

DEESTHA FOUNDATION

HEALING MINDS THROUGH THE LANGUAGE OF THE HEART



5 Years of Compassion, Healing & Transformation

Note From Us

FIVE YEARS OF COMPASSION, HEALING, AND HOPE

When we look back at the journey of Deestha Foundation, the last five years feel like both a heartbeat and a lifetime. What began as a simple vision — to bring compassion into the heart of mental health — has today become a living, breathing movement of awareness, acceptance, and healing.

We started with small steps — a few hearts determined to make a difference, a handful of conversations about mental health, and a dream to build a space where every voice could be heard without judgment. Over the years, those small steps became powerful strides. From training young minds and supporting individuals on their healing journeys to reaching out on the streets with food, warmth, and care — each act of kindness has built the story of Deestha.



These five years have not been without challenges. There have been moments of exhaustion, uncertainty, and heartbreak. But each time, our community — our family of interns, volunteers, partners, and well-wishers — has reminded us that healing is not a destination, it's a shared journey. Together, we have learned that empathy can move mountains, and even the smallest gesture of understanding can transform a life.

We have seen psychology evolve from theory to touch, from discussion to action. We have watched our young students grow into thoughtful therapists, seen awareness bloom in communities that once fell silent in pain, and experienced how laughter and learning can coexist with healing and depth.

As we complete these five years, we do not merely celebrate an organization — we celebrate people. Every individual who has been part of Deestha carries a piece of this journey. To our members, supporters, and every person who believed in us — thank you. You have been our strength, our purpose, and our reminder of why this work matters.

Deestha has always stood for holistic healing — for blending the mind's science with the heart's wisdom. And as we step into the next chapter, our promise remains the same: to heal, to listen, and to keep making mental health a conversation rooted in compassion and humanity.

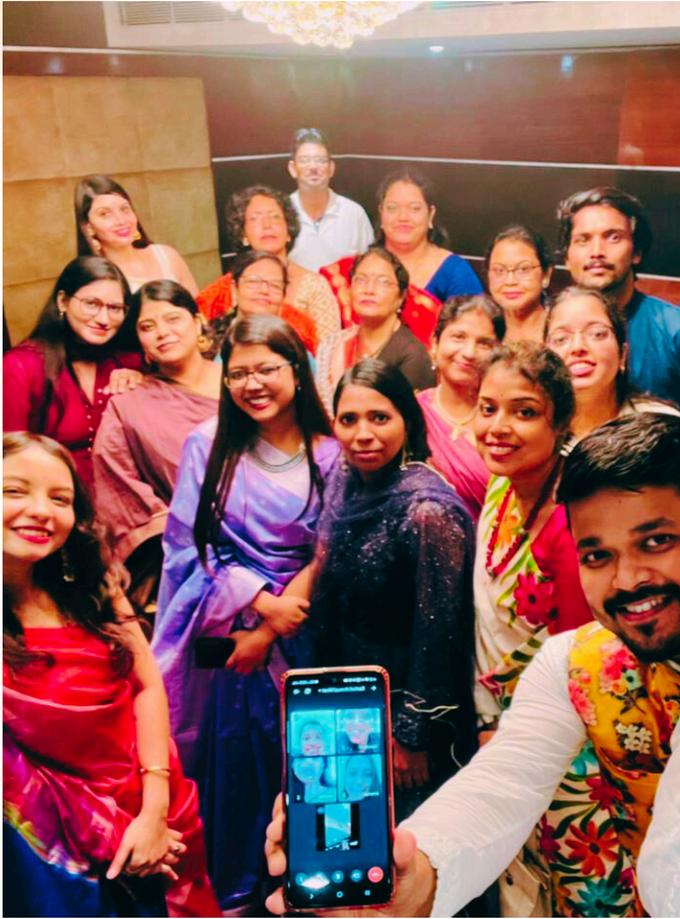
With gratitude and love,

Dipannita & Shrestha

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The Beginning



Every story of change begins in a moment of need — a quiet calling that turns into a collective movement. For us, that moment came during one of the most uncertain times our world had ever faced — the COVID-19 pandemic. As people across the globe found themselves confined within four walls, isolation grew deeper than physical distance. An invisible wave of anxiety, fear, and loneliness began touching every home, every mind. It was then that mental health — long overlooked and misunderstood — finally began to find its voice.

Amid that silence and fear, **Deestha** (then known as Viropana) was born — not as an organization, but as a heartfelt response. What began as a small 24×7 mental health support group on WhatsApp became a lifeline for many who simply needed to be heard. At a time when the world was locked down, we unlocked conversations.

The purpose was simple, yet profound — to make mental health available and approachable for everyone. To demystify therapy, to break the taboos, and to show that healing can happen through compassion, understanding, and non-medicinal, therapeutic care.

As days turned into months, our little support group began to grow. From a handful of passionate volunteers, we evolved into a connected community. The group expanded to Facebook, and then to other social media platforms, where we began hosting our first lives, awareness sessions, and open dialogues on mental wellness.

People began joining in — students, professionals, caregivers, and everyday individuals who shared the belief that mental health should never be a privilege. What started as messages of support soon transformed into an organized effort — workshops, awareness programs, and therapy initiatives built from empathy and science alike.

Eventually, Viropana found its new identity — **Deestha Foundation** — a name that carried a dual essence. It was not only inspired by the Sanskrit spirit of “giving” and “being there”, but also lovingly formed by merging the names of its two founders — Dipannita and Shrestha — symbolizing unity, shared vision, and balance.

