

ADWITIYA

JULY - SEPT, 2026

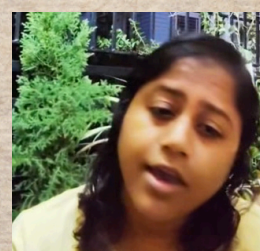
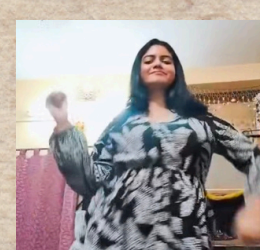
DEESTHA FOUNDATION

We Turned 6

Six years ago, Deestha Foundation began with a simple vision—to make mental healthcare more compassionate, accessible, and holistic. Today, as we celebrate this milestone, we look back with gratitude at every life touched, every story of healing, and every individual who became a part of our journey.

To mark this special occasion, our members came together for a heartwarming performance on the title track of "Dil Dhadakne Do"—a beautiful reminder to listen to your heart, embrace life, and celebrate the courage to be yourself.

Here's to six years of hope, resilience, healing, and togetherness—and to many more years of transforming lives. 💙

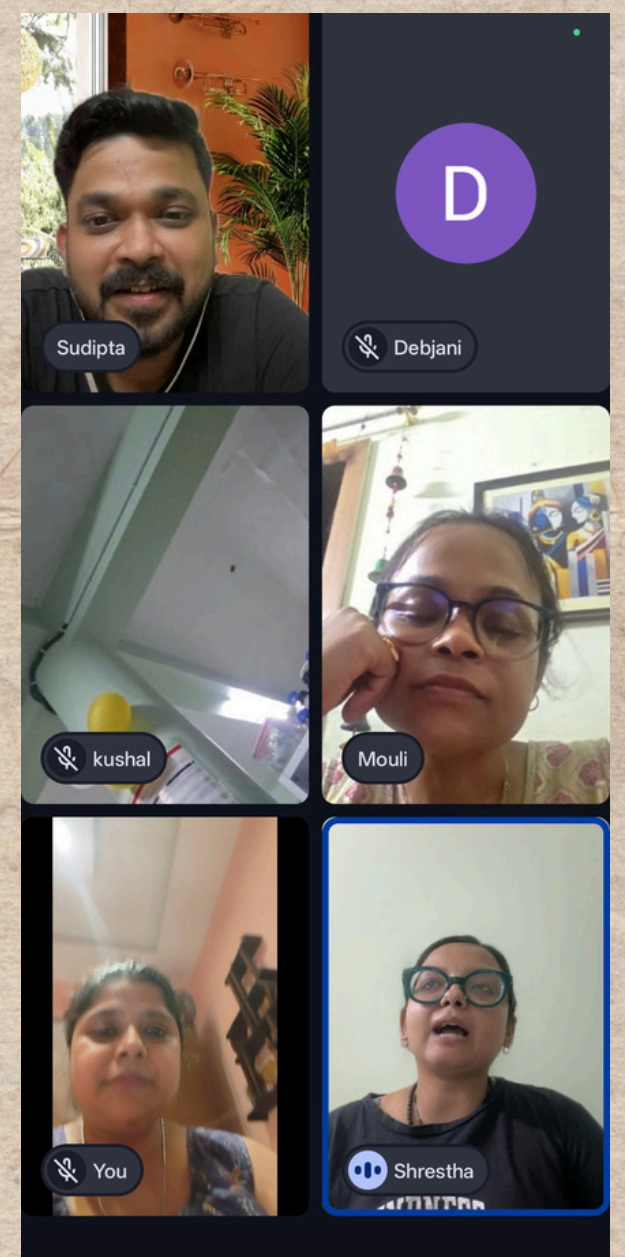
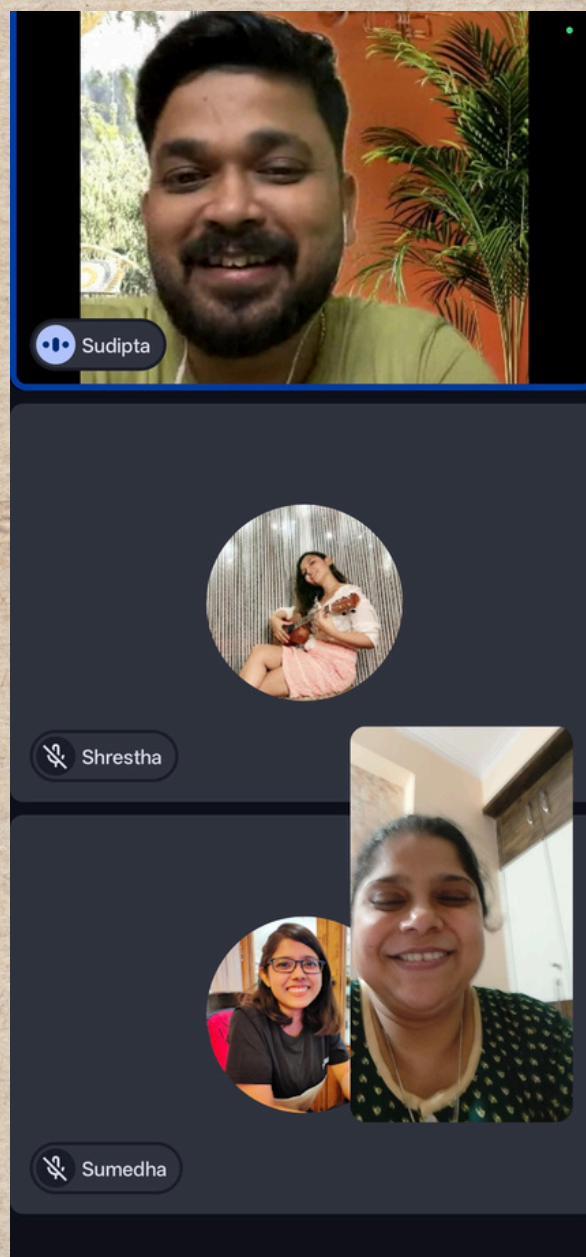
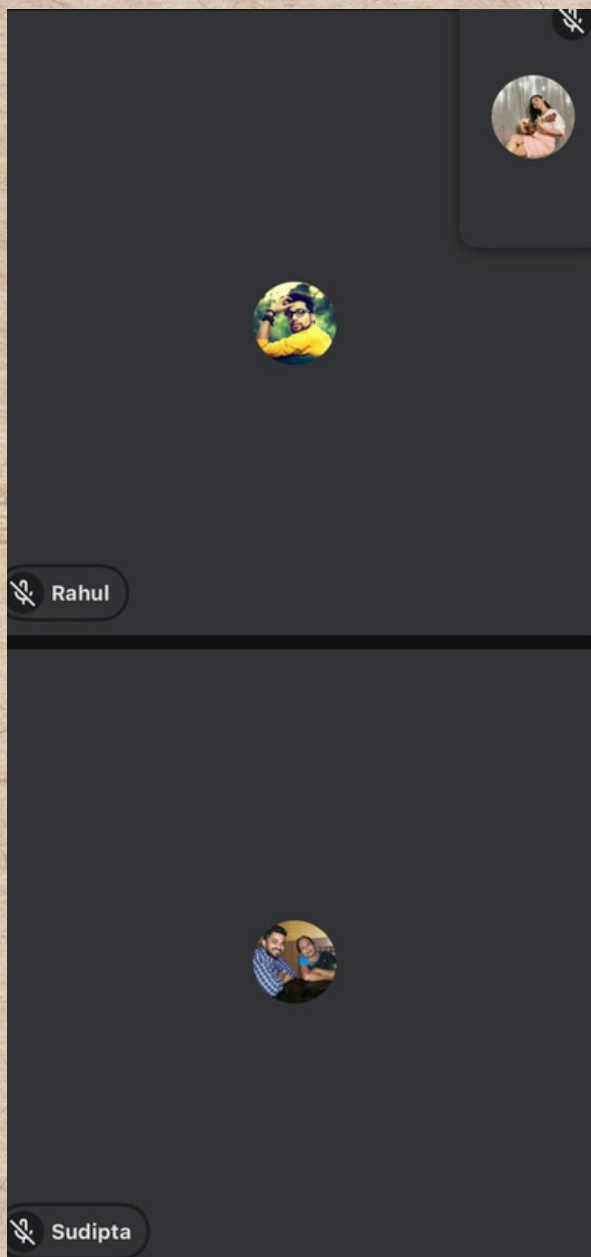


