

ADWITIYA



This is a wonderful initiative which feels like a friend who is beside you during hard times in your life. The social work organised by the foundation is truly commendable and brings joy to so many people who truly need it.

DEBJANI RAY



CELEBRATING MENTAL HEALTH

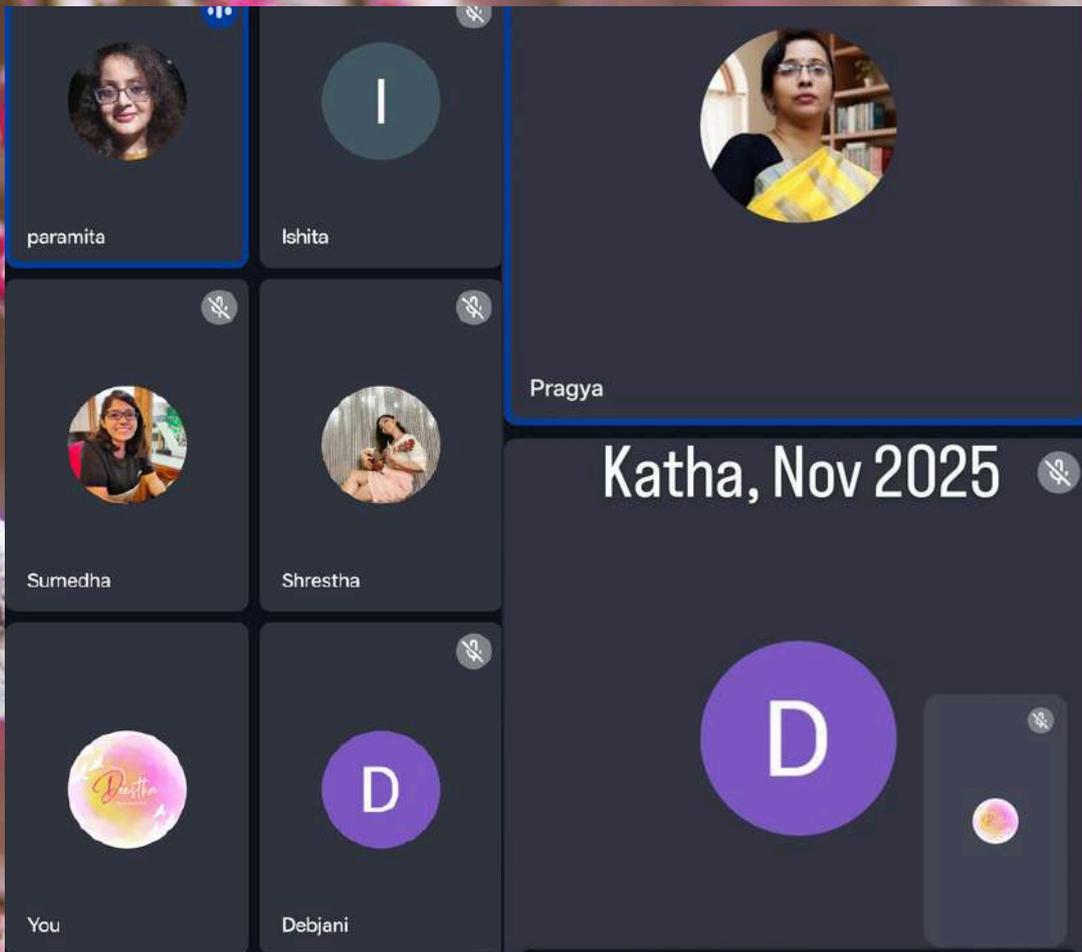
In October, we launched a special activity where members were asked to create short videos discussing-

What mental health means to you,
Why it's important for you, and
What you do to protect your own mental wellbeing.
Through this, we had spread compassion, awareness, and hope – one voice, one reel at a time.