From a WhatsApp group to a registered foundation, from online chats to real-world outreach, our journey has always been rooted in one belief — that healing begins when humanity meets understanding.

What started as a spark of care has become a movement of compassion. And every person who has ever reached out, shared a story, or joined hands with us is now a part of this ever-growing circle of healing called Deestha.

Our Philosophy



At the core of Deestha Foundation lies a belief that healing is not an event — it's a journey. A journey that begins with compassion, deepens through awareness, unfolds in healing, and blossoms into growth.

We believe that mental health is not only about treating the mind but nurturing the soul that carries it. Every person holds within them an innate capacity to heal — sometimes, all it takes is a space that listens, a hand that holds, and a heart that understands.

Our work is guided by four timeless principles:

- **Compassion** — To approach every story with empathy, to listen without judgment, and to remind people they are never alone.
- **Awareness** — To educate, sensitize, and open minds to the realities of mental health, reducing stigma one conversation at a time.
- **Healing** — To provide accessible, non-medicinal, and evidence-based support that nurtures the whole being — mind, heart, and spirit.
- **Growth** — To empower individuals and communities to rise stronger, to rediscover their purpose, and to live with meaning and mindfulness.

Through every counseling session, outreach drive, and training, these four values breathe life into everything we do. They are not just words we stand by — they are the rhythm of our foundation.

“We heal not in isolation, but in connection.
Every act of compassion becomes a seed of transformation.”

Our Wings

SANHATI

A SAFE SPACE TO SHARE, HEAL, AND GROW TOGETHER



Sanhati—the beating heart of DEESTHA—was born from a simple yet powerful idea: to create a space where people could share their truths without fear, judgment, or pretense. What began as an intimate support group soon grew into a vibrant, global family connected not by blood but by compassion, understanding, and the shared journey of healing. Sanhati stands as a 24x7 emotional support network, where someone is always there to listen, respond, and hold space for you, no matter the hour or the distance. Within this circle, vulnerability is strength, and empathy is the language that binds everyone together. Through open dialogue and confidentiality, members not only receive support but also learn to offer it—creating a ripple effect of care that extends far beyond the group itself.

It was this spirit of connection and collective healing that gave birth to DEESTHA, an initiative rooted in awareness, compassion, and growth. Every program, workshop, and project of DEESTHA carries the essence of Sanhati—its warmth, its inclusiveness, and its belief that mental health thrives in community. Over time, Sanhati has become more than just a group; it is a family without boundaries, where every story matters, every emotion is valid, and every person belongs.

Humraaz: A nightly check-in that simply asks, "How was your day, everyone?" creating space for hearts to connect and be heard.

PRATIDHI

OUR WING OF OUTREACH & IMPACT

Deestha Foundation is committed to improving lives through focused, meaningful action. Rooted in inclusion, diversity, and the equal treatment of every individual, we strive to create opportunities and pathways that lead to a better quality of life.

Pratidhi represents the heart of our outreach efforts — the hands-on initiatives, community engagements, and real-world projects that bring our mission to life. Through Pratidhi, we reach beyond our walls and step into the spaces where support is needed the most.

From food drives and street-level engagements to awareness campaigns, outreach and grassroots mental health support, every activity under Pratidhi is built on the belief that healing must be accessible, humane, and deeply connected to the community.



Our Wings

DHWANI

EXPRESSIVE ARTS THERAPY — HEALING THROUGH CREATIVITY



At Deestha Foundation, our work is rooted in the belief that healing is never one-dimensional. As firm believers in eclectic, integrative healing, we hold a deep commitment to Expressive Arts Therapy — a powerful, intermodal therapeutic approach that uses creativity as a pathway to emotional transformation.

Expressive therapy invites individuals to explore their inner world through art, music, movement, dance, writing, theatre, craft, storytelling, and more. These creative processes allow feelings to surface in ways that words alone cannot capture, giving people new avenues to experience clarity, meaning, and release.

At Deestha, we use expressive arts not only as a therapeutic tool but also as a community-building and awareness medium. We create unique programs where mental health warriors — survivors of domestic violence, cancer patients, individuals recovering from depression, or those navigating chronic conditions — participate in creative acts that are both healing and empowering. These programs honor personal stories while bringing social issues into collective awareness. And for us, “art” is not confined to a canvas or stage. Deestha Group is the collective forum involving members who actively take part in this.

Our expressive work expands into:

- Travel
- Photography
- Cooking
- Nature walks
- Craft
- Journaling
- Community experiences
- Shared storytelling

UNNATI

THE WING OF GROWTH & DEVELOPMENT



Unnati, as the name suggests, stands for progress and upliftment. This wing focuses on developmental programs that enhance leadership, communication, and personal growth.

We offer a range of one-day workshops, skill-building sessions, and certificate courses designed for both individuals and corporates. Each program blends psychological insight with practical tools to help people grow with confidence and clarity.

Unnati exists to support anyone seeking to evolve — professionally, personally, or emotionally — by opening pathways to meaningful and sustained development.



Our Wings

AVASAR

THE WING OF TRAVEL THERAPY



Launched in 2023, Avasar embodies opportunity — the opportunity to heal, to explore, and to reconnect with oneself through movement and meaningful experiences.

This wing focuses on Travel Therapy, thoughtfully blending expressive arts, mindfulness, and human connection. Avasar creates therapeutic journeys that allow individuals to step out of routine, experience new environments, and rediscover parts of themselves through exploration.

Our curated therapeutic trips are offered at three levels:

- Within the city
- Within the state
- Across the country

Each journey is designed to nurture emotional release, community bonding, and personal reflection — reminding us that sometimes, healing begins the moment we step outside our familiar walls.

