



Project Katha

# About


In a world which is bound by devices with people glued to social media and various online platforms, this increased internet addiction has led to multiple mental health ailments. Excessive internet use has been consistently linked to an increased risk of anxiety and depression.

Aside from mental health, internet addiction has a massive effect on physical health, the common ones being a pain, stiffness in arms and joints, dry and strained eyes, back-pain, neck-pain leading to headache, sleeping disorder, extreme hyperactivity, excessive talkativeness, decreases in hygiene, and eating disorders, all of which have further impacts on one's mental health deleteriously. Poor academic performance is known to be one of the significant contributors to mental illness among undergraduates.


While we cannot completely change this situation, however we can exercise conscious digital detox. Project Katha is an attempt to bring back the age old habit of reading books, improving the sense of belonging, developing human connections and of course, digital detox. In this, members connect once in a month to discuss a piece of literature, across genre and language, with others.

So far, we have discussed over 100 pieces of literature and the list is ever growing.






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Pragya




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Shrestha Gan




Pragya Bhattacharjee




pushpendu dey




Ishita Kar




Anita Roy




Irina ray




Deestha Foundation



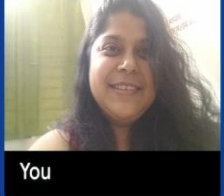
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
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Sumedha Chattopadhyay



Deestha Foundation

# Katha- Phase 2

We also launched phase 2 of Katha in June 2025- The Human Library.

There is no greater book than a human being. Humans, with their experiences, stories, and perspectives, are the ultimate source of understanding and wisdom. In a world where we are losing human touch, through Katha, we want to bring it back.

While we will continue to discuss literature, another avenue will be hearing others sharing their life events/stories which has helped them to turn wound into wisdom.

This again is a monthly event and is open to all.