- Alzheimer's
- Trauma
- Music Heals
- Fawning
- Ink Therapy
- toxic Positivity
- Liminal Space

PROJECT KATHA

Digital Detox



The following books were discussed during the last quarter:

Beej

Penumbra Bhaskar Chattopadhyay

Bindu Bisarga Debasis Basu

Noisho Opera Sakyajit Bhattacharya

Salvatore W. Somerset Maugham

Mogoj Dokhol by Kajal Bhattacharjee

Saranjit Chakraborty - Bidur

Kashidasi Mahabharat- Shobha Porbo

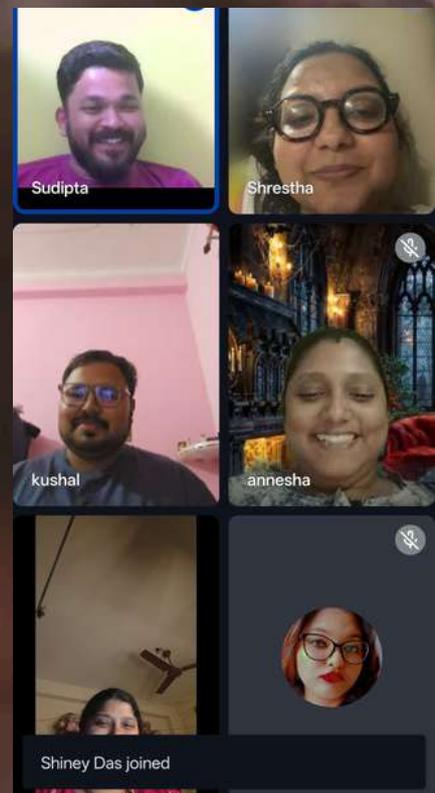
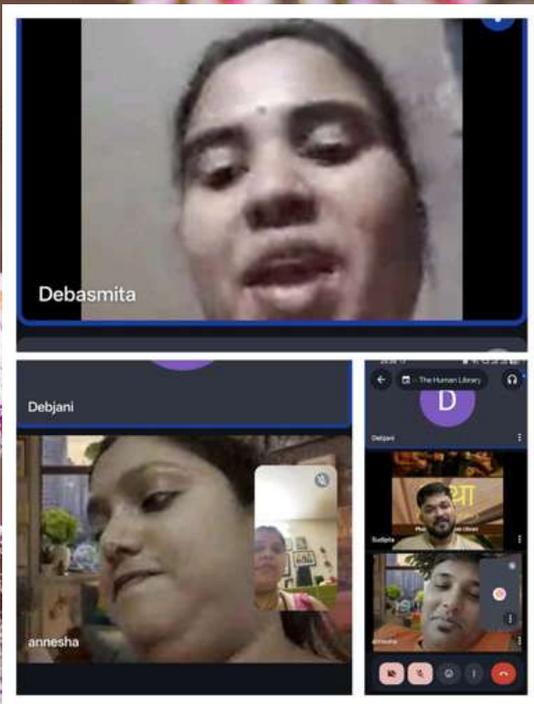
I too had a love story- Ravinder Singh