SANNIDHI

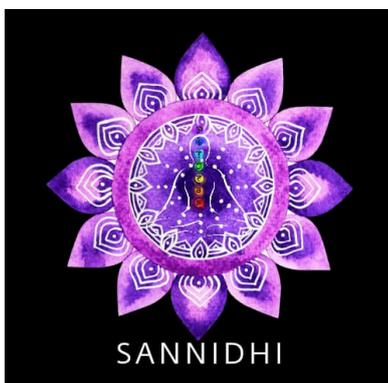
THE WING OF INNER PRESENCE & SELF-ACTUALIZATION

Sannidhi is rooted in the idea of presence — the sacred space where one moves beyond the limits of body and mind.

This wing focuses on a multi-modality healing approach, using diverse therapeutic mechanisms to help individuals explore their deeper selves and move towards self-actualization.

Through practices that integrate body, mind, energy, and awareness, Sannidhi supports individuals in expanding their inner clarity, emotional resilience, and spiritual alignment.

Its purpose is to guide people into a state where they can reconnect with their true essence — fully present, fully conscious, and fully whole.



Counseling and Therapy Services

HEALING DOESN'T HAPPEN ONLY IN THE ROOM — IT IS A WAY OF LIFE

At Deestha Foundation, our therapeutic work is built on the belief that everyone can heal, provided they have the right guidance, support, and tools. Rooted in our core philosophy of holistic, non-medicinal, and eclectic healing, our counselling services offer empathetic listening, purposeful conversations, and psychologically informed interventions that address emotional, interpersonal, educational, and career concerns.

We offer both face-to-face and online sessions, ensuring accessibility for individuals across ages and backgrounds.

Our specializations include:

- Marriage & Family Counselling
- Relationship Counselling
- Stress & Anger Management
- Depression & Anxiety
- Panic Attacks
- Suicidal Behaviour
- Substance Abuse Counselling
- Parent-Child Counselling
- Eating Disorders
- Decision Phobia
- Personality & Self-Image Issues
- Childhood & Relational Trauma



Not all problems can be addressed through counselling alone. For deeper emotional patterns, trauma, and long-standing behavioural concerns, we integrate research-backed psychotherapies such as:

- Cognitive Behaviour Therapy (CBT)
- Rational Emotive Behaviour Therapy (REBT)
- Dialectical Behaviour Therapy (DBT)
- Existential Therapy
- Narrative Therapy
- Solution-Focused Therapy
- Person-Centred Therapy
- Psychoanalytic Approaches
- Couple Therapy



Integrated Therapies for Holistic Healing

- EFT and EMDR
- Mudra Therapy
- Aroma Therapy
- Yoga and Meditation
- Reiki, Chakra Healing & Crystal Therapy
- Shamanic Healing
- Hypnotherapy & Past Life Regression
- Ayurvedic Psychotherapy (Psycho-Veda)
- Expressive Arts Therapy

Training and Internship

SHAPING THE NEXT GENERATION

At Deestha Foundation, training is not just an academic process — it is a transformational journey. We believe that the future of young leadership lies in nurturing sensitive, aware, and ethically grounded professionals, and our Training & Internship Wing is dedicated to providing exactly that.

Our training philosophy blends:

- Clinical Knowledge
- Expressive & Creative Modalities
- Therapeutic Skills Development
- Emotional Intelligence & Self-Awareness
- Practical Exposure to Real Cases
- Ethics, sensitivity, and multicultural awareness

We follow a deeply experiential format — where learning does not happen by memorizing theories, but by feeling, observing, practicing, reflecting, and evolving. Experts conduct practical sessions, reflective activities, and experiential modalities for deeper understanding.

Our workshops are designed for independent groups and organizations, offering maximum impact through interactive, holistic sessions. Featuring activities, role-plays, and case studies, our signature programs — Atman and Netriyam — create deep, experiential learning. This signature approach is the reason learners from across India participate in our programs every year.

At Deestha, we don't just train therapists — we nurture sensitive, grounded, and compassionate healers for the world.



What makes us Unique?

1. Eclectic & integrative approach
2. Safe & nurturing space
3. Focus on emotional maturity
4. Community-based learning
5. Personalized mentorship
6. Customised Certificate Courses and long term programs

With every batch of interns and trainees, we witness transformation — not just academic, but deeply personal.

Students leave with greater clarity, emotional resilience, empathy, and a renewed sense of purpose.

Workshops

EXPERIENCES DESIGNED TO HEAL, TRANSFORM, AND EMPOWER

At Deestha Foundation, our workshops are immersive experiences crafted to bring learning, awareness, and emotional growth to individuals, groups, and organizations. Over the past five years, we have conducted a wide spectrum of online and offline workshops, offered as hour-long sessions, one-day immersions, and extended 7–21 day programs, depending on the depth of work involved.



In Sanskrit, the difference between चिंता (stress) and चिता (funeral pyre) is just a single dot — a reminder of how deeply stress affects our lives. **Iyasya**, our one-day signature stress-reduction workshop, equips participants with practical techniques to rise above daily pressures, cultivate inner calm, and respond to challenges with clarity and resilience.



Most individuals know how deeply anger disrupts communication at home and at work, yet few know how to manage it effectively. **Akrodha**, our daylong anger-reduction workshop, helps participants release stored anger, understand their personal triggers, and learn practical techniques to calm the mind, regulate emotions, and channel their energy in healthier ways.



