

कारुण्येन सह विरोपायो



Heal Holistically
Deestha
FOUNDATION

Heal With Compassion

About Us

Welcome to Deestha Foundation - the world of holistic healing!

In a world where about 90% of people are suffering or have suffered from a mental health illness and yet it is under-reported, Deestha Foundation is your respite. In a time when only a handful of people are aware of 10th Oct being the World Mental Health Day, we aim to bring in a change. According to WHO, by the end of 2020, about 20% of Indians would suffer from some form of mental illness. About 56 million Indians suffer from depression and 38 million from anxiety disorders. India also accounts for 36.6 per cent of suicides globally. As per the National Mental Health Survey 2015-16, conducted by NIMHANS Bengaluru, it was revealed that 9.8 million teenagers in the age group 13-17 years suffer depression and other mental health disorders. And these are only the reported numbers!

Mental health workers account for only 1% of the global health workforce and 45% of the world's population lives in a country with less than one mental health counsellor per 100,000 people. Despite these, we are staying in a world where people think it is not okay to talk openly about mental health issues. Deestha Foundation aims to normalize these discussions. In a decade where people with mental health conditions often experience severe human rights violations, discrimination, and stigma, we believe-“It's Okay to ask for help!”

As each of our member had first-hand experience of various mental health illnesses, it already makes us more empathetic and sensitive towards them. We believe everyone has the capability of self-actualization, only if they can get above their primitive needs and miseries. We believe, that everyone can heal, provided they know how to. We aim to be the one stop destination for healing. We aim to create a parallel universe where people can acknowledge their mental health issues without any inhibitions and heal from within.

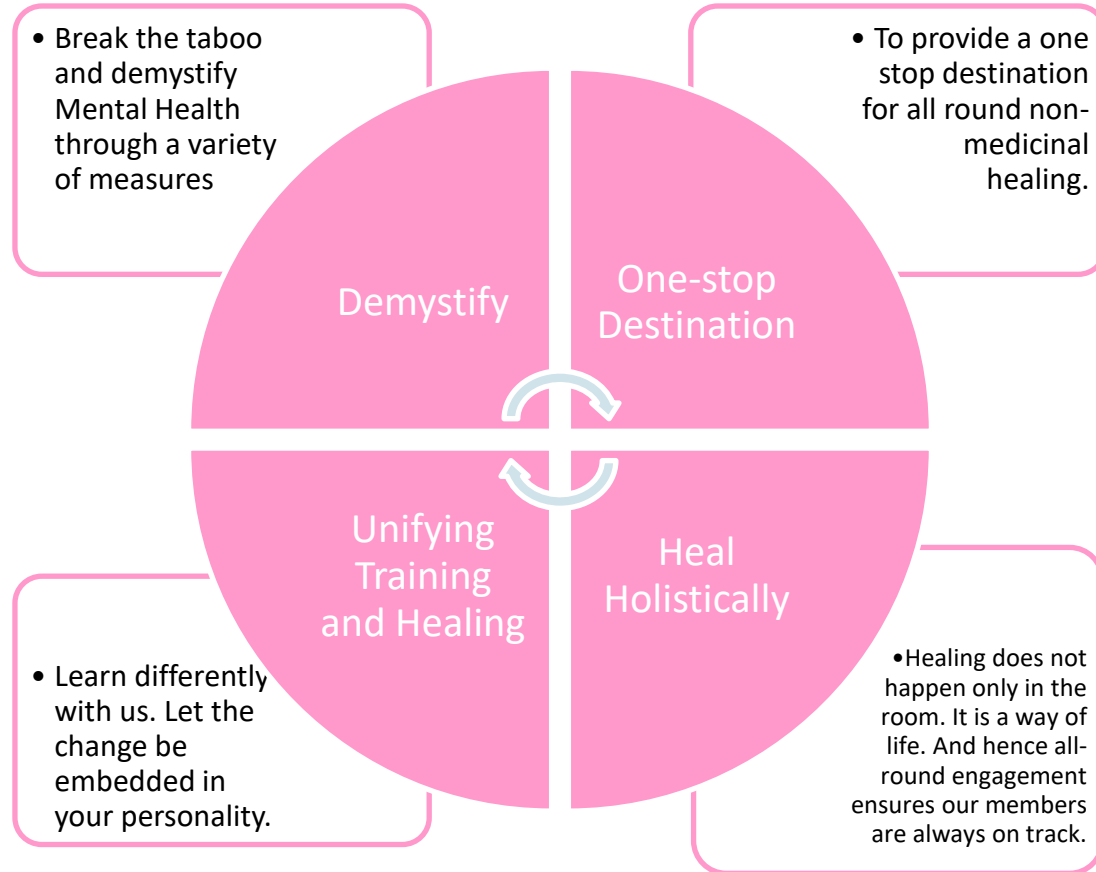
Deestha Foundation is incorporated under the Companies Act, 2013 (18 of 2013) on 7th Dec, 2021

(CIN- U85300WB2021NPL250168). *Donation to Deestha Foundation (PAN: AAICD9487H) is exempted u/s 80G of the Income Tax Act, 1961 Registration No.- AAICD9487HF20231 dated 31.03.2023 subject to furnishing of PAN by donor.*

Our Official Address:

Ananda Puri, Block-B, Jessore Road, P.O. and P.S. Barasat, North 24 Parganas, Kolkata-700124, West Bengal, India

Our Goals



Our Wings



Sanhati



Ever wished you had a trusted group of friends with whom you could share and not be judged at all? Imagine a community where you can connect deeply and still perfectly preserve your privacy!

What price can you pay for the joy of supporting someone in their emotional journey and receiving multiple times when you need it? In a world where confidentiality is in scarcity, how comforting would it be to let go of all pretensions and fears!

Sanhati, is our digital platform connecting various struggling souls across the planet and helping reinforce trust in themselves and overcome their issues. The platform is safe, confidential, respectful, non- religious, gender and sexual orientation-unbiased, multilingual – promoting solidarity.



Mental health patients recall pandemic trauma

Isolation Led To Depression; Experts Suggest Alternative Therapy

Tamaghna Banerjee & Mayukh Sengupta

Piyali Pramanik (name changed), a 21-year-old English honours student, has social anxiety. Brought up by a single mother, she missed her father, which led her to trust male friends blindly. One of them used the opportunity and cheated her, leaving her depressed. During the pandemic, she completely cut herself off from the outside world.

Homemaker Sroopna Kar (name changed) was a vocal member of her complex's residents' committee. But during Covid, she was isolated and became depressed, developing physical ailments and an anxiety disorder.

Many mental health patients, like Pramanik and Kar, shared their



The attendees at the annual meet of Deestha Foundation

experiences of surviving the Covid trauma at an annual meet organised by an NGO dealing with mental health.

Experts agreed that several mental health patients faced challenges since they couldn't receive proper treatment during Covid, and stressed on the need for people to seek help.

"After the first year of Covid, there has been a 35% increase in anxiety and depression. There have been multiple stress factors, and women and youngsters were hit the most. Those with pre-existing conditions became more vulnerable," said doctor Dipanrita Deb, a psychiatrist and founder-director of Deestha Foundation that deals with mental health patients.

For these patients, doctors suggest alternative means of treatment, like music therapy, meditation and art. "Just like psychological well-being can reduce risks of the heart, long-standing physical issues lead to poor mental health. Expressive arts, hypnotherapy, reiki and meditation can help heal current symptoms and long-standing illnesses," said Srestha Gost, a clinical music therapist and alternative healing practitioner.

Internal and Respected © Deestha Foundation

Pratidhi



Deestha Foundation is committed to improving lives through focused action. Emphasizing inclusion, diversity, and the equal treatment of others, it creates opportunities and pathways to a better quality of life.

Pratidhi involves all our outreach activities and the projects we have undertaken.