OCT-DEC, 2025

DEESTHA FOUNDATION

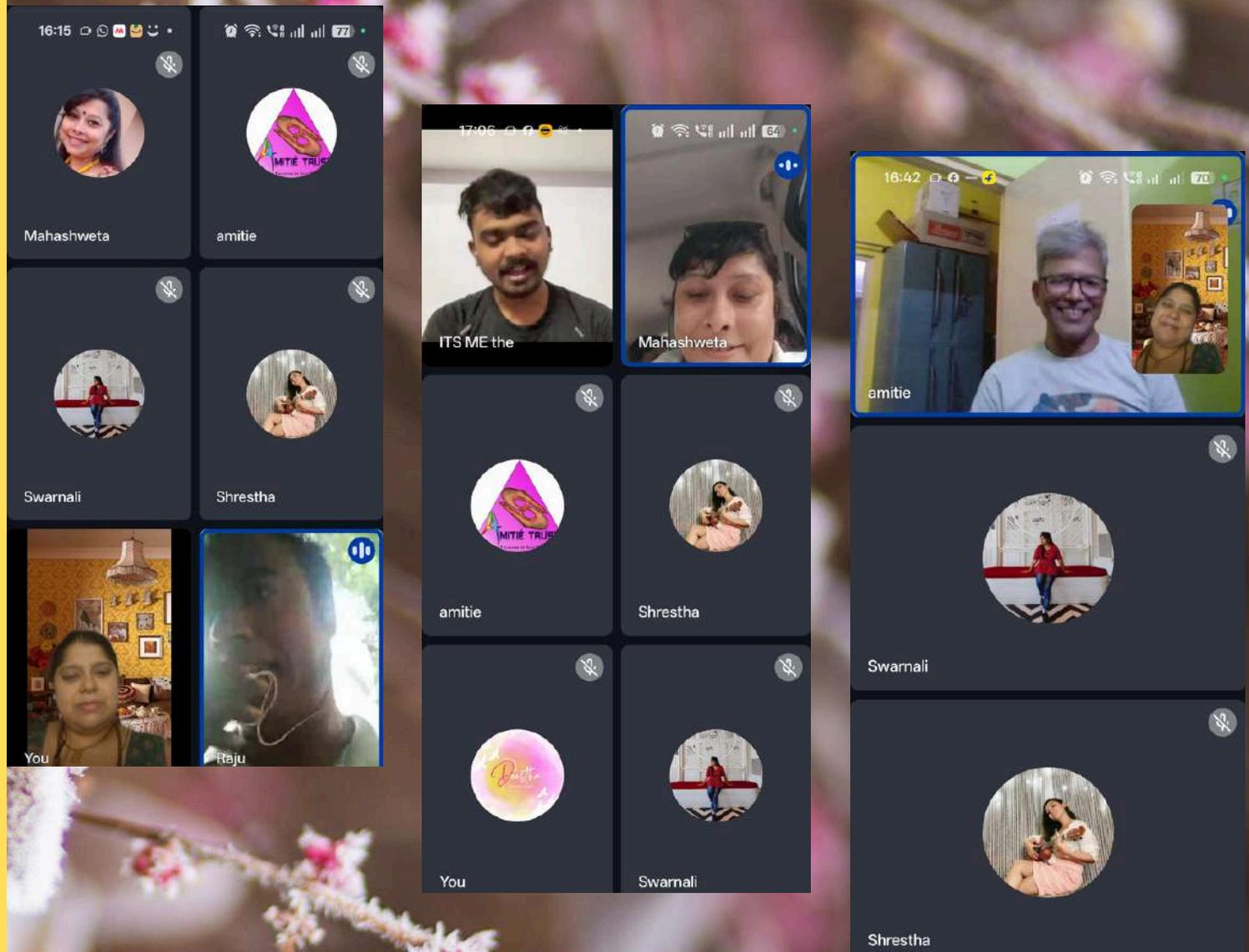
PROJECT KATHA

The Human Library



Following the goal of fostering human relationships, we continued our phase 2 of this project. Members here joined to discuss not only their concerns, but memories, life lessons and every experience which brought the family together.

PROJECT CHAAYA



Mental Health is not a luxury, it's a necessity. We took the opportunity to conduct free counselling sessions for members of Amitie Trust- A foundation working for LGBTQA+ community. The way they came up with their issues and openly discussed it with us, made us extremely humbled .

INTERNSHIP 2025



We are delighted to announce the successful completion of 240 hours of internship training at Deestha Foundation.

Across these weeks, our interns engaged in hands-on counselling exposure, expressive arts-based practices, case discussions, supervised sessions, workshops, and community outreach.

This journey was more than academic – it was a process of personal and professional growth. We watched our interns evolve into more sensitive, aware, and grounded future mental health professionals.

Their dedication, openness, and willingness to learn reflect the true spirit of Deestha –

Compassion, Awareness, Healing, and Growth.

We congratulate each one of them for this milestone and look forward to the meaningful work they will continue to pursue.

CHILDREN'S DAY



This Children's Day, we stepped out into the streets of Kolkata with nothing more than food packets, balloons, and a heart full of hope.

We met children who travel the whole city with nothing, yet carry smiles bigger than the sky.

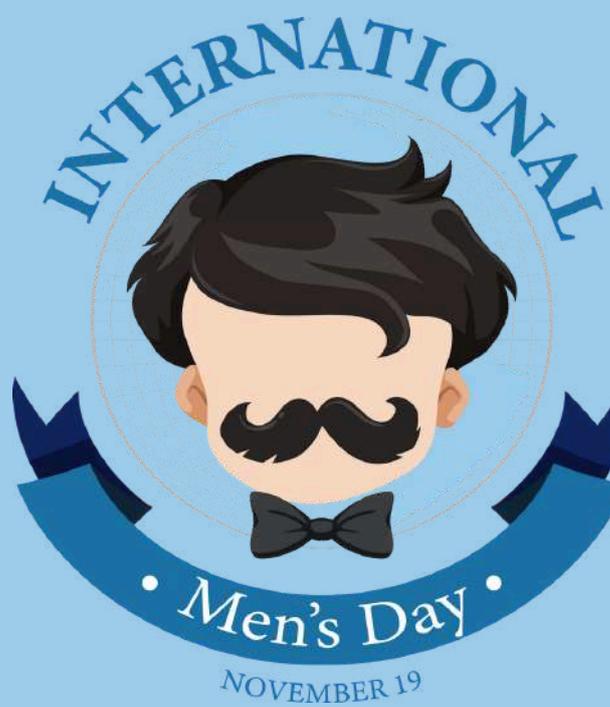
A small gesture, a balloon, a meal... and suddenly their eyes lit up.

