	12.1K	View Release
29.		Newz Today 24 News Portal	<25	<25	11.8K	View Release
30.		Rapid Report News Portal	<25	25	11.8K	View Release
31.		News Indian Update News Portal	29	29	11.8K	View Release
32.		India Briefings News Portal	25	26	11.8K	View Release
33.		India Today Daily News Portal	26	26	11.8K	View Release
34.		Mizoram News Pulse News Portal	26	25	11.8K	View Release
35.		The Hindustan Express News Portal	27	26	11.8K	View Release



















#	Logo	Media	DA	PA	Potential Audience	PR Links
36.		The Quick Update News Portal	<25	29	11.7K	View Release
37.		India Latest News Feed News Portal	27	28	11.7K	View Release
38.		Times Of India Daily News Portal	25	<25	11.7K	View Release
39.		Report World News Portal	<25	27	11.7K	View Release
40.		Mizoram News Voice News Portal	30	29	11.7K	View Release
41.		Odisha News Voice News Portal	30	29	11.7K	View Release
42.		Village Voice News News Portal	29	26	11.7K	View Release
43.		Indian News Daily Update News Portal	30	29	11.7K	View Release
44.		India Bulletin News News Portal	26	26	11.7K	View Release
45.		Indian News Views News Portal	25	28	11.7K	View Release
46.		India Globalnews News Portal	<25	29	11.7K	View Release
47.		Indian Express Newsfeed News Portal	28	30	11.7K	View Release
48.		Rajasthan Headlines News Portal	27	26	11.7K	View Release
49.		The News India Now News Portal	27	<25	11.7K	View Release
50.		Weekly News Report News Portal	<25	30	11.7K	View Release
51.		India Live News News Portal	27	26	11.7K	View Release
52.		India 24x7 News News Portal	27	26	11.4K	View Release
53.		Indian World News News Portal	<25	28	11.4K	View Release



















#	Logo	Media	DA	PA	Potential Audience	PR Links
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55.		India Wire Channel News Portal	27	25	11.4K	View Release
56.		News India Connectivity News Portal	27	25	11.4K	View Release
57.		News Eagle India News Portal	30	30	11.4K	View Release
58.		Brief Buzz News Portal	<25	<25	11.4K	View Release
59.		Meghalaya News Daily News Portal	28	<25	11.4K	View Release
60.		Indian press Connect News Portal	30	30	11.4K	View Release
61.		India Today Newsflash News Portal	28	27	11.4K	View Release
62.		India Story Line News Portal	30	28	11.4K	View Release
63.		Reach News News Portal	<25	29	11.4K	View Release
64.		State Newz News Portal	27	28	11.4K	View Release
65.		India Live New Update News Portal	26	<25	11.4K	View Release
66.		India Reporter Live News Portal	30	26	11.4K	View Release
67.		Scroll India News News Portal	<25	28	11.4K	View Release
68.		Nagaland News Watch News Portal	27	25	11.4K	View Release
69.		India News Portal News Portal	27	30	11.4K	View Release
70.		Business Line Print News Portal	<25	28	11.4K	View Release
71.		India latest News Update News Portal	29	<25	11.4K	View Release














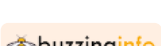




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73.		India Today Headline News Portal	27	30	11.1K	View Release
74.		Chronicle Today News News Portal	<25	<25	11.1K	View Release
75.		Indian News Update News Portal	30	<25	11.1K	View Release
76.		News India Point News Portal	30	26	11.1K	View Release
77.		Punjab News Update News Portal	28	30	11.1K	View Release
78.		Odisha News Hour News Portal	30	30	11.1K	View Release
79.		News Mirror News Portal	<25	27	11.1K	View Release
80.		Mizoram News Buzz News Portal	27	26	11.1K	View Release
81.		News Indian Pulse News Portal	28	29	11.1K	View Release
82.		India Tribune Times News Portal	28	<25	11.1K	View Release
83.		The Daily Glimpse News Portal	<25	29	11.1K	View Release
84.		Standard News Wire News Portal	25	27	11.1K	View Release
85.		Daily India Updates News Portal	27	<25	11.1K	View Release
86.		India Buzz Times News Portal	25	28	11.1K	View Release
87.		District Daily News News Portal	28	28	10.9K	View Release
88.		Indian Focus News News Portal	25	29	10.9K	View Release
89.		The Indian Post News Portal	29	30	10.9K	View Release