Chakras are the primary energy centres of the body, deeply connected to our nerves, organs, and emotional states. When these centres are blocked or imbalanced, they can manifest as physical discomfort or mental distress. **Urja**, our online and offline chakra workshops, use holistic techniques to identify energy imbalances, restore flow, and support physical, emotional, and spiritual well-being.



Dhyana is our 21-day online meditation journey that helps participants build a consistent practice of mindfulness and inner stillness. Through guided meditations, breathwork, and daily reflection, the program supports stress reduction, emotional balance, and deeper self-awareness. It's a gentle, structured path to reconnecting with oneself.

Community and Outreach Work

HEALING BEYOND THE WALLS OF THERAPY

Community work is at the heart of Deestha Foundation.

From the very beginning, our mission has been to take mental health, compassion, and care beyond the therapy room and into the real spaces where people live, struggle, and hope.

Through our outreach initiatives, we engage directly with communities that need emotional support, awareness, and connection. Whether it is through street drives, food distribution, expressive art circles, or mental health awareness campaigns, each activity reflects our commitment to make healing accessible and human.



We regularly collaborate with organizations working with:

- Abuse survivors
- Sex Workers
- Underprivileged children
- Old Age Homes
- Differently-abled communities
- Animal Protection Centers
- Orphanages
- Street Children

These collaborations allow us to offer counselling support, conduct workshops, and bring creative healing methods and assistance to those who need them most.



Under Pratidhi, we conduct a range of activities:

- Street food distribution
- Awareness campaigns on mental health and emotional hygiene
- School and community sessions
- Support drives for women, children, and vulnerable groups
- Festive distributions and seasonal kindness programmes



Our outreach work is not charity — it is solidarity, presence, and shared compassion. It is our way of saying: You matter. Your story matters. And healing belongs to you too.

Our Projects

SERVING WITH HEART, ACTING WITH PURPOSE

Project Dashabhuj:

Little by little, a little becomes A LOT.

Durga Puja/Navratri reminds us of the triumph of good over evil. But while many celebrate with new clothes, pandal hopping, and joy, countless others continue to struggle in silence.

To honour the spirit of Devi, Deestha Foundation launched Project Dashabhuj in 2022—“She who has ten arms”—with the intention of extending Her compassion into the real world.

- 2022: On Mahalaya, we fed people living below the poverty line. The meals were cooked and packed by an underprivileged family—making the act meaningful on both sides.
- 2023: With rising cases of dengue and malaria, we returned as protectors, distributing mosquito nets to vulnerable communities.
- 2024: Inspired by the cry for justice in the Abhaya case, we distributed sarees to street-dwelling women.
- 2025: We supported families who refuse to beg despite hardships by donating essential groceries.

Through each small gesture, year after year, our hope remains the same—
to be the reason someone believes tomorrow can be kinder.



Project Pran:

Pran is designed to bring emotional wellness into the workplace by supporting employees in harmony with their roles, responsibilities, and performance goals. It aims to set a new benchmark for organizations that value people as their greatest asset.

Built on one powerful principle:

“Take care of your people, and your people will take care of the work.”

Our Projects

SERVING WITH HEART, ACTING WITH PURPOSE

Project Sparsh:

While we work to strengthen the mental health of our community, many still struggle silently—emotionally, physically, or both. Project Sparsh was created to reach them with compassion, connection, and meaningful support.

Led by Shrestha and a dedicated Sanhati member, this 12-month initiative focused on bringing warmth and presence to those who need it most—through visits to hospices, orphanages, old-age homes, rural communities, and more. With therapeutic activities and genuine human connection, Sparsh aims to create small moments of comfort that leave lasting impact.

Sometimes, a touch, a presence, or a conversation can change a life. Sparsh is our promise to show up.



Project Dreamkeeper:

In 2023, we dedicated the entire year to a single, powerful theme: Dreams.

This year-long project reached people from diverse walks of life, across ages and circumstances, with one intention — to help fulfill a dream, big or small.

Dreams aren't only for the needy; they belong to everyone. And throughout the year, we had the privilege of fulfilling the dreams of 90 individuals.

And in return, by the grace of the Almighty, one of our own dreams was fulfilled too.

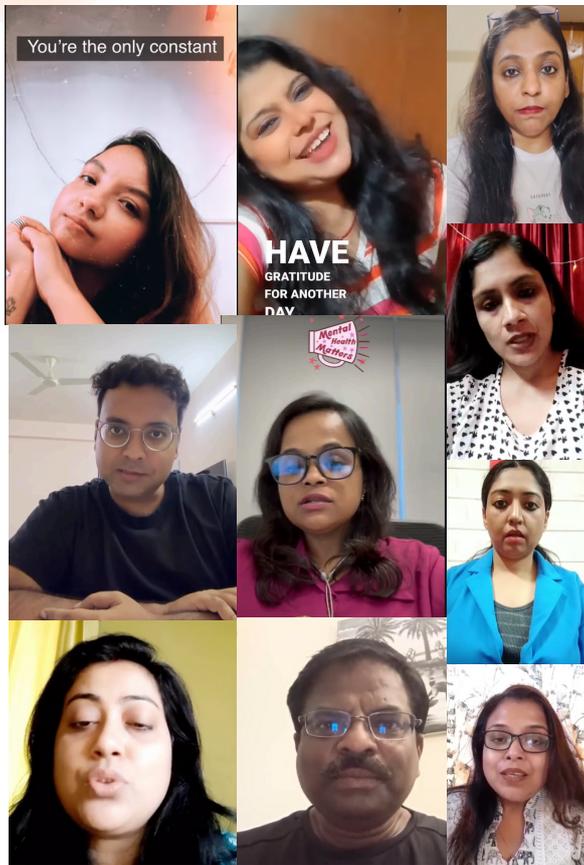
Because when you help someone achieve their dream, the universe finds a way to honor yours.