Dhwani



As a firm believer of eclectic healing, a major share of Deestha Foundation deals with expressive therapy which uses various forms of creative expression such as art, music, dance, writing and drama, to help people explore and transform difficult emotional and medical conditions.

Dhwani embodies different forms of art to not only help one heal, but, also to create unique acts and programmes involving people who themselves are mental health warriors (domestic violence, cancer patients, depression patients etc.), making the entire journey therapeutic. Also, the issues are selected based on what needs social as well as individual attention, thereby reaching out to more and more people with our healing techniques. And, when we say art forms, its not limited to music, painting, dance and drama. We have extended it to travelling, photography, cooking, crafts and many more.



Sanskriti



In Deestha, we use different Art forms as a medium of healing. So may it be recitation, anchoring, acting, dancing, playing instruments or singing, these are not only to showcase talents, but also to create awareness and subconsciously heal to. To keep this going, as a part of Dhvani, we have launched, Deestha Sanskriti. This is a pool of people, primarily our members, who will be selected on to different projects based on suitability, and their availability. Hence, location is not a concern. Our intent is to create more projects thereby providing opportunities for everyone, because everyone deserves to Heal! Meet our Team.



We have one day workshops, as well as certificate courses pertaining to various fields.



Avasar



During 2023, we launched our new wing, Avasar. This focuses on Travel Therapy while infusing expressive arts while harping on human connection. This involves Therapeutic trips:

- Within the city
- Within the state
- Within the country.

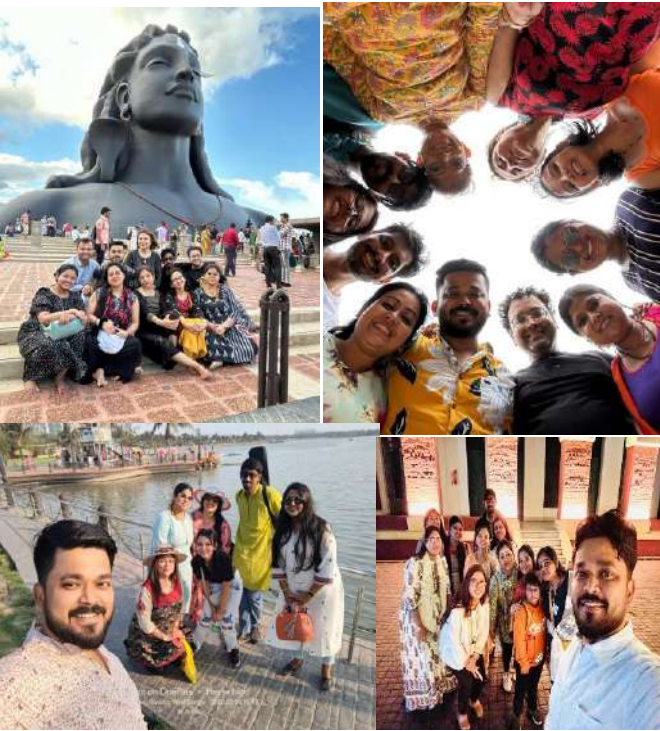
In the year 2023, a group of 12 people from all corners of life, came together to take part in our Therapeutic Dreamland Trip. This involved a journey to Isha Yoga Center at Coimbatore while focussing on spirituality followed by a visit to Pondicherry for a funfilled experience.

The trip helped people to unwind, know each other better, create some unbreakable bonds and have a lasting impact on them.

Keeping in mind the time and finance involved which plays a major role in participation, we had also curated a local tour during Spring under the name of Basanta Milap. This involves exploring a local destination and infusing the trip with music, games, food and much more.

In 2023, we took our members to Eco Part and explored the Japanese Garden followed by the Mist Garden and 7 wonders of the World.

In 2024, we visited Alipore Museum. This time the group was diverse, which made the entire trip fulfilling.



Sannidhi



In 2024, we launched our new wing, Sannidhi. This focuses on moving beyond the dimensions of body and mind.

It's a multi-modality approach using different mechanisms to address issues and help one to achieve self-actualization.



Netrityam – Developing Skills



Self-Development

- The Workshops under this are unique and provide individuals with the core competence to face and respond to everyday situations in life and at the workplace. These workshops essentially follow the principles of Andragogy. A lot of focus is on self-realisation and Self- enhancement through introspection and other activities.



Leadership Skills

- These programs are meant for independent groups or organizations. While anyone can benefit from these, people in some kind of Supervisory roles would be able to reap the maximum benefit. All these workshops are interactive and are conducted in a holistic manner with activities, situation- specific role-pays and case –studies.

Netrityam – Developing Skills



- A plethora of workshops are bunched under the umbrella of Communication and these mostly address the basic skills necessary for the job market. While some of the workshops cater to the various industries, others cater to the finishing schools.



- We offer certificate courses on various healing, therapies and psychology programmes like Art Therapy, CBT, REBT, DBT and many more.





Iyasya

In Sanskrit, there is only one difference in the spelling of the words चिंता (stress) and चिता (funeral pyre); just an extra dot.

This one day workshop on Stress Reduction empowers individuals with techniques that would help them to rise above stress and remain calm.

Akrodha

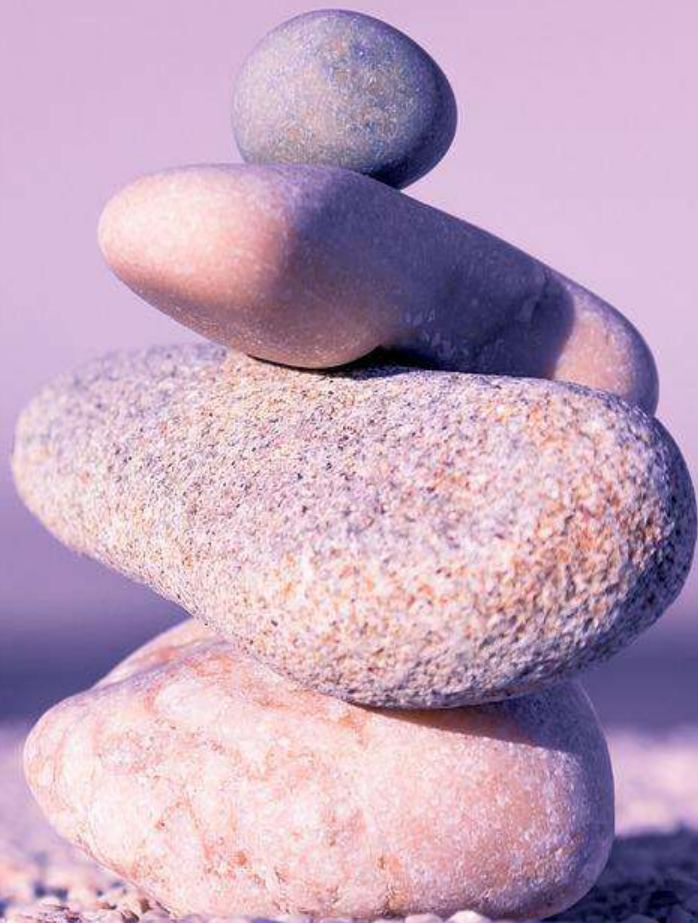
Individuals are aware that anger affects their interpersonal communication at home and work; they wanted to get rid of it but were not aware of what to do. Akrodha is a daylong workshop on Anger reduction where we enable individuals to release their anger, identify their anger triggers and use techniques to calm themselves down and channelize their emotions effectively.

Urja

Chakras are the main energy centres in our body that corresponds to nerves and internal organs. Blockage in Chakras can lead to various physical and mental ailments.

Our Chakra workshops are available in both online and offline form and deals with various techniques to handle the imbalance holistically.

Our Therapies



Counseling

When a person is going through a lot all s/he is looking for is empathetic listening and a purposeful conversation to accomplish mental health, wellness, interpersonal relationship, education and career goals.

