

2026 Calendar



*You don't need a new self -
you need a kinder beginning*

January

2026

MO	TU	WE	TH	FR	SA	SU
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

THE MENTAL WELLNESS MONTH

February

2026

EATING DISORDER AWARENESS WEEK : 1ST - 7 TH FEB
WORLD CANCER DAY : 4 TH FEB

MO	TU	WE	TH	FR	SA	SU
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24	25	26	27	28		

*Love also means listening
to your own needs*

MENTAL RETARDATION AWARENESS MONTH
SLEEP AWARENESS WEEK : 2ND - 8TH MAR
WORLD OBESITY DAY : 4TH MAR
WORLD DOWN SYNDROME DAY : 21ST MAR
WORLD BI-POLAR DAY : 30TH MARCH

2026

March

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24	25	26	27	28	29	30
31						

*Growth happens quietly,
even when nothing
seems to move*

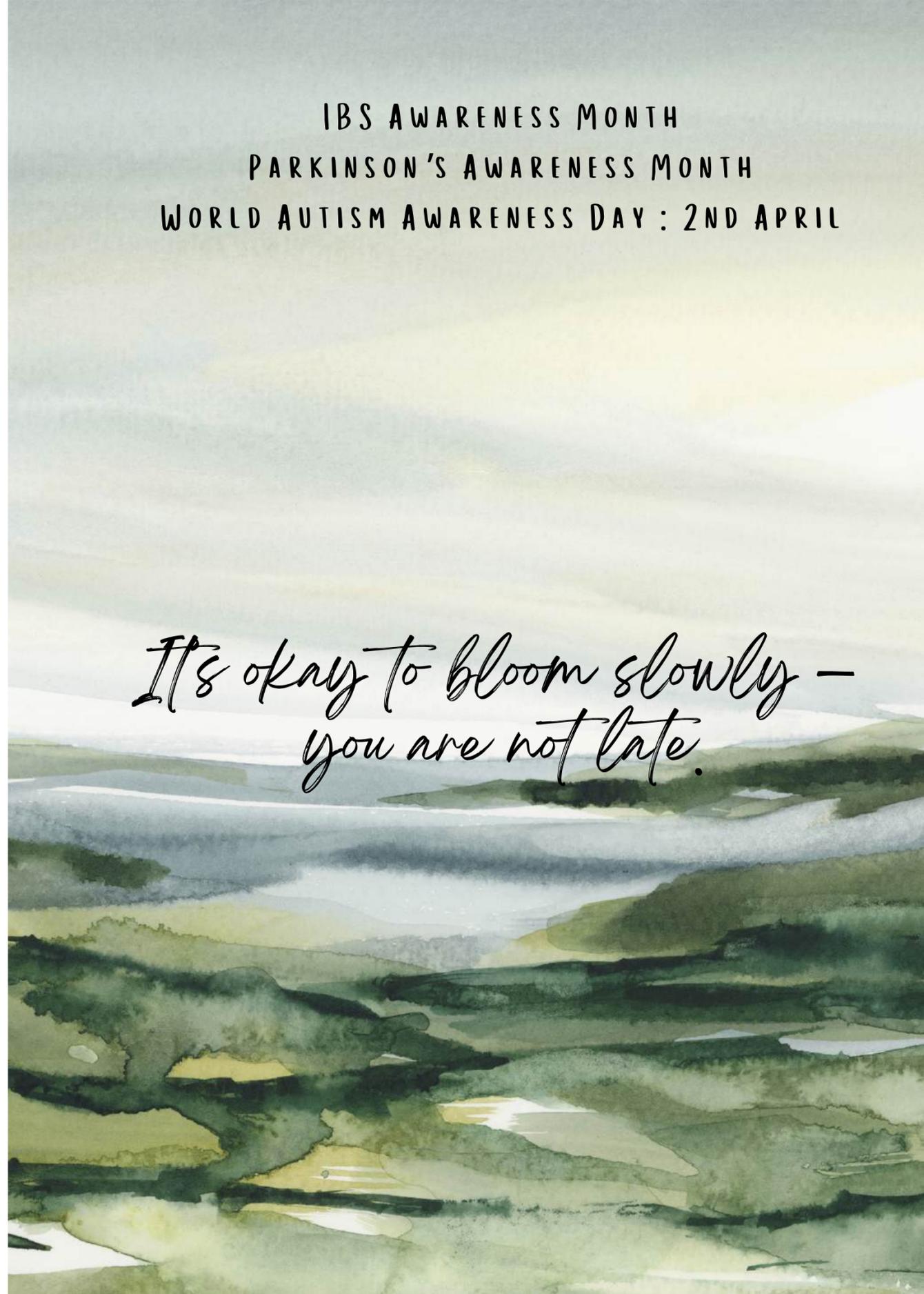
April

2026

IBS AWARENESS MONTH
PARKINSON'S AWARENESS MONTH
WORLD AUTISM AWARENESS DAY : 2ND APRIL

MO	TU	WE	TH	FR	SA	SU
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28	29	30				