Where we touch gently, hope returns; where we dream boldly, lives transform.

Our Projects

SERVING WITH HEART, ACTING WITH PURPOSE



Project Asha:

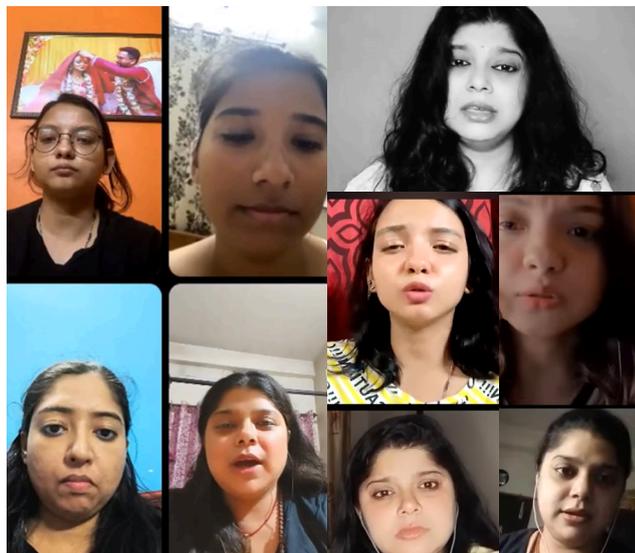
Lack of self-love and motivation lies at the core of many mental health struggles. When people grow up with poor self-image or constant comparison, they often lose sight of their own worth. Over time, self-doubt, societal pressure, and repeated setbacks can leave them feeling helpless, anxious, and directionless.

Project Asha is our ongoing initiative to counter this hopelessness by using the power of words, awareness, and daily reminders. Through consistent posts and reels across our social media platforms, we aim to help people think clearly, feel seen, and reconnect with themselves. Each message is crafted to widen perspectives, offer gentle guidance, and bring back the self-love and motivation needed to move forward.

Asha brings light, one day at a time..

Project Jeevanam:

Every year, nearly 800,000 people die by suicide worldwide. In India alone, 164,033 lives were lost in 2021, marking the highest suicide rate since 1967—and experts believe the real numbers, especially for women, may be even higher. Despite increasing awareness and available support, the crisis continues to grow. This is why Project Sanhati remains one of our most crucial and continuous efforts. Through year-round awareness videos, educational content, and direct emotional support, we strive to reach as many people as possible—before a moment of distress becomes irreversible. So far we have been able to prevent 25 suicide attempts, helping individuals return to safety, stability, and hope. Because sometimes, one message... one call... one hand held out at the right moment can save a life.



Our Projects

SERVING WITH HEART, ACTING WITH PURPOSE

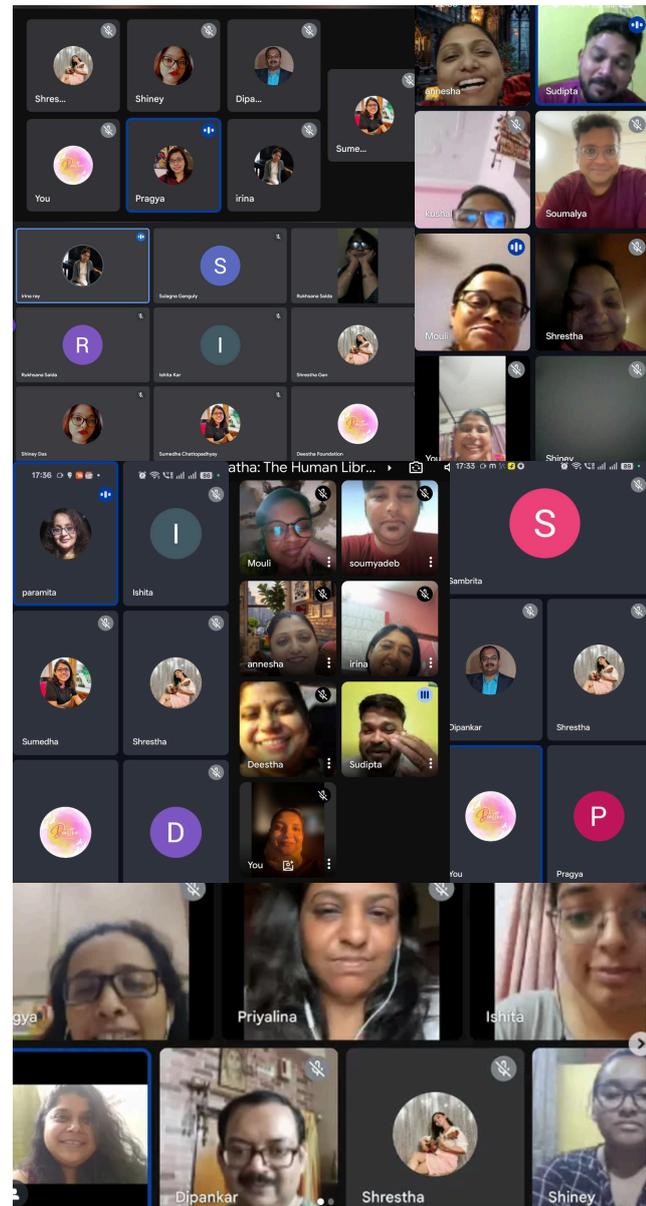
Project Katha began as a gentle rebellion against today's increasing screen-time. In a world where scrolling replaced storytelling, we wanted to bring people back to the magic of words, imagination, and shared reflections. Each month, members gather on Google Meet to talk about the latest book they have read—its plot, its meaning, its emotional echo, and the wisdom they carried away from it.