We offer all of these in both face to face as well as online session. We specialize in-

- Marriage and Family Counseling
- Relationship Counseling
- Substance Abuse Counseling
- Anger and Stress Reduction
- Depression Counseling
- Anxiety and Panic Attack
- Suicidal Behaviour
- Parent Child Counseling
- Decision Phobia
- Personality Issues
- Self-Image Counseling
- Eating disorder Counseling
- Other Psychological Problems

Psychotherapy



Not all problems can be dealt only through counseling. That's where **psychotherapy** comes to our respite. A tremendous amount of research demonstrates the effectiveness of psychotherapy in treating various mental health ailments, even childhood trauma or long standing illnesses without using medicines.

The various approaches we specialize in:

- Cognitive Behaviour Therapy
- Rational Emotive Behaviour Therapy
- Behaviour Therapy
- Existential Therapy
- Person Centred Therapy
- Narrative Therapy
- Solution Focussed Therapy
- Couple Therapy
- Various aspects of psychoanalysis

EFT and EMDR

Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress by creating a balance in the disrupted energy system. It's also referred to as tapping.

EFT works by tapping on acupuncture meridians to release blockages. When these blockages are released, the problem feeling can be released and move through the body.

EFT is a very effective way of clearing out feelings, and when an unwanted feeling is gone, the limiting beliefs that the client held are released. New, more positive beliefs about themselves can emerge.



Internal and Restricted

EMDR therapy is a phased and focused approach to treat traumatic and other symptoms by reconnecting the client in a safe and measured way to the images, self-thoughts, emotions, and body sensations associated with the trauma, and allowing the natural healing powers of the brain to move toward adaptive resolution.

It uses a three pronged protocol:

- The past events that have laid the groundwork for dysfunction are processed, forging new associative links with adaptive information;
- The current circumstances that elicit distress are targeted, and internal and external triggers are desensitized;
- Imaginal templates of future events are incorporated, to assist the client in acquiring the skills needed for adaptive functioning.

Mudra Therapy



Our physical body is made of five elements- Air, Water, Fire, Earth and Ether. Imbalance of these elements disrupts the immunity system and causes physical and mental ailments.

Mudra Therapy involves specific folds of the fingers in one or both hands and creating pressure upon certain points of the hands. By holding these extremely sensitive areas in a certain fixed position, a loop of energy moves from the motor cortex down to the hand and then back to the brain.

This helps to bring and maintain the natural order and healthy distribution of pancha tatvas as the five fingers are representative symbols of these vital elements in the body.

The various issues it deals with are intellectual development, ear pains, life force, arthritis, happiness, weight reduction, cough and cold, peace, BP, Hypertension, first aid for heart problems and many more.

Aroma Therapy



Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit. It enhances both physical and emotional health.

Aromatherapy has been used for centuries. When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional center of the brain.

Aromatherapy has the potential to treat many conditions, including depression, insomnia, stress, fatigue, digestion and many more.

Yoga

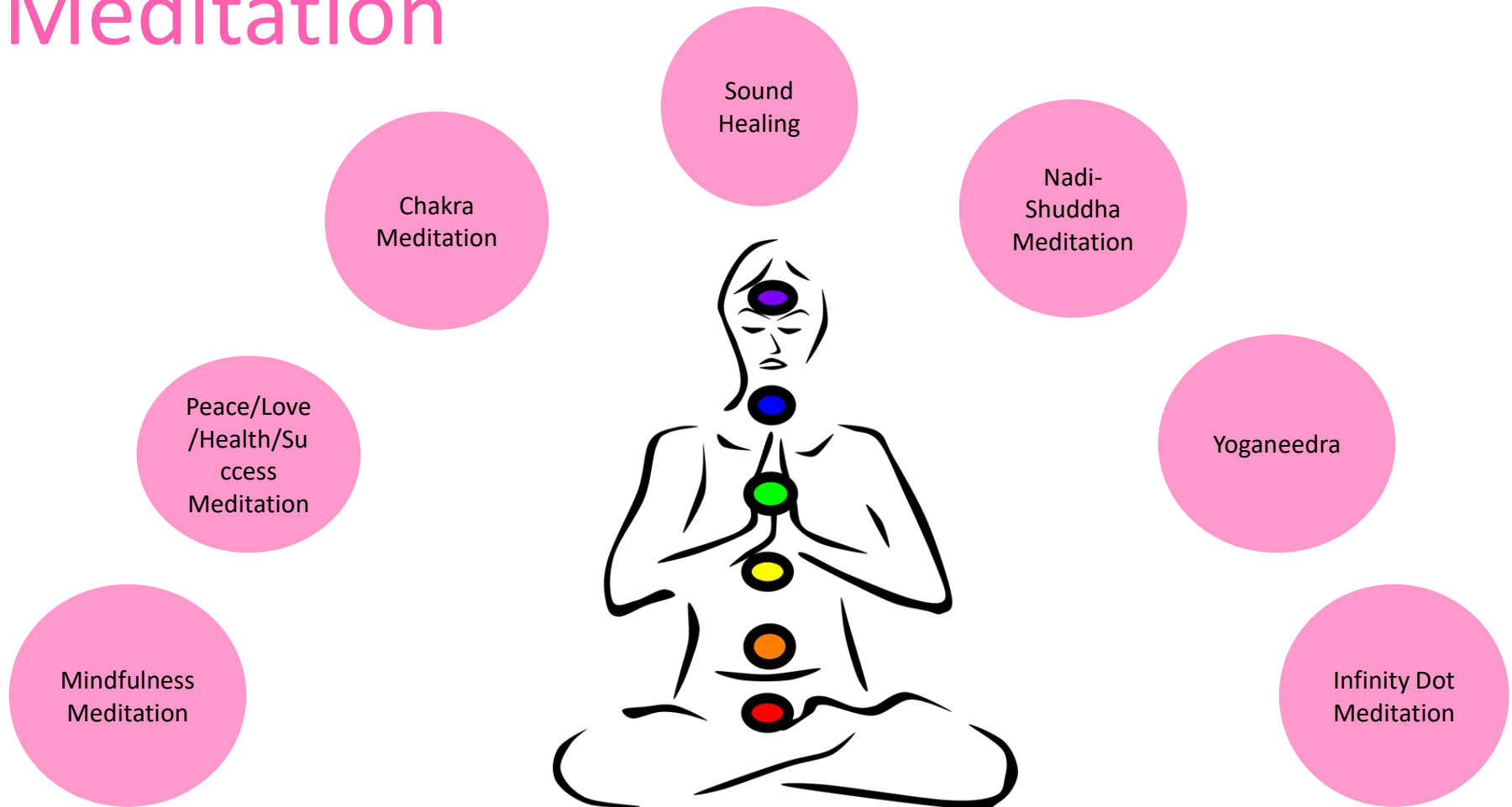


Derived from the Sanskrit word “yuji,” meaning yoke or union, yoga is an ancient practice that brings together mind and body. Naturally, it has significant impact on our mental well being.

Yoga has been used with success both in severe and less severe mental disorders as an intervention either with other conventional treatments or even solely.