*It's okay to bloom slowly -
you are not late.*



ANXIETY AND DEPRESSION AWARENESS WEEK : 4 - 10TH MAY
WORLD HYPERTENSION DAY : 17TH MAY
WORLD SCHIZOPHRENIA DAY : 24TH MAY
WORLD MULTIPLE SCLEROSIS DAY: 30TH MAY
WORLD NO TOBACCO DAY: 31ST MAY

*You are allowed to take up
space without explanation.*

2026

May

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26	27	28	29	30	31	

June

2026

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WORLD ENVIRONMENT DAY : 5TH JUNE
WORLD BRAIN TUMOUR DAY : 8TH JUNE
WORLD MUSIC DAY AND INTERNATIONAL DAY
OF YOGA : 21ST JUNE
INTERNATIONAL DAY AGAINST DRUG ABUSE AND
ILLCIT TRAFFICKING : 26TH JUNE

Rest is not a pause in healing



2026

July

*Your emotions are signals,
not weaknesses*

MO	TU	WE	TH	FR	SA	SU
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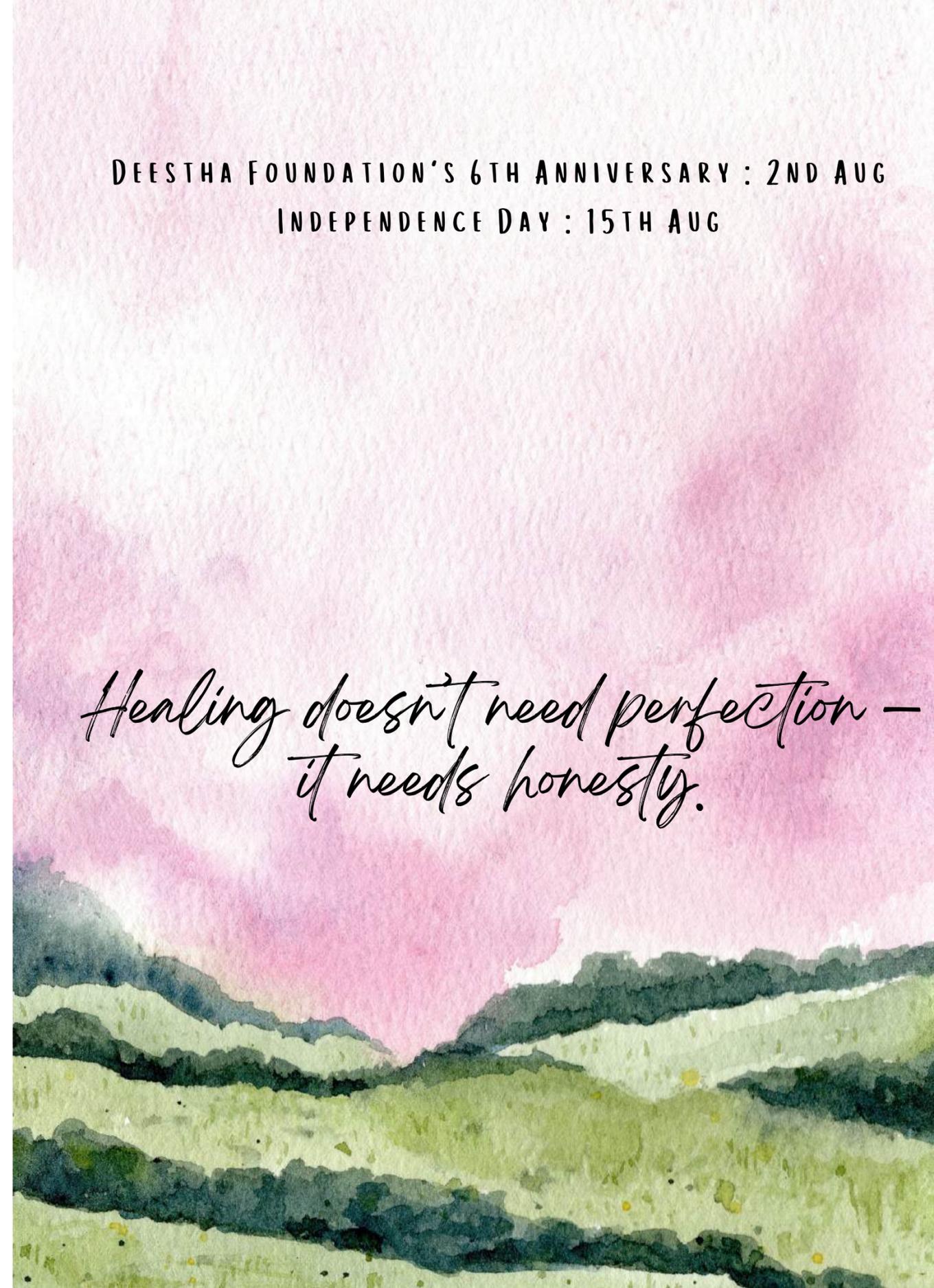
August

2026

DEESTHA FOUNDATION'S 6TH ANNIVERSARY : 2ND AUG
INDEPENDENCE DAY : 15TH AUG

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Healing doesn't need perfection —
it needs honesty.