In that moment, Kolkata felt softer.

Their joy reminded us that kindness doesn't need to be grand—just genuine.

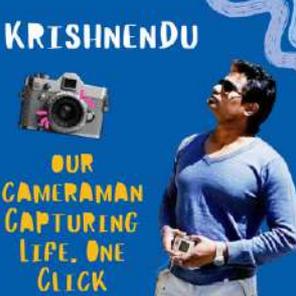
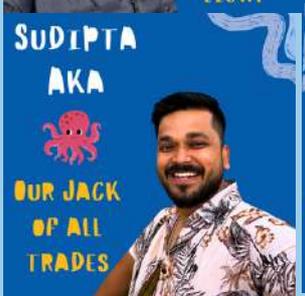
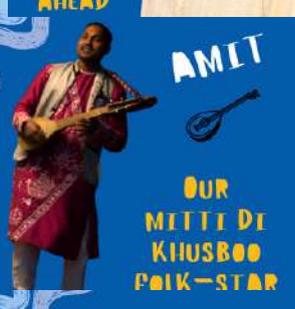
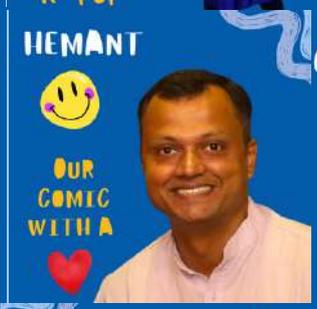
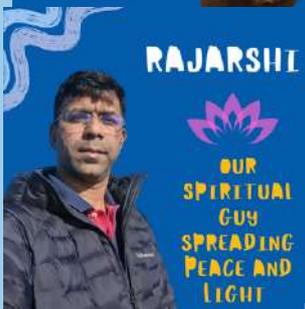
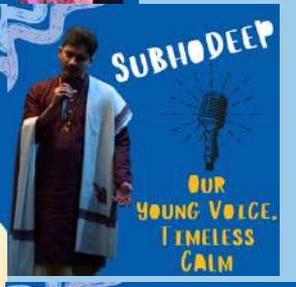
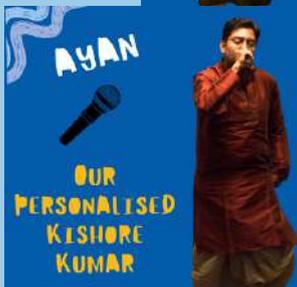
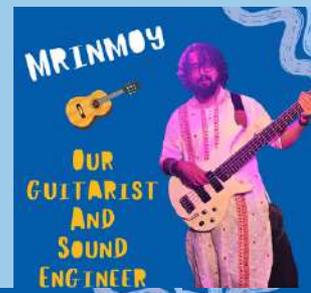
Here's to the children who teach us how to see the world with gentleness again.

INTERNATIONAL



Men's Day

NOVEMBER 19



To the men of our foundation – thank you for standing tall, caring deeply, and working tirelessly to make an impact. Your strength lies not just in what you do, but in the compassion you show every day.

Happy International Men's Day!

ACHIEVEMENTS



PADMA SHRI GAURAV SAMMAAN
"FOR INDIVIDUALS WHO BRING NATIONAL PRIDE THROUGH EXCELLENCE"

THIS CERTIFICATE IS AWARDED TO



Dr. Dipannita Deb

This certificate is proudly presented to Dr. Dipannita Deb from West Bengal in recognition of her exceptional contributions as a Psychotherapist and Healer. Her dedication, compassion, and expertise have positively impacted countless lives, promoting mental well-being and holistic healing. Through her outstanding service, Dr. Deb exemplifies excellence, commitment, and humanity, making her a deserving recipient of the Padma Shri Gaurav Award.

Issuance Date- 19th October, 2025
Certificate No. - PDSGA-WWF-2025-164

Mansi Bajpai
MANSI BAJPAI
FOUNDER AND DIRECTOR

Somya Bajpai
SOMYA BAJPAI
(CEO AND DIRECTOR)



WORTHY WELLNESS FOUNDATION TRUST
REGD. NO. - IN-UP83254442489450U

ACHIEVEMENTS