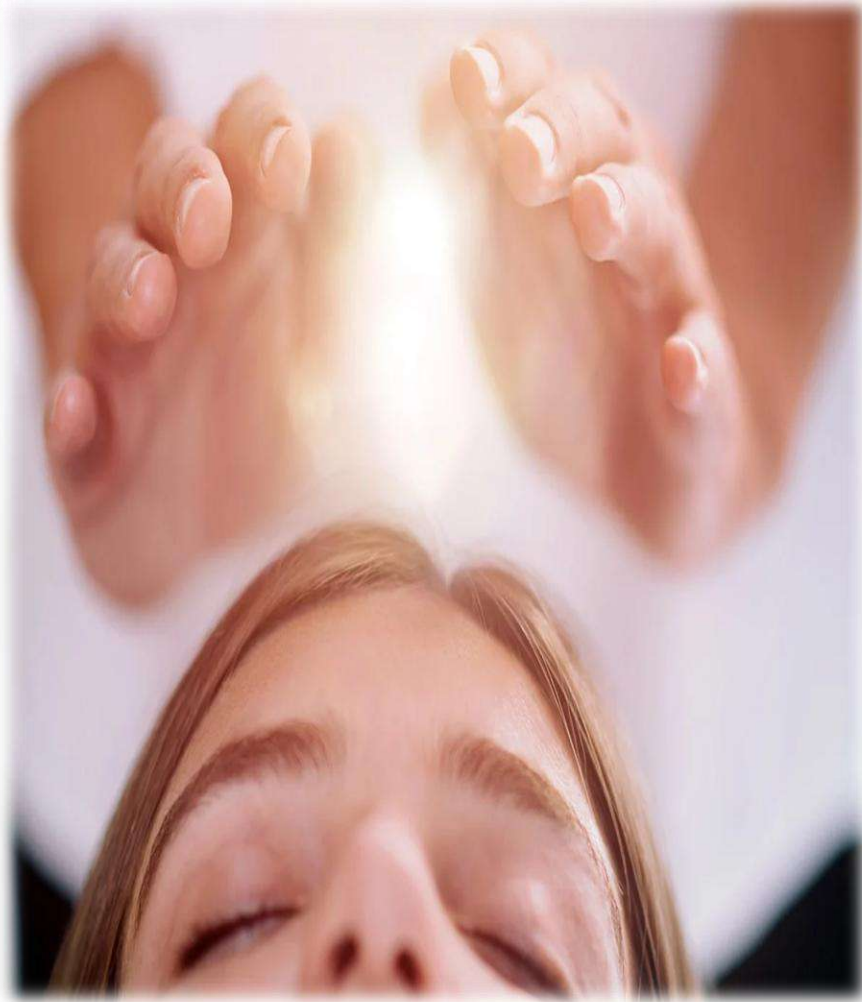
Various issues that it can successfully cater to are depression, concentration, anxiety, stress, schizophrenia, pains, urinary infections and many more.

Meditation



The mental health benefits of meditation include better focus and concentration, improved self-awareness and self-esteem, lower levels of stress and anxiety, declutter mind, and fostering kindness. It also helps in positive mood and outlook, self-discipline, healthy sleep patterns, and even increased pain tolerance. Not to mention, it helps us to operate at higher vibrations.

Reiki



Reiki is a Japanese form of alternative medicine called energy healing. It comes from the Japanese words “rei” (universal) and “ki” (life energy).

Reiki is a spiritual, vibrational healing practice used to promote balance throughout the human system. Reiki does not involve physical manipulation or the ingestion or application of any substances, but works with the subtle vibrational field thought to surround and penetrate the body. Here, the energy is transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

This helps in relaxation, stress reduction, breaks down energy blocks and balances the Mind, Body, and Spirit, detoxifies body and supports immune system, improves focus, helps to sleep better, trauma, substance abuse, chronic illness, emotional cleansing, karmic release and spiritual growth.

We specialize in **USUI** and **KARUNA Reiki**.

Chakra Healing

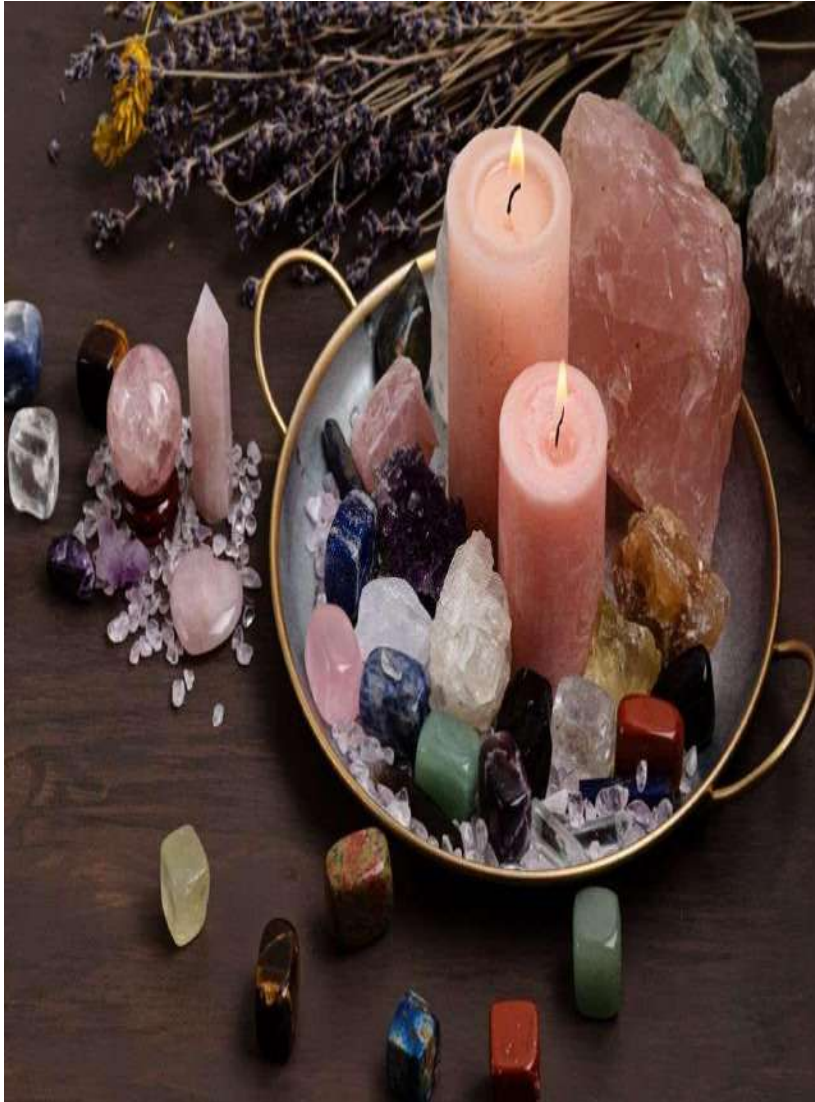


Chakra Balancing is a form of energy healing that focuses on channeling energy into the seven chakras. When we talk about treating chakras we are referring to treating your energetic body. The body is not only made up of the physical body, we have an energy that extends beyond our physical wellbeing.

Apart from the major chakras, minor chakras also gets stabilized.

This can be used in conjunction with chromotherapy and crystal healing.

Crystal Healing



Crystal healing is a holistic, non-invasive, vibrational energy-based system of healing. The technique uses precisely placed crystals either on and/or around the physical body. Crystals may also be laid in precise geometric patterns (grids) within the environment. Crystals absorb, focus, direct, detoxify, shift and diffuse energy as they interact with the electromagnetic forces and subtle vibrations within the subtle human or environmental energy field. In the context of crystal healing, illness is dis-ease, the final manifestation of spiritual, environmental, physiological, psychological, emotional, mental, karmic, or ancestral imbalance or distress. Healing means bringing mind, body, spirit and environment back into harmony, restoring the body's natural rhythm and equilibrium. The main influence for healing is the chakra philosophy of disease caused by energy imbalances.

Hypnotherapy



Hypnosis is a changed state of awareness and increased relaxation that allows for improved focus and concentration. It also is called hypnotherapy.

Hypnotherapy works by inducing a hypnotic state marked by waking awareness that allows people to experience detached external attention and to focus on inner experiences.

It is sometimes used as part of a treatment plan for phobias and other anxiety disorders.

It is also sometimes used for pain management, weight loss, smoking cessation, and a variety of other applications.

During a hypnotherapy session, people are guided through a process to induce a trance-like state that helps them focus their minds, respond more readily to suggestions, and become deeply relaxed. Hypnotherapy utilizes the heightened awareness of the hypnotic state to help you focus on a problem more deeply.