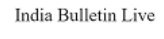
















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91.		India Brief Update News Portal	30	29	10.9K	View Release
92.		India Career Week News Portal	<25	30	10.9K	View Release
93.		Story India News Portal	<25	25	10.9K	View Release
94.		The Report Net News Portal	<25	28	10.9K	View Release
95.		News Indian Line News Portal	26	30	10.9K	View Release
96.		Report India News Portal	<25	30	10.9K	View Release
97.		India Live News Feed News Portal	27	28	10.9K	View Release
98.		Nagaland News 24x7 News Portal	27	25	10.9K	View Release
99.		News Indian Bulletin News Portal	26	30	10.9K	View Release
100.		Top Icsarena News Portal	27	25	10.9K	View Release
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102.		India Globe Today News Portal	30	25	10.9K	View Release
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104.		India Global News News Portal	30	<25	10.9K	View Release
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106.		Latest News Himachal News Portal	27	28	10.9K	View Release
107.		Report Today News Portal	<25	26	10.9K	View Release










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110.		India Post Daily News Portal	26	29	10.9K	View Release
111.		Indian For Media News Portal	30	29	10.9K	View Release
112.		News India Times News Portal	30	27	10.9K	View Release
113.		Sikkim News Update News Portal	30	25	10.9K	View Release
114.		The India Talks News Portal	26	<25	10.9K	View Release
115.		Indian Headline Buzz News Portal	28	29	10.9K	View Release
116.		Tripura News Central News Portal	25	26	10.9K	View Release
117.		Latest News Karnataka News Portal	29	25	10.7K	View Release
118.		Sandwich News Portal	27	26	10.7K	View Release
119.		India Latest News News Portal	27	<25	10.7K	View Release
120.		News India Web News Portal	<25	25	10.7K	View Release
121.		Indian Daily Press News Portal	30	28	10.7K	View Release
122.		Andhra News Digest News Portal	30	<25	10.7K	View Release
123.		India Wire Media News Portal	28	27	10.7K	View Release
124.		India Flashnewsfeed News Portal	27	<25	10.7K	View Release
125.		The Report World News Portal	<25	27	10.7K	View Release

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129.		Indian Pulse Media News Portal	28	29	10.7K	View Release
130.		Tamilnadu News Update News Portal	28	25	10.7K	View Release
131.		India Today Live Update News Portal	26	<25	10.5K	View Release
132.		The India Watch News Portal	26	<25	10.5K	View Release
133.		Discover Weekly Gambling/Sports Betting	27	36	10.5K	View Release
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135.		Goa New Time News Portal	26	25	10.5K	View Release
136.		State News Today News Portal	<25	27	10.5K	View Release
137.		India Today Times News Portal	28	30	10.5K	View Release
138.		India press Coverage News Portal	25	27	10.5K	View Release
139.		Telangana News Spot News Portal	28	28	10.5K	View Release
140.		Chhattisgarh NewsLine News Portal	29	<25	10.5K	View Release
141.		Media Minds News Portal	29	27	10.5K	View Release
142.		Daily News India Online News Portal	<25	26	10.5K	View Release
143.		News Today Pro News Portal	<25	<25	10.5K	View Release

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160.		Rabale News Portal	28	25	10.2K	View Release
161.		India Pulse Update News Portal	27	<25	10.2K	View Release

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179.		Report News News Portal	<25	26	10.1K	View Release

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184.		Daily Indiane News Portal	29	26	10.1K	View Release
185.		News Today99 News Portal	<25	<25	10.1K	View Release
186.		Jammu and Kashmir News Report News Portal	27	30	10.1K	View Release
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190.		India Mirror News News Portal	30	26	10.1K	View Release
191.		Himachal News Report News Portal	28	27	10.1K	View Release
192.		News Wave India News Portal	28	27	10.1K	View Release
193.		The India Times Online News Portal	30	<25	10.1K	View Release
194.		Latest News Today News Portal	<25	28	10.1K	View Release
195.		Tech Times News News Portal	<25	26	10.1K	View Release
196.		India News Wire News Portal	26	<25	10.1K	View Release
197.		New India 24x7 News Portal	26	25	10K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
198.		India Vibes Media News Portal	26	27	10K	View Release
199.		Karnataka News Room News Portal	27	25	10K	View Release
200.		India Buzz News News Portal	25	27	10K	View Release
201.		Insider India Times News Portal	<25	26	10K	View Release
202.		Trend stellers News Portal	<25	29	10K	View Release
203.		News Pulse India News Portal	27	<25	10K	View Release
204.		India Breaking Buzz News Portal	30	25	8.6K	View Release
205.		Uttarakhand News Wire News Portal	28	25	1.1K	View Release
206.		Maharashtra Portal News Portal	27	27	1.1K	View Release



*thank
you*