Katha isn't just for avid readers; it embraces those who love listening to stories too. It creates a space where literature from different languages, cultures, and genres comes alive, enriching everyone's perspectives. Over time, these monthly gatherings became more than book discussions—they became moments of connection.

Inspired by these bonds, we launched Phase 2: The Human Library.

Here, people are the books and their lives are the chapters. Members meet monthly to speak about their challenges, moments of joy, turning points, fears, healing journeys, and hopes for the future. No filters, no judgments—just honest conversations that remind us that everyone carries a story the world needs to hear.

Through Katha and The Human Library, we are nurturing a supportive, heart-centered community where voices matter, experiences teach, and stories heal. Together, we are building a living archive of humanity, wisdom, and connection—one conversation at a time.



Project Pushpani:

For two years, Green Therapy has promoted emotional wellness through plant care and nature. In 2025, our chosen plant is Ginger—known for boosting mood, easing stress, and supporting brain health.

This year we aim to:

- Grow 100 sacks of ginger
- Support the cultivating families through the sales

A small crop with big healing— for mind, body, and community.

Our Projects

SERVING WITH HEART, ACTING WITH PURPOSE

Project Chaaya:

After witnessing the response to Sparsh, we identified a common need across communities: people require ongoing therapeutic support, but long-term access is often limited by financial constraints.

Project Chaaya bridges this gap by offering weekly or monthly therapeutic sessions for groups at a subsidized rate. Each month, a customized activity calendar is created based on the needs of the audience, outlining the themes, techniques, and hours of intervention. When required, one-to-one support is also included.

To ensure meaningful progress, quarterly reports are shared, tracking emotional, behavioural, and functional improvements.

Chaaya brings consistent care, sustained healing, and accessible therapy to those who need it most.



Project Shree:

India ranks among the world's most polluted countries, and we believe the environment we live in shapes our emotional and mental well-being. With rising pollution and overflowing waste, Project Shree was born—our largest initiative inspired by the principles of Reuse, Reduce, Recycle, blended with the healing power of Art Therapy.

In Phase 1, We convert simple household waste into meaningful creations—therapeutic items, décor, utilities, and spiritual pieces. Each product carries both purpose and healing.

In Phase 2, Shree expands into rural and remote communities, empowering skilled women who lack opportunities. By combining their craft with recycled materials, we help them create marketable products. The sales directly support these women, offering financial independence and dignity.

Named after Lakshmi, Shree is more than recycling—It transforms waste into art, and women into earners.

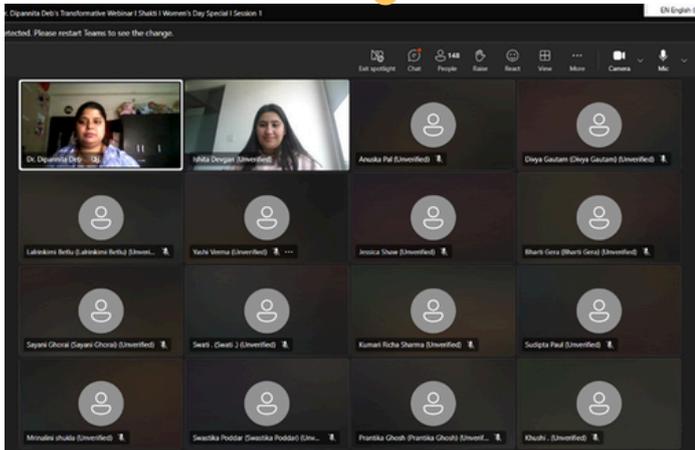


Awareness Campaigns



World Mental HEALTH DAY

International WOMENS Day



Self-care IS EMPOWERMENT



Spotlight



SAHA: THE ANNUAL MEET

Saha is Deestha Foundation's annual celebration — a day that brings together everything we stand for: healing, community, creativity, and compassion. It is our moment to pause, reflect, and honour the work we have done throughout the year, from therapeutic programs and workshops to outreach initiatives and social impact projects.

The event is filled with heartfelt performances, stories of transformation, expressive arts, awards, and meaningful connections. It is a space where members, interns, beneficiaries, volunteers, and well-wishers come together to celebrate mental health as a shared journey rather than an individual struggle.

Along with the joy and performances, Saha also integrates outreach activities, reminding us that celebration holds deepest meaning when it includes giving back.

More than an event, Saha is a reminder of our collective strength — proof that healing happens when community stands together.

Spotlight



BASANTA MILAP

Basanta Milap is our annual spring gathering, a joyful tradition where we step out to explore a local place, soak in the beauty of the season, and share good food and meaningful time together.

It's a simple yet heartfelt celebration of warmth, renewal, and community — a reminder that healing also happens in laughter, nature, and shared moments.

BAIKALIK ADDA

Baikalik Adda marks the onset of monsoon with a warm, homely gathering soaked in true Bengali spirit.

An evening filled with cultural performances, poetry, songs, adda, and lip-smacking, theme-based Bengali food, it celebrates the joy of togetherness in its most nostalgic form.

It's our way of honouring the season — with art, warmth, and community.