Past Life Regression



Past Life Regression (PLR) is a gentle form of hypnotherapy which takes an individual back through time to their previous lives or incarnations by accessing memories and experiences that are normally hidden in their subconscious mind. It can help to:

- Reconnect with past life experiences.
- Help you understand why you feel a deep connection with certain places.
- Explore your past life and current Soulmate experiences.
- Identify physical ailments you have, which may be remnants of past life experiences.
- Explore unresolved emotions which have carried through into this lifetime, creating fears or beliefs which you have been unable to explain.
- Acknowledge and embrace the key lessons learned through those lives.

Shamanic Healing



Shamanic healing is typically part of a multidisciplinary approach used for any disease or imbalance, in partnership with physical healers, botanical medicines, changes in diet, and other therapies.

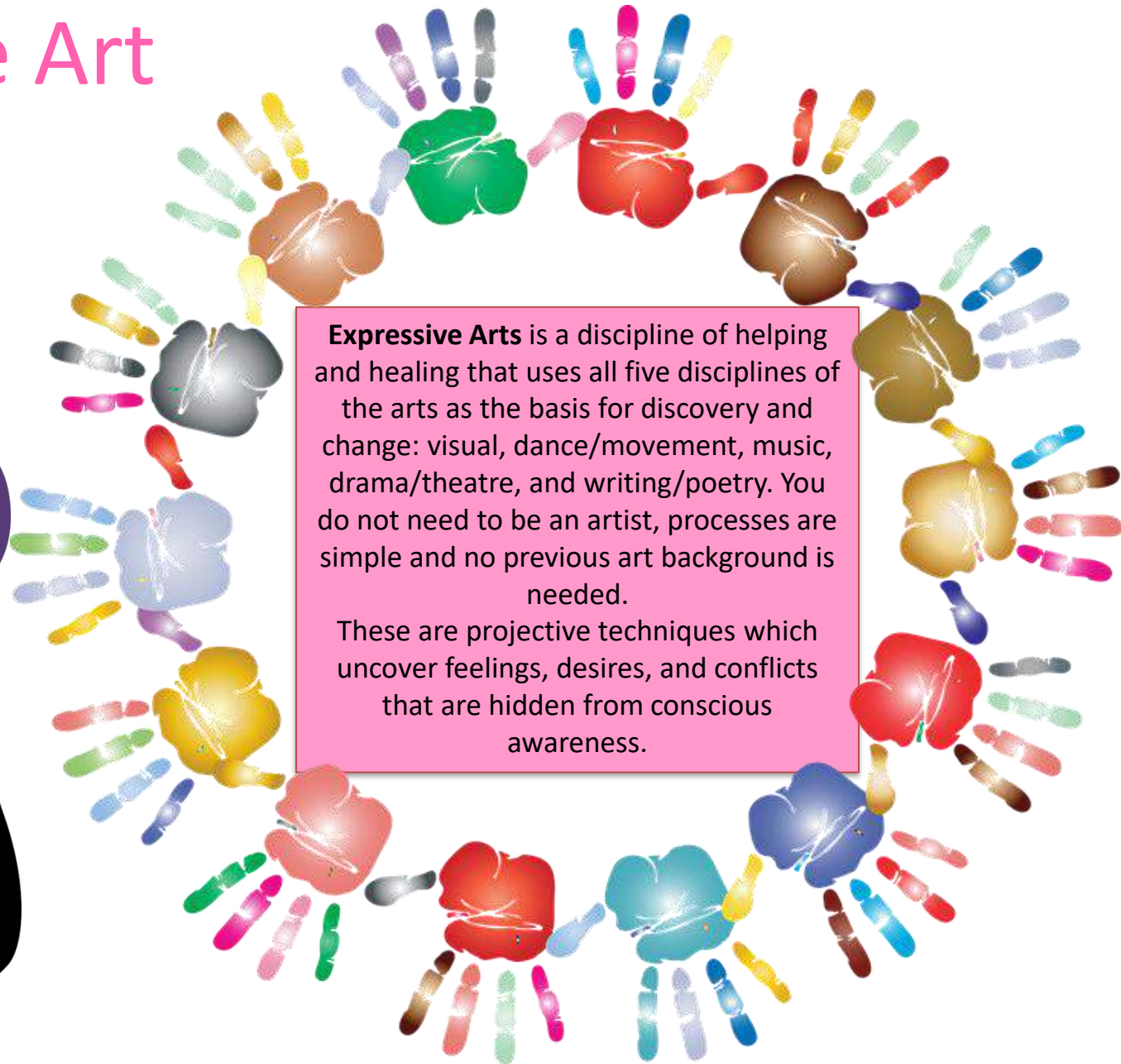
In order to induce a shamanic journey, the shaman must first enter a 'trance-like' state. Special music or drumming may be used to mimic the frequency or 'heartbeat' of the earth and put the mind in a more relaxed state. The shaman must also make an 'intention' for the journey, call on spirit guides, and make sure they are well-protected before entering another realm. When it comes to shamanic healing, the shaman essentially works in tandem with spirits, often called 'helper spirits', in the spiritual realms. They will 'summon' these spirits to repair a soul, who may then experience real, physical healing in the earth realm.

Ayurvedic Psychotherapy



It is a philosophy that represents the whole person system of healing of body, mind and soul (atma). The perfect balance of mind, body and soul is considered as complete health in Ayurveda. Ayurveda describes that a possibility for disease is due to imbalance of the 'tamas' or 'rajas' in the mind which are the reactive tendencies which vitiate the mind and leading to emotional imbalance, also results in psychological disturbances. These negative feelings are emotional toxins accumulate in the mind. If they are not driven out of the body in a stipulated period of time, they give rise to or may lead into various chronic mental disorders like anxiety, neurosis, depression, insomnia, etc. Ayurvedic science more concentrated on the aspect of mind, body and soul and thus molded the system of Ayurveda as treating process combining both mind and body. When we integrate the contemporary art of psychotherapy with the ancient science of Ayurveda, it becomes a powerful combination that is called Psycho Veda.

Expressive Art



Expressive Arts is a discipline of helping and healing that uses all five disciplines of the arts as the basis for discovery and change: visual, dance/movement, music, drama/theatre, and writing/poetry. You do not need to be an artist, processes are simple and no previous art background is needed.

These are projective techniques which uncover feelings, desires, and conflicts that are hidden from conscious awareness.

Our Other Projects



Project Jeevanam



<https://www.youtube.com/watch?v=Wk9oJEI5Sc&t=88s>
<https://www.youtube.com/watch?v=zPMMdB4viZk>
<https://www.youtube.com/watch?v=b-bNGEWvaNA&t=874s>
<https://www.youtube.com/watch?v=ykZGRnNvsC4>
<https://www.youtube.com/watch?v=dLZlemycutA&t=167Zs>

About 800,000 people die by suicide worldwide every year. 164,033 Indians committed suicide in 2021 and the national suicide rate was 12 (calculated per hundred thousand or per lakh), which is the highest rate of deaths from suicides since 1967, which is the earliest recorded year for this data. Experts say the National Crime Records Bureau (NCRB) might be undercounting suicides by women.

Despite so much of Help being available, the number is ever increasing. And no matter how much work is done in this field, it is still less. This is our ongoing attempt in reaching out to as many people as possible through our awareness videos posted in social media, every year and save as many lives by supporting them in their journey. This, along with Sanhati, so far had helped us in preventing 25 suicide attempts and bringing them back in the course of life.