KATHA

THE HUMAN LIBRARY

JULY - SEPT, 2026

DEESTHA FOUNDATION



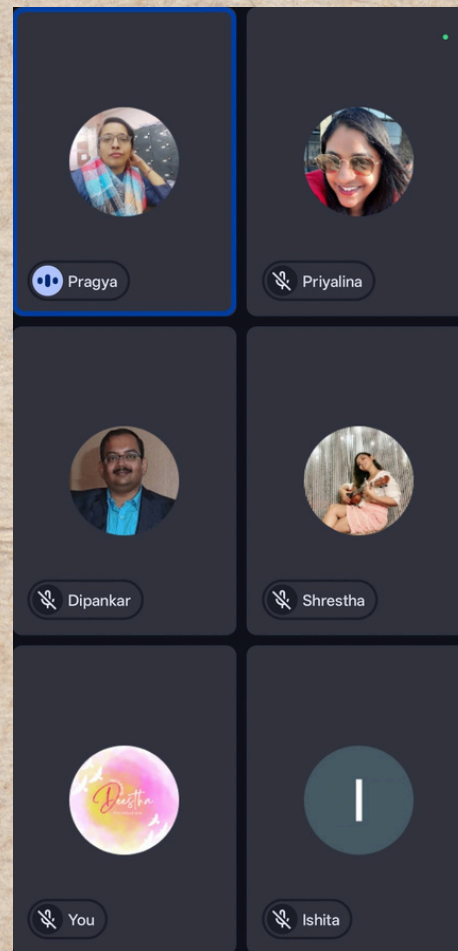
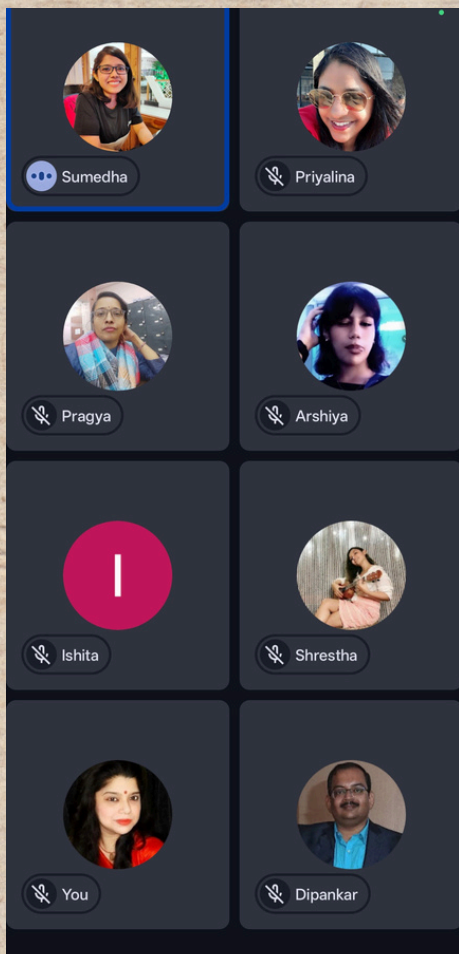
From reminiscing old memories, to discussing issues, this monthly initiative has become a safe haven for our members. This quarter we had our discussions on the themes of the joy of giving.