Spotlight



AVASAR

Avasar is our yearly retreat—a soulful pause from routine to unwind, explore, and heal. Each journey takes us to a new land, inviting fresh perspectives, deeper connections, and therapeutic experiences woven into travel.

With guided activities, reflection circles, bonding moments, and the magic of new places, Avasar creates memories that stay long after the trip ends.

So far, our healing journeys have taken us to Isha, Pondicherry, Kathmandu, Manali, Sissu, Chandratal, and Spiti Valley—each destination leaving its own imprint on our hearts.

Avasar is more than travel. It is therapy in motion, and discovery in every direction.



VIHARA

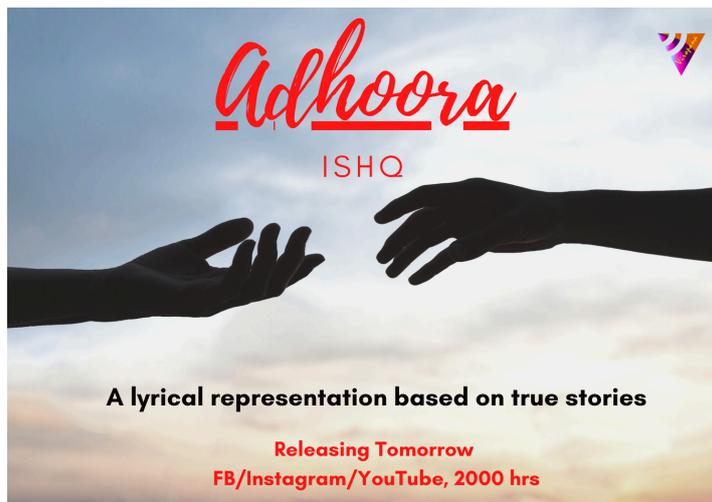
Vihara is our annual picnic, a day dedicated to unwinding, reconnecting, and celebrating the simple joy of being together. Filled with laughter, games, music, and shared meals, it offers a refreshing break from routine and strengthens the bonds within our community. A day outdoors, in nature, reminding us that healing also lives in happiness and togetherness.

Spotlight

THEATRY IN ACTION - SHORT FILMS AND AWARENESS VIDEOS

Through Dhvani, we create short films that blend drama therapy, music, and storytelling to highlight important mental health issues. These films feature our own members and carry powerful messages to the community. We aim to continue using creative expression as a voice for awareness and change.

All our videos are available on our social media pages.



Visual Infographics

THE JOURNEY OF 5 YEARS

Impact Snapshot



Members Arena

FROM THEIR HEART



SMITASHREE CHAUDHARI

Only words alone cannot do justice to what I have experienced at Deestha Foundation. I was suffering badly due to a sudden surge of anxiety and fear. Through various healing therapies and regular practices, I have been able to overcome my issues with anxiety, insecurities and regained my self confidence. Dipannita & Shrestha, two charming and ever helpful souls are always there with me to anchor my healing journey!!! Thank you forever, Deestha Foundation ❤️



KUSHBHOO PARWEEN

It's really difficult to describe Deestha Foundation in few words. A platform where you can open up without being judged. Place where you can find right path in your life. You will get help from everyone for anything and everything 🙏❤️ Thank you Dipannita Di and Shrestha Di for providing such a wonderful platform 😊❤️ Our Best Is Yet To Come ❤️❤️😊



DEBANJALI ROY

I am immensely grateful to Deestha Foundation and Dr. Dipannita Deb for guiding me and supporting me through the most challenging time of my life.



SUBHADEEP BANERJEE

Has been a part of Deestha for a while now and it has been an amazing experience. Met with so many beautiful people.



SULAGNA GANGULI

Deestha Foundation is an example of what we can achieve when we follow our passion. 2 beautiful souls followed their dreams, and we have a platform where we can open up without the fear of being judged.

I have been a part of Deestha Foundation for last 2 years, and the journey has been nothing short of magical. From meeting like-minded people to finding your own self, Deestha has helped me find myself time and again.

I consulted Dipannita for issues that were rooted deep, and she helped me address multiple issues without any medicine. Just being aware and accepting your feelings can heal, she taught me this.

Ever grateful to Dr. Dipannita and Deestha Foundation for helping me find myself.



RUPA KAR

I suffered from severe stress anxiety and depression,...deestha foundation helped me a lot to overcome them and get over my stress ... now I am completely cured.

Members Arena

FROM THEIR HEART



KOUSTOOV MAJUMDAR

Deestha Foundation has a significant contribution in my life and I've been enjoying this beautiful journey with Dipannita and Shrestha, two caring souls to touch and heal the people in need. Thank you very much for everything 🙏



SOUMALYA CHAKRABORTY

Having known and spoken to the proprietors personally, and also seen their work up close, I can recommend them wholeheartedly. No matter what you are going through, both Dipannita and Shrestha are always there to listen patiently, gain a deep understanding of your issues and offer lasting resolutions that will transform your outlook and thought process for the better. Do not hold back if you need help, just reach out to Deestha Foundation.



CHRYSOlyTE CHORAGUDI

Deestha is a place to experience the power of a non judgemental, safe and a supportive community through a variety of channels. The bottom line in this community is to create a safe space for well being of us as humans that deserve respect, empathy and a listening ear.



MRINMOY BHOWMICK

I have connected with Deestha Foundation and attended few mental health and self-development sessions. It was an amazing experience overall. Kudos to Shrestha & Dipannita di. Wish them future endeavors.



DEBJANI RAY

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.



