

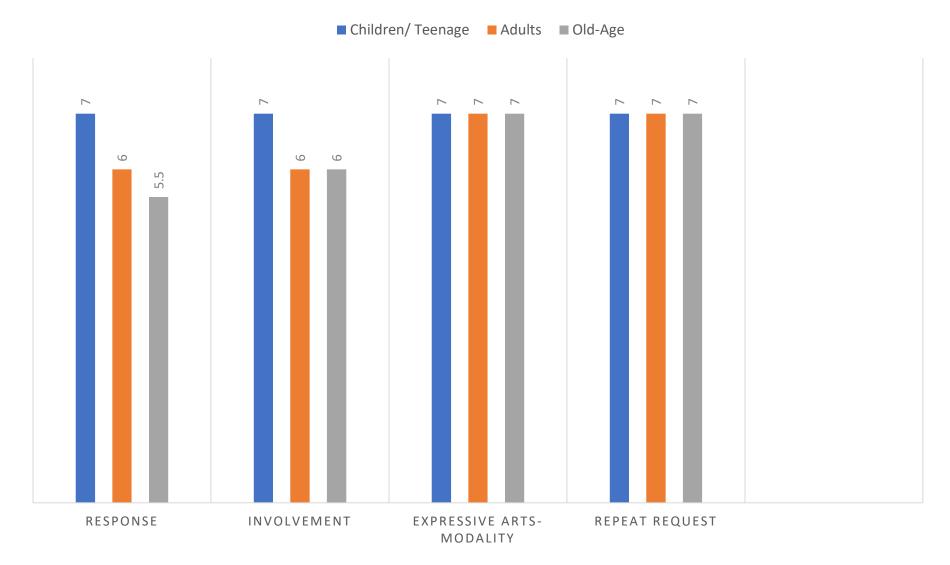
The Inception

In 2023, we launched Project Sparsh focusing on touching someone's life and making a positive change. This change could be 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. This involved 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 vested in us.

Throughout the year, we had worked with Cancer patients, Old Age home, Queer community, Tribal Kids, School children, Visually disabled and intellectually challenged students, Corporate, Montessori students, Alzheimer's and Dementia Patients and Homeless and Psychologically challenged women.



The Findings



Project Chaaya

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

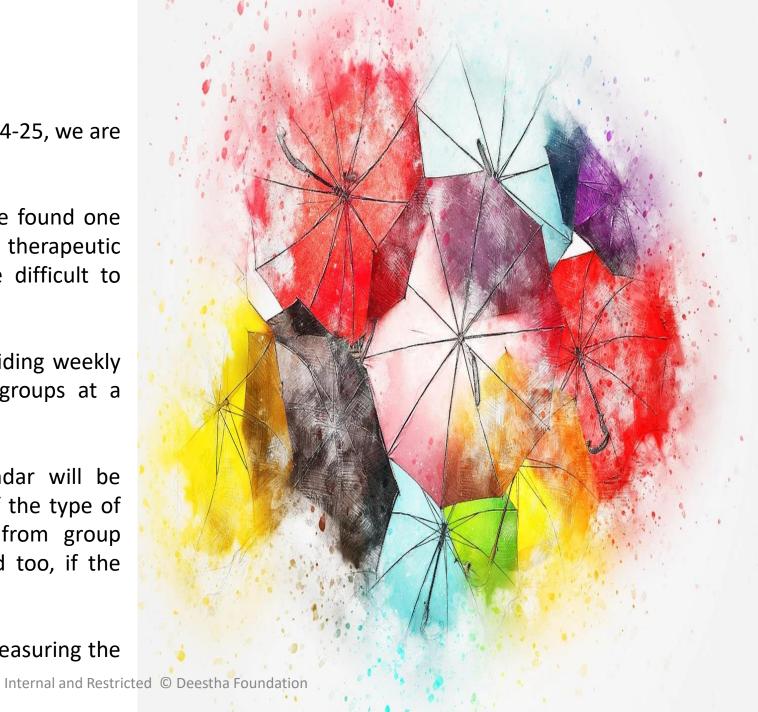
While connecting with various communities we found one common ground that almost everyone need therapeutic interventions, however financially it might be difficult to continue over a long period of time.

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.

Internal and Restri



Types of Activities

Includes expressing emotions through musical instruments, singing, communicating without words, song writing, discuss meaning of lyrics

Explore emotions, understand conflicts or feelings that are causing distress, and use art to help find resolutions to those issues.

The vivid description of ideas, beliefs, personal experiences, and life- lessons through stories or narratives that evoke powerful emotions and insights

Types of Activities

Movement

Includes movement to help individuals express non-verbally and achieve emotional, cognitive, physical, and social integration.

Recitation and Drama

This tools can be used as a part of cultural evening where the participants will come prepared to perform. Their choice of content and art skills will invoke emotional release

Word Games

This technique is used to understand the subconscious thought process where a word is given and the participants need to come up with a word that comes in their mind immediately.

Types of Activities

Focus on clearing mind using a combination of techniques.

Type of meditation will vary based on issues and groups.

Cultural Day

Pre planned event with practices and can kept in tandem with events like Rabindra Jayanti, Bijoya Sammilani etc.

This is primarily to answer queries and generate awareness. Can be done for 15 mins.

Types of Activities – For members/ staffs/ family caregivers/ teachers

De-Stres

Myriad of activities including yoga, aura cleansing, body movements, acupressure, hypnotherapy etc.

Mudra and Chakra

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. Helps with arthritis, cough and cold, body pain, BP Etc. One to One connec

Time to time connect with each of them to form bonds, understand their emotions well and the progress report. This involves personal counselling and therapy. Individual reports will

Individual reports will be maintained to keep a note of every minute change.



Vahni



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Whom did we work with

