Some days, simply showing up is courage

WORLD SUICIDE PREVENTION DAY : 10TH SEPT
WORLD ALZHEIMER'S DAY : 21ST SEPT

September 2026

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22	23	24	25	26	27	28
29	30					

2026

October

MO	TU	WE	TH	FR	SA	SU
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WORLD BREAST CANCER AWARENESS MONTH

MENTAL ILLNESS AWARENESS WEEK : 4TH - 10TH OCT

WORLD MENTAL HEALTH DAY : 10TH OCT

WORLD TRAUMA DAY : 17TH OCT

OCD AWARENESS WEEK : 12TH - 18TH OCT

*Progress is happening,
even when it's invisible*

WORLD EPILEPSY DAY : 18TH NOV

*Gratitude and grief
can exist together.*

November

2026

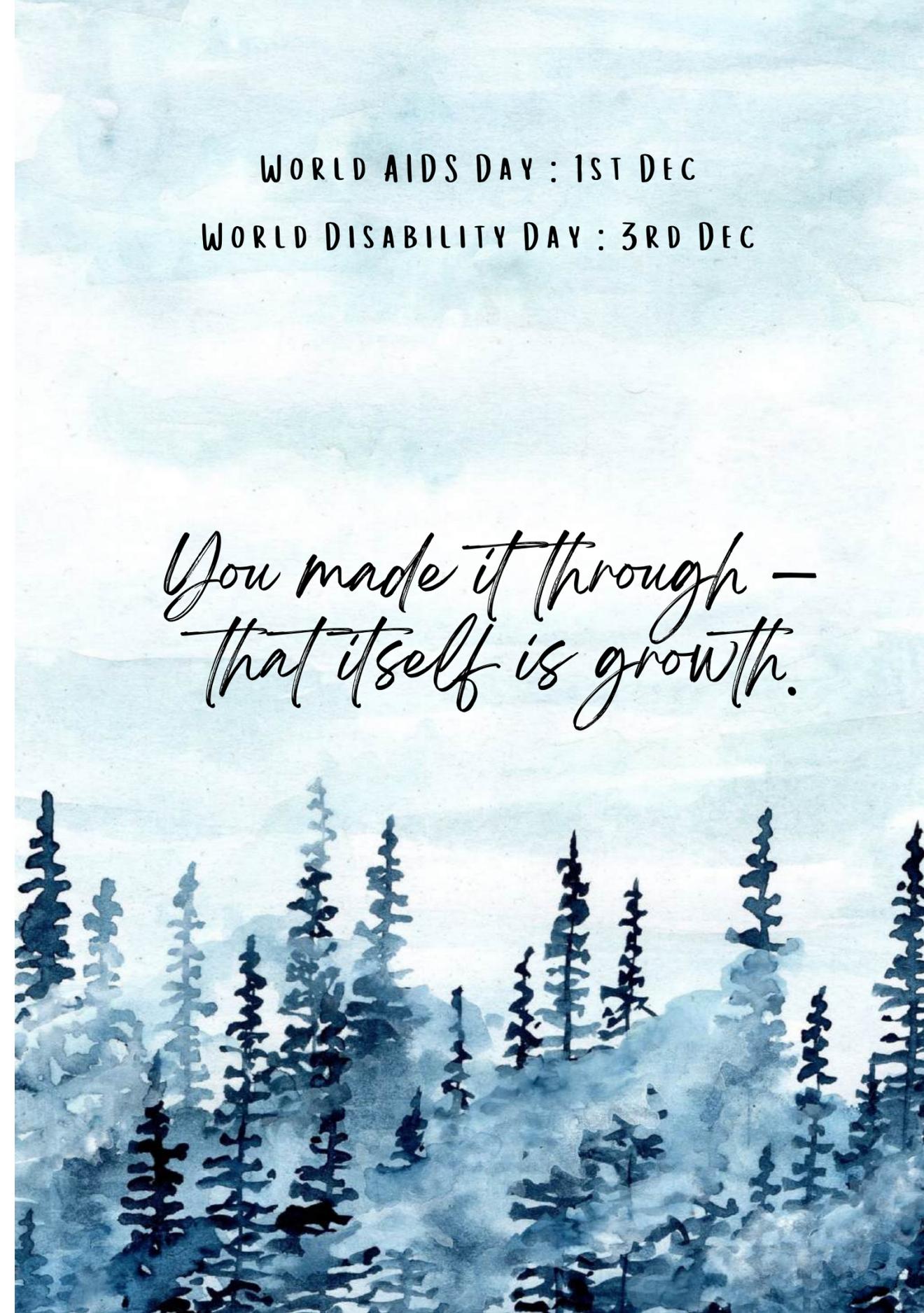
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2026 December

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WORLD AIDS DAY : 1ST DEC
WORLD DISABILITY DAY : 3RD DEC

*You made it through —
that itself is growth.*



Thank You