Project Asha

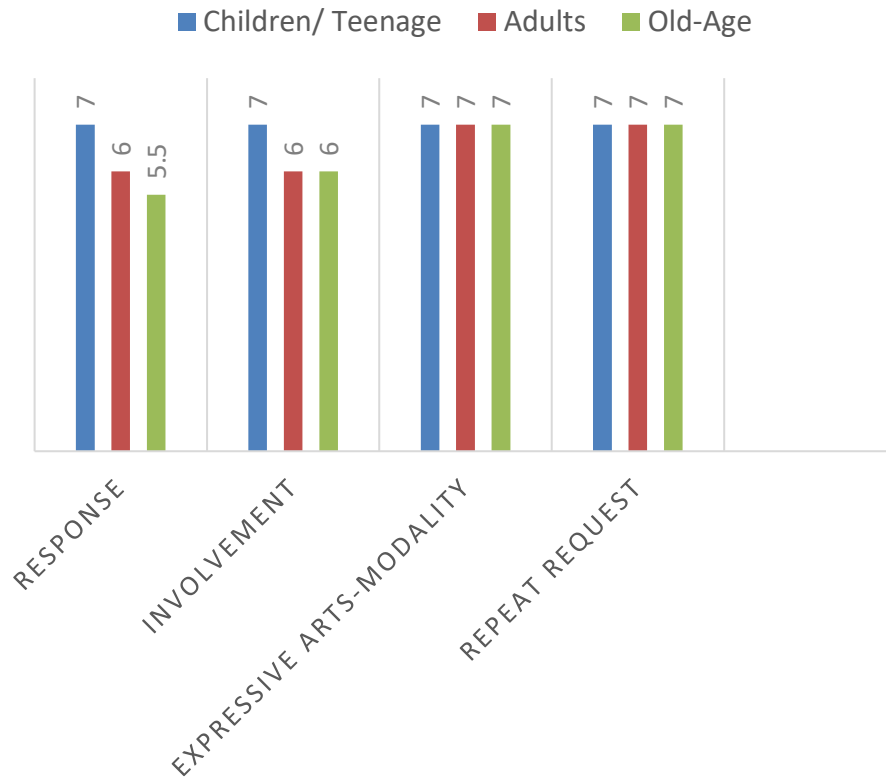


One of the main reasons behind clinical depression, stress and other related mental health ailments is lack of motivation and self-love. People have been brought up either with poor self-image or due to various reasons they try to be someone else and not appreciate themselves. With so much self pity, wallow, poor choices, hatred and the societal pressure, a person feels lost with no drive to work towards their goals or even survive. The negative occurrence leads to helpless thinking making them further depressed and anxious.

Project Asha is an ongoing attempt to reach out to more and more people through our social media platforms and help them think clearly and logically. Our daily dose of posts and reels is directed towards bringing the much needed love and care which will help one to broaden their perspectives and see beyond the current situation.

<https://www.youtube.com/watch?v=Fofq3LtfeMc&t=11s>
<https://www.youtube.com/watch?v=HylRpNclknC>
<https://www.youtube.com/watch?v=EjFCXr2jAMg>
<https://www.youtube.com/watch?v=8zQUTERlhsw&t=2s>
<https://www.youtube.com/watch?v=F3y7lpZrW9w&t=11s>
<https://www.youtube.com/watch?v=VkgdtvG6uy8&t=2s>
<https://www.youtube.com/watch?v=xVAM0xy1bbA&t=2s>

Project Sparsh



This 12 month project is led by Shrestha, one of the directors along with one of our Sanhati members, whose dream was to take part in such a venture. This involves visiting different places like hospice, orphanage, old age homes, rural areas etc. and spending quality time with them along with therapeutic activities and help reinforce the trust and power and vested in us.

While we are striving towards the betterment of Mental Health of the people around us, there are many who suffer silently both mentally and/or physically, making their survival extremely difficult. It gives us great honor to launch **Project Sparsh** which focuses on touching someone's life and making a positive change. This change could change emotional state, physical situation or much more. Such a positive change can be achieved through influence, or at times showing up in someone's life when they needed the help most.



Project Dreamkeeper



For the year 2023, our theme was Dreams. This is our Year Long project which will have multiple interventions with a single motto of fulfilling dreams. We will be reaching out to people from different segments, different corners of life, different age groups, and help them fulfill their dreams. This will not only entail the needy ones, it can be people like us because everyone is eligible for dreams.

Throughout the year, we had fulfilled dreams of 90 people, and in lieu the Almighty fulfilled one of our dreams too.

Project Pushpani

This project is our **Green Therapy** - several trials have revealed the beneficial effects on mood and mental health of simply observing nature, or even images of natural scenes. Nurturing plants and spending time outdoors can reduce symptoms of depression and anxiety and significantly improve your mood.

For the last 2 years, we had been contributing plants to our members following a theme. In 2025, following the trends of the agricultural industry, our choice this year is **Ginger**.

Ginger offers several potential benefits for mental health, including boosting mood, enhancing cognitive function, and reducing anxiety and stress. Its anti-inflammatory and antioxidant properties may help protect brain cells, potentially slowing down cognitive decline and reducing the risk of conditions like Alzheimer's.

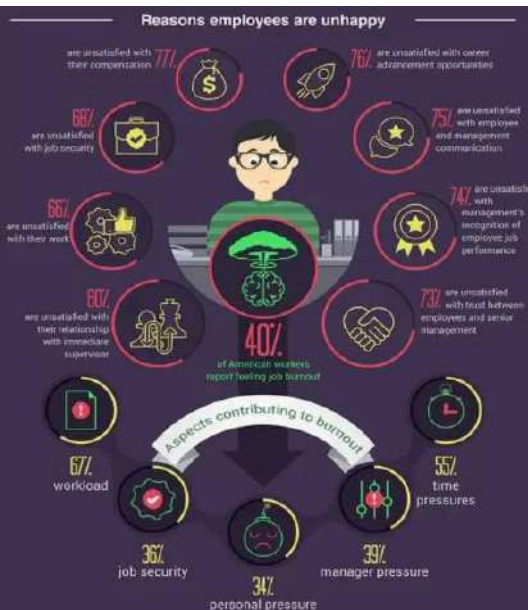
Through this initiative we are **targeting** to:

1. Grow 100 sacks of ginger.
2. After production sales will help the families involved in the production financially.

Internal and Restricted



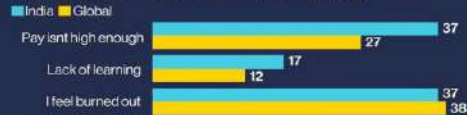
Project Pran



INDIAN WORKING WOMEN'S MENTAL HEALTH BusinessToday.In

The feeling of burnout in India's working women has impacted their mental health despite rise in hybrid work (In %)

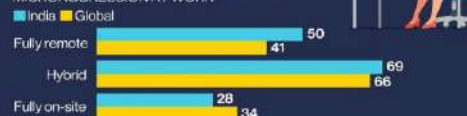
WHY WOMEN WANT TO LEAVE THEIR CURRENT JOBS?