KATHA

DIGITAL DETOX

JULY - SEPT, 2026

DEESTHA FOUNDATION



This quarter, the following pieces of literature were discussed:

Jishu ghumiye kashmire - Bhashwar Chatterjee
Significance of Ashtasakhi
The Monkey's Paw - W.W. Jacobs
No longer Human - Osamu Dazai
The Liberation of Sita by Volga
Fiest Person - Rituparno Ghosh
Battle of Sevastopol

MANOGATHA

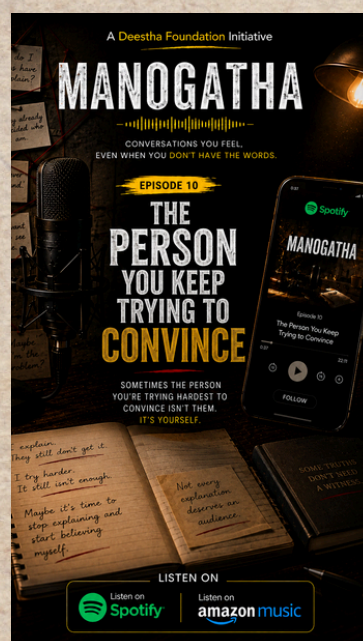
JULY - SEPT, 2026

DEESTHA FOUNDATION



Manogatha, Deestha Foundation's podcast initiative, was launched in April with a vision to create a safe space for conversations around mental health, emotional well-being, and healing. Since its launch, we have released seven thought-provoking episodes, exploring themes such as closure, resilience, karma, emotional exhaustion, hidden struggles, and self-reflection. Through stories that resonate and conversations that stay with you, Manogatha continues to reach listeners across platforms, reminding us that sometimes, the words we need most are the ones we never knew we were searching for.

LISTEN ON SPOTIFY AND
AMAZON MUSIC



PROJECT SHREE

JULY - SEPT, 2026

DEESTHA FOUNDATION



Over the last quarter, we continued curating more creative, thoughtful products — focusing on reducing waste while blending functionality with art in meaningful ways.

MANOMANJARI

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Manomanjari was a special online workshop conducted by Deestha Foundation to celebrate International Self-Care Day.

Held on 25th July, this free session for our members focused on cultivating self-love, self-compassion, and everyday well-being.

Through five simple yet powerful experiential techniques, participants learned practical ways to prioritize themselves, nurture their emotional health, and make self-care a meaningful part of their daily lives.

The workshop served as a gentle reminder that caring for ourselves is not a luxury—it is essential.

BAIKALIK ADDA

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Baikalik Adda brought together our members for a vibrant celebration of Bengali culture through an evening of music, conversations, and community. Held on 30th August, this free members-only event featured the energetic spirit of Bangla Rock, creating a memorable blend of nostalgia, culture, and contemporary Bengali music. More than just a cultural evening, Boi Kalik Adda offered a space where members connected, unwound, and experienced the healing power of art, music, and togetherness.

SAHAYYAM

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DEESTHA FOUNDATION

SAHAYYAM — Each One, Reach One

Launched on World Humanitarian Day, Sahayyam is Deestha Foundation's initiative to celebrate and create acts of support —because helping someone doesn't always require money; sometimes it requires time, skills, opportunity, empathy or simply being there.

We launched Sahayyam with the story of Muskan Kumari, a young woman from rural Jharkhand who overcame poverty, gender barriers and limited opportunities to pursue her dream of becoming a Sport Psychologist.

When Muskan was looking for an internship, financial constraints stood in her way. Deestha Foundation stepped in to provide her with a free one-month internship, giving her an opportunity to gain practical experience and move closer to her dream.

This is Sahayyam.

And Muskan is only the beginning.

Over this quarter, one of our members, Mouli's instinct to listen, question and look beyond the obvious helped protect someone's livelihood.

Let's see how much kindness we can spread.

Sahayyam — Each One, Reach One.



RECOGNITION

JULY - SEPT, 2026

DEESTHA FOUNDATION



We are proud to share that our Founder Director, Dr. Dipannita Deb, has been conferred the "বাংলার ভূষণ জাতীয় গৌরব সম্মান ২০২৬" by the National Academy of Saksharta Mission (NASM) in recognition of her contribution as a Psychotherapist and Healer. This honour reflects Deestha Foundation's unwavering commitment to holistic mental healthcare and serves as an inspiration to continue touching lives with compassion, hope, and healing.