

2025 CALENDAR





JANUARY

01

We make a living by what we get. We make a life by what we give.

JANUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

The Mental Wellness Month



FEBRUARY

02

If I create from the heart, nearly everything works: if from the head, almost nothing.

FEBRUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Eating Disorder Awareness Week : 1st - 7th Feb

World Cancer Day : 4th Feb



MARCH
03

"If it is important to you, you will find a way. If not, you will find an excuse."

MARCH

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Mental Retardation Awareness Month
Sleep Awareness Week :2nd -8th Mar

World Obesity Day : 4th Mar
World Down Syndrome Day : 21st Mar

World Bi-Polar Day : 30th March



APRIL
04

Sometimes, when things are falling apart, they may actually be falling into place.

APRIL

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

IBS Awareness Month
Parkinson's Awareness Month
World Autism Awareness Day : 2nd April

A field of purple lavender flowers in bloom, with some flowers in sharp focus and others blurred in the background. The sky is a pale, hazy blue.

MAY
05

Positive anything is better than negative nothing

MAY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Anxiety and Depression Awareness Week : 4 - 10th May

World Hypertension Day : 17th May

World Schizophrenia Day : 24th May

World Multiple Sclerosis Day: 30th May

World No Tobacco Day: 31st May

A close-up photograph of two hibiscus flowers. The flower on the left is a vibrant blue, and the one on the right is a soft pink. The petals are large and show detailed vein patterns. The background is a warm, light yellow. The text 'JUNE 06' is centered over the flowers in a bold, rounded font. 'JUNE' is yellow with a white outline, and '06' is dark green with a white outline.

**JUNE
06**

A dead end is just a good place to turn around

JUNE

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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World Environment Day : 5th June

World Brain Tumour Day : 8th June

World Music Day and International Day of Yoga : 21st June

International Day Against Drug Abuse And

Illicit Trafficking : 26th June

A close-up photograph of a pink chrysanthemum flower with many layers of petals, set against a soft, warm-toned background. The flower is the central focus, with its center showing the intricate details of the inner petals.

JULY
07

Choose to be optimistic, it feels better.

JULY

2025

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		1	2	3	4	5
6	7	8	9	10	11	12
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AUGUST
08

Find out who you are and do it on purpose.

AUGUST

2025

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Deestha Foundation's 5th Anniversary : 2nd Aug
Independence Day : 15th Aug



SEPTEMBER
09

Those who don't believe in magic will never find it.

SEPTEMBER

2025

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World Suicide Prevention Day : 10th Sept

World Alzheimer's Day : 21st Sept

A field of yellow tulips is shown in a soft-focus, bokeh style. The tulips are in various stages of bloom, with some fully open and others as buds. The background is a dense field of similar flowers, creating a warm and vibrant atmosphere. Overlaid on the center of the image is the text 'OCTOBER 10' in a large, bold, rounded font. The word 'OCTOBER' is in yellow with a white outline, and the number '10' is in a dark grey color with a white outline.

OCTOBER 10

First, think. Second, believe. Third, dream of coming true.

OCTOBER

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World Breast Cancer Awareness Month
Mental Illness Awareness Week : 4th - 10th Oct
World Mental Health Day : 10th Oct
World Trauma Day: 17th Oct
OCD Awareness Week : 12th - 18th Oct



NOVEMBER 11

The moment where you doubt you can fly, you cease for ever being able to do it.

NOVEMBER

2025

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World Epilepsy Day : 18th Nov



DECEMBER 12

You only live once, but if you do it right, once is enough.

DECEMBER

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World AIDS Day : 1st Dec
World Disability Day : 3rd Dec

May this year you get all
that you manifested!