SRUTI DUTTA CHOWDHURY

I am glad to be a part of this nice platform... really helpful to overcome all types of mental agonies to the person who are sufferingI wish all round success of this organization.



SUDIPTA AICH

Appreciate all your efforts spent on the social issues and other mental health. It is amazing to have connected with it.



AMIT MANDAL

In this rest less situation deestha foundation is working as a symbol of stability that is one of the greatest platforms in front of our young generation as well as whole of the people to asking for peace and unselfishness.

Members Arena

OUR PEOPLE. OUR MEMORIES. OUR STORY.



The Road Ahead

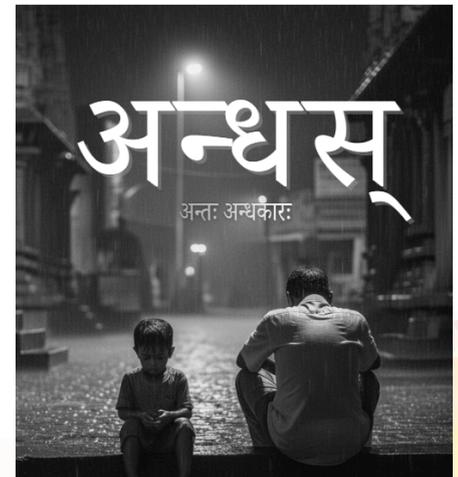
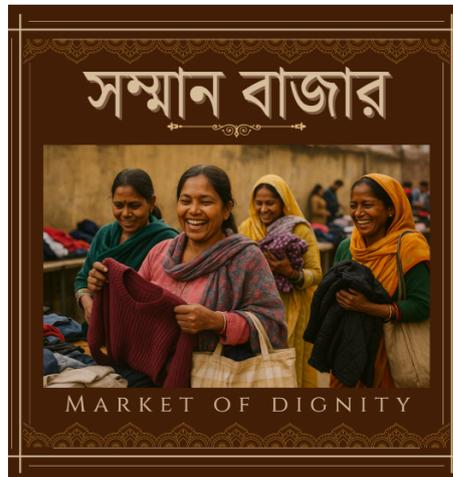
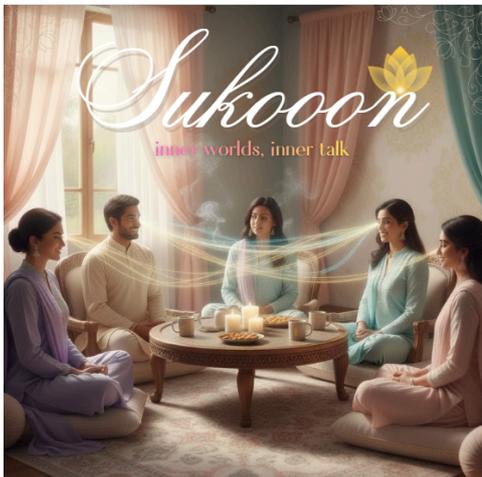
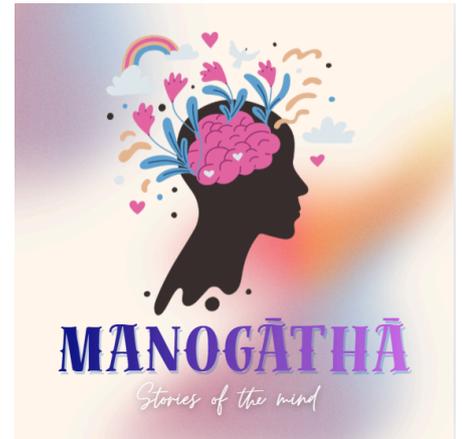
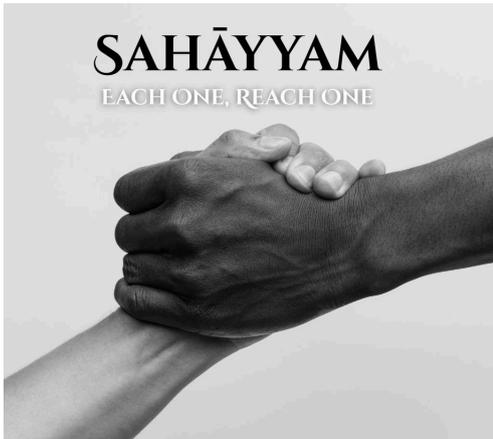
FROM THEIR HEART

As we step into the next five years, Deestha Foundation envisions deeper impact, wider outreach, and more accessible healing for every individual who crosses our path. Our upcoming initiatives focus on expanding therapeutic programs, strengthening community projects, building sustainable collaborations, and taking mental health awareness to newer spaces and populations.

We aim to introduce structured long-term healing models, advanced training programs for students and professionals, and innovative expressive-arts-based interventions. With each new project, our intention remains the same — to touch more lives with empathy, dignity, and compassion.

The journey continues, and the vision grows — because healing is a path we walk together.

Unfolding Soon



Closing Lines

Deestha is not built by us alone—it is shaped every day by every member, every story, every act of kindness. Thank you for walking this path with us. This is not the end of a chapter, but the beginning of a deeper journey. Together, we step into the next five years with courage, compassion, and unshakeable purpose.

As these pages close, our mission opens wider. May our shared stories continue to echo as hope in the lives we touch. Here's to more lives transformed, more dreams held, more smiles restored. The journey continues—and so does our resolve. Thank you for being part of our growing family.

Your presence is our strength; your belief is our inspiration.

To pass kindness on:



Five years of impact. Infinite possibilities ahead!



www.deesthafoundation.in