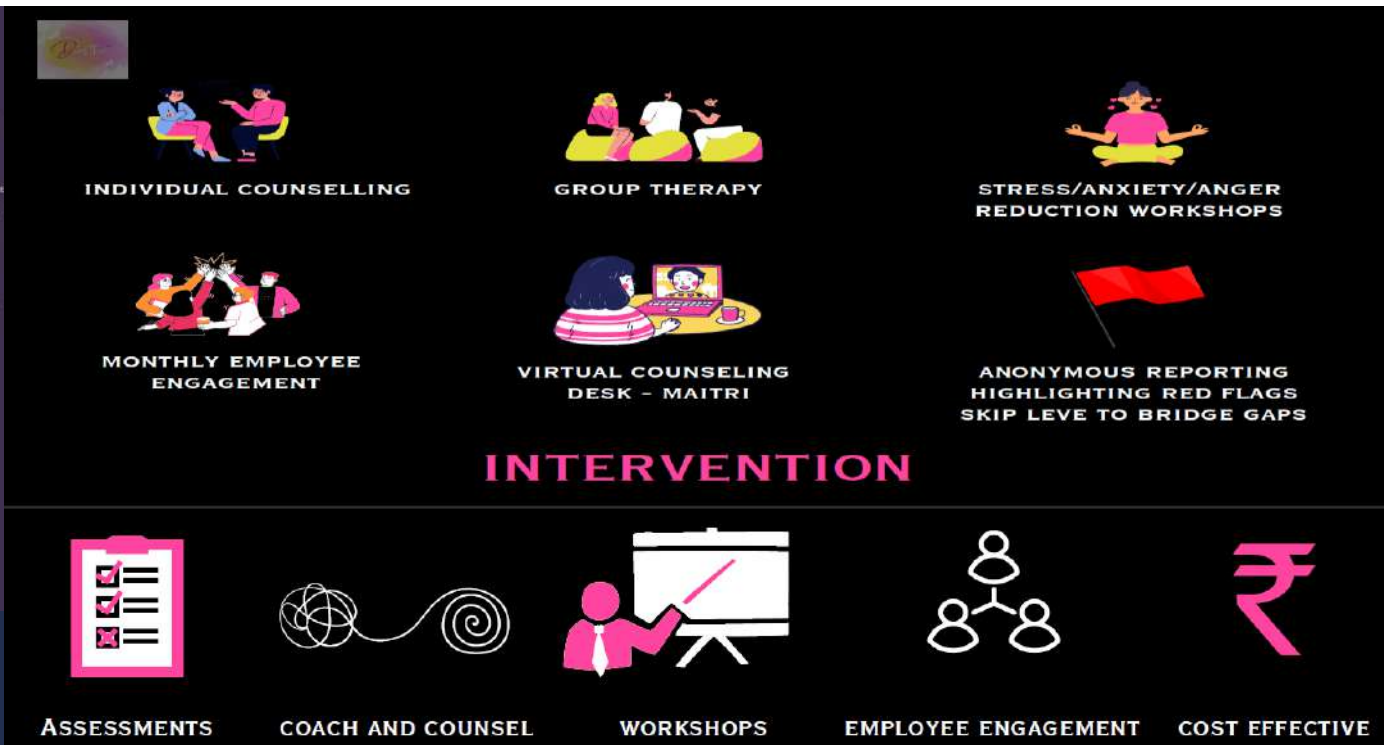
WOMEN WORKERS WHO HAVE EXPERIENCED HARASSMENT OR MICROAGGRESSIONS IN PAST YEAR



INDIAN WOMEN EMPLOYEES FACE MORE MICROAGGRESSION AT WORK



The survey had 500 respondents in India. *Sub-sample of 46 respondents
Source: Deloitte Women @Work report, 2022



Pran aims at bringing life and emotional wellness at work place while working in tandem with their job roles and performance thereby envisioning to create a benchmark for organizations. It is based on the simple principle of "you take care of your people, your people will take care of the work'.

Project Dashabhujā

Little by Little, a little becomes A LOT!

Durga Puja/Navratri is a time of celebration across the country. It celebrates the victory of the goddess Durga over the demon king Mahishasura. It is a merry fest and social event where people indulge in new clothes, pandal hopping and good food. But as many are celebrating, there are a few who are still wishing and waiting for the good to prevail over the evils of the world : the major one being hunger.

In 2022, Deestha Foundation started the Project Dashabhujā “She who has ten arms” to contribute in the vast sprawling work of Devi. On the day of Mahalaya, which marks the beginning of Debipaksha, we went out on to the roads of Kolkata to feed those who are below poverty lines. And consequently the entire arrangement of cooking and packing was done by a family who is also underprivileged.

In 2023, considering the growing rates of dengue and malaria, we came back as protectors and distributed mosquito nets to the underprivileged people. After all, Durga Maa is the bearer of weapon against difficulties. She is Sharanya.

We hope through this small gesture we could become someone who made someone else look forward to tomorrow.



<https://www.youtube.com/watch?v=obQdDBxDFg&t=2s>

Project Chaaya

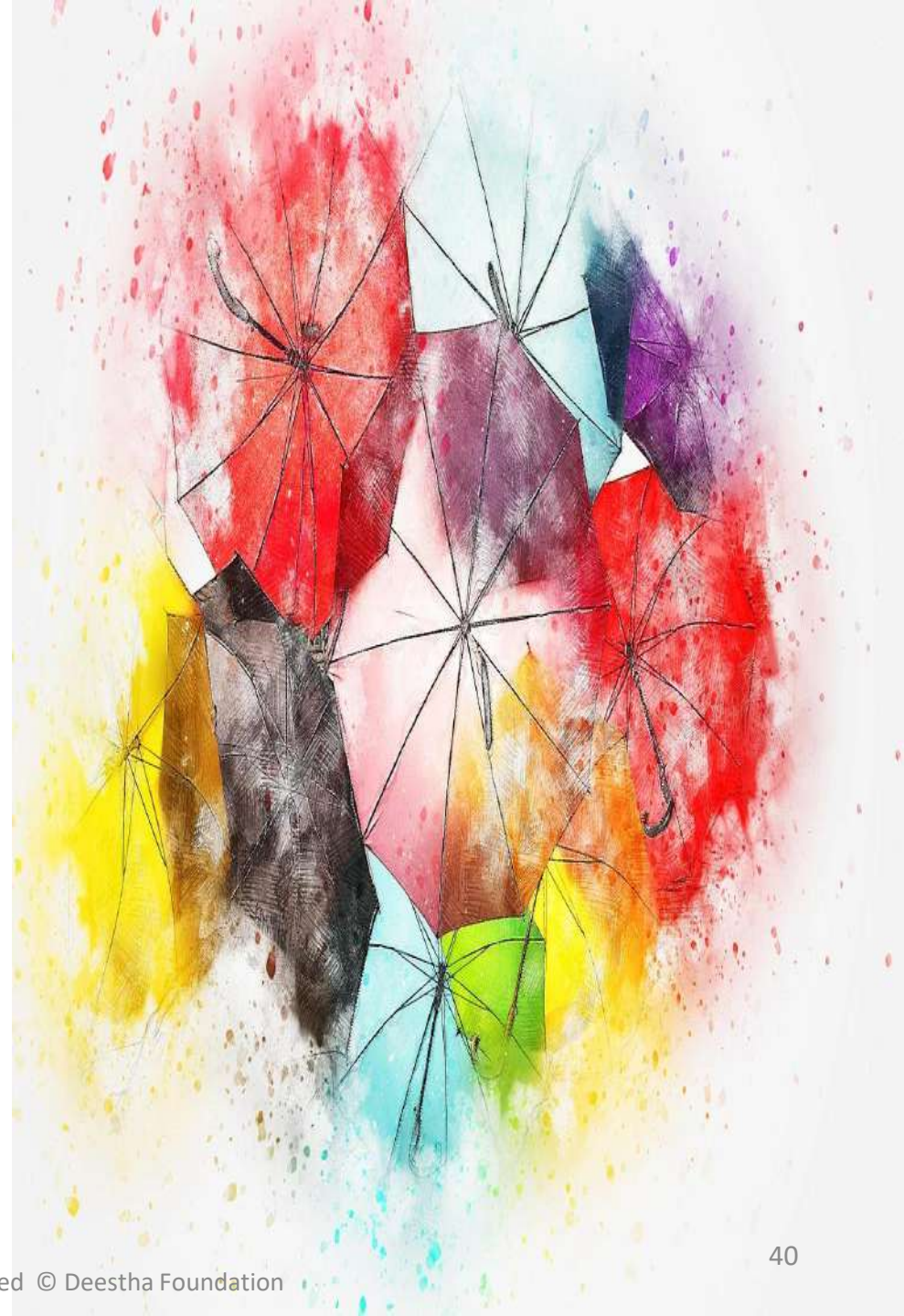
Looking at the response of Sparsh, in the FY 2024-25, we are launching Project Chaaya.

While connecting with various communities we found one common ground that almost everyone need therapeutic interventions, however financially it might be difficult to continue over a long period of time.

Project Chaaya addresses this concern by providing weekly or monthly therapeutic activities to various groups at a subsidized rate.

Based on the audience type, monthly calendar will be prepared which will have a complete layout of the type of activities and hours of intervention. Apart from group sessions, one to one connect can be included too, if the situation demands it.

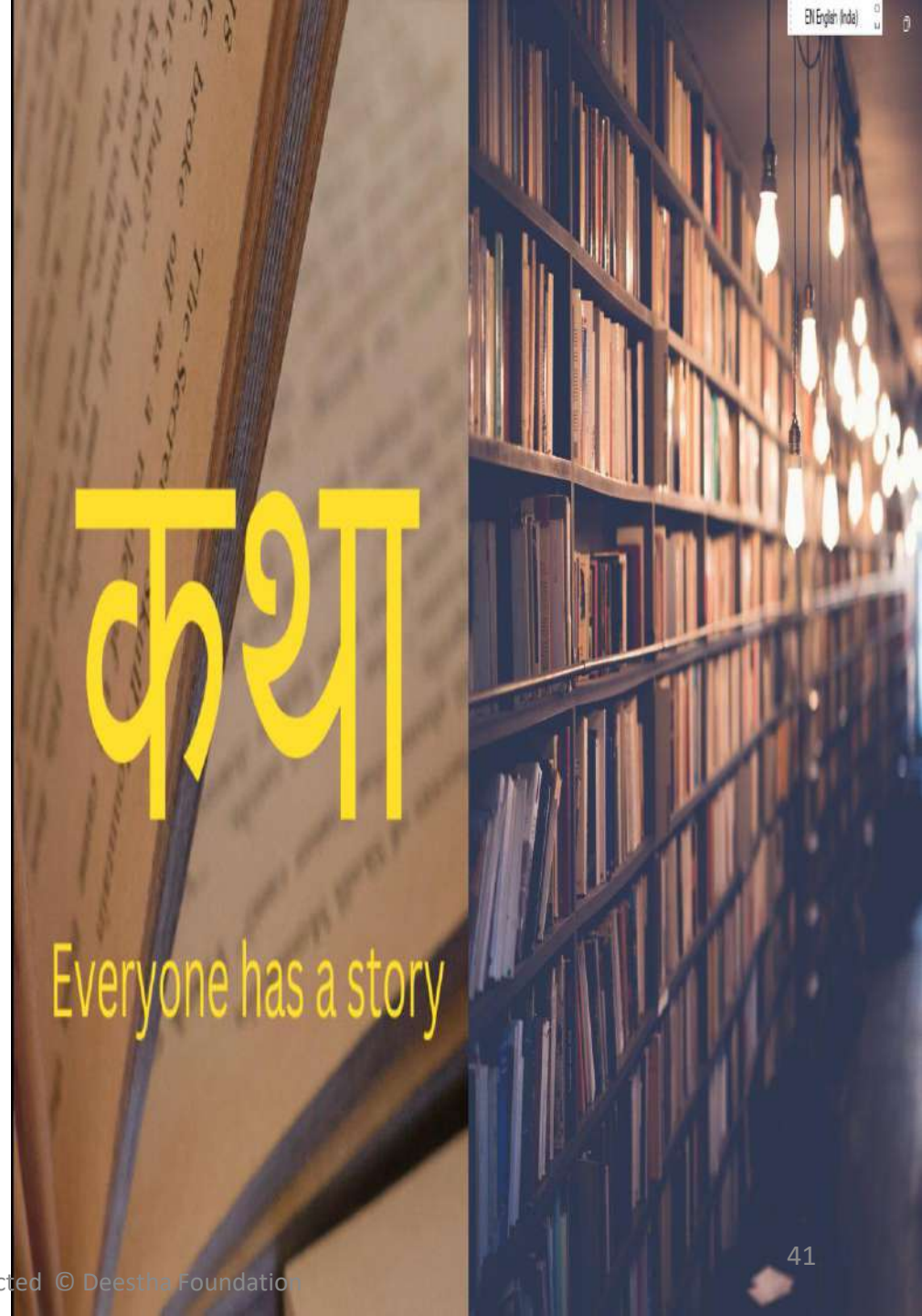
Quarterly progress report will also be shared measuring the effectiveness of the sessions.



Project Katha

Project Katha addresses one of the major issues nowadays- increasing screentime. Katha would be a monthly google meet activity, where anyone can join and participants would talk about the latest book they have read and they can share the story, the learning, and their interpretation.

This would not only help us to develop our knowledge and interest on different types of literature belonging to different languages, for people who do not like reading books but loves listening to stories, it is a great engagement for them too.



Project Shree

India was declared as the third most polluted country after Bangladesh and Pakistan with very poor air quality. Waste materials are one of the biggest contributors to pollution accumulating in landfills, water or air. We at Deestha Foundation believe that the environment around us has a direct impact on our state of mind. With this alarming detrimental condition of the environment, we are taking this opportunity to humbly launch our biggest

Project Shree is based on the concept of reuse, reduce and recycle through art therapy. We have currently launched Phase 1, under which we will be converting our household waste items into products that are therapeutic, household, aesthetic or Spiritual.



Project Bodhi

“Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime”– Maimonides

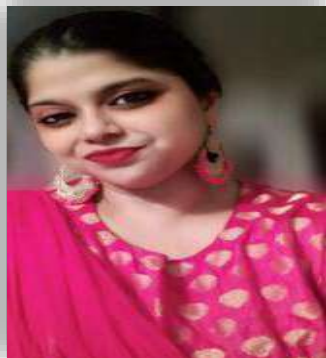
To remove ignorance is an important branch of benevolence. And an act of kindness always leaves us with a boomerang effect of feeling worthy.

Project Bodhi is an attempt to address all of these in a nutshell. In collaboration with our members, we have tied hands with Kzarvani Foundation in providing free online tuitions on various subjects along with quarterly visits to the tribal kids of Sunderban.





Vahni



Dr. Dipannita Deb

*Founder- Director, Deestha Foundation.
Psychotherapist, Hypnotherapy & Mindfulness
Practitioner, Art Therapist, Clinical Aromatherapist,
EFT/TFT Master Practitioner,
NLP Practitioner, Reiki Master (USUI & KARUNA),
Colour Therapy Practitioner, PLRT, Facilitator
Advanced Chakra and Crystal healer, Ayurvedic
Psychology
B.A. Eng Hons.,
M.A. in Psychology (Counselling)*

Full Profile:

<https://www.linkedin.com/in/dipannita-deb-4068241b>



Shrestha Gan

*Director, Deestha Foundation
Clinical Music Therapist,
Counselor, Art Therapist
Alternative Healing Practitioner
Mindfulness Practitioner & Teacher
Musician, Sound Healing and Sound
Therapy Practitioner
B.Mus in Vocal Music,
M.Mus in Dhruvad*

Full Profile:

[linkedin.com/in/shrestha-gan-00088426b](https://www.linkedin.com/in/shrestha-gan-00088426b)

<https://www.deesthafoundation.in/vayam/>

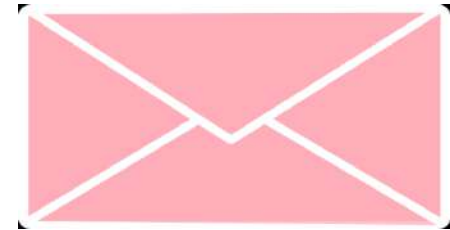
Get In Touch!



www.deesthafoundation.in

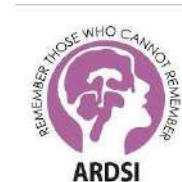


8017033117 / 9062890250



deesthafoundation@gmail.com

Whom did we work with



Help us in our
mission to create
change.

Donate and get
80G benefit under
Old Tax Regime!



8017033117@okbizaxis



Account Number:
922020002283507
IFSC: UTIB0000025
Branch: Axis Bank, Salt
Lake, BD Block



NAMASTE