

ADWITIYA



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

OPEN HOUSE

Our Year started with the first open house inviting questions from different genres. Some of the topics that were discussed are:

1. Loneliness - Social Isolation - Suicide
2. Life Changes and Mental Stability
3. The power of Switch Words
4. The art of not reacting
5. Mood freezing
6. Facial Feedback
7. Fear of happiness

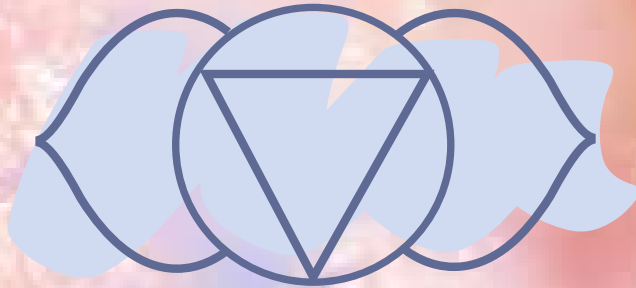
Audience joined from across the country, making the session interactive.

SMITASHREE CHAUDHURI



- Eating Disorders
- Extra Marital Affair
- Long Distance Relation
- Music Heals
- I Matter
- Open House
- Bi-Polar
- Learned Helplessness
- The Sleep Cycle

THIRD-EYE CHAKRA WORKSHOP



Third Eye or Ajna Chakra is associated with focus, concentration, intuition, increased creativity, deeper spiritual connection, greater self-awareness, Stimulated Pituitary glands and Hypothalamus.

Our Third Eye Chakra online workshop was attended by participants across the city where they were exposed to holistic techniques to balance the chakra. We truly hope they observe a significant difference in their health- both physical and mental.

CROWN CHAKRA WORKSHOP



Crown Chakra or Sahasrara is the the 7th Chakra located few inches above our head and deals with Spiritual Connection,, Focus, Trust, Purpose and Peace.

After completing all the previous 6 Chakras, our participants completed the final lap with full enthusiasm. With regular practice, their energy movement will significantly improve, positively impacting their physical, mental and emotional health and helping them on their spiritual path.

PROJECT SHREE SERIES LAUNCH



Continuing with our Project Shree, an attempt to blend waste conversion and therapeutic art. we launched the Adi series of Shree, which is all about divinity

Using waste products, we created The Ardhnarishwer. Apart from religious significance, spiritually, it refers to the blend of masculine and feminine energy, ida and pingala.

We also launched products under our Gharonda and Sphatik series which involves household or home decor and crystal items .

We upcycled an old chilli sauce bottle into a pretty mini vase, infused with evil eye motifs, ideal for work desks, bed side or coffee tables. Keeping in mind that Holi was around the corner, we also brought our best selling fridge magnets. We also created numerous customised Crystal jars for wealth, health, relationships and chakra balance, along with 7 chakra wall hangings.

VIHARA, 2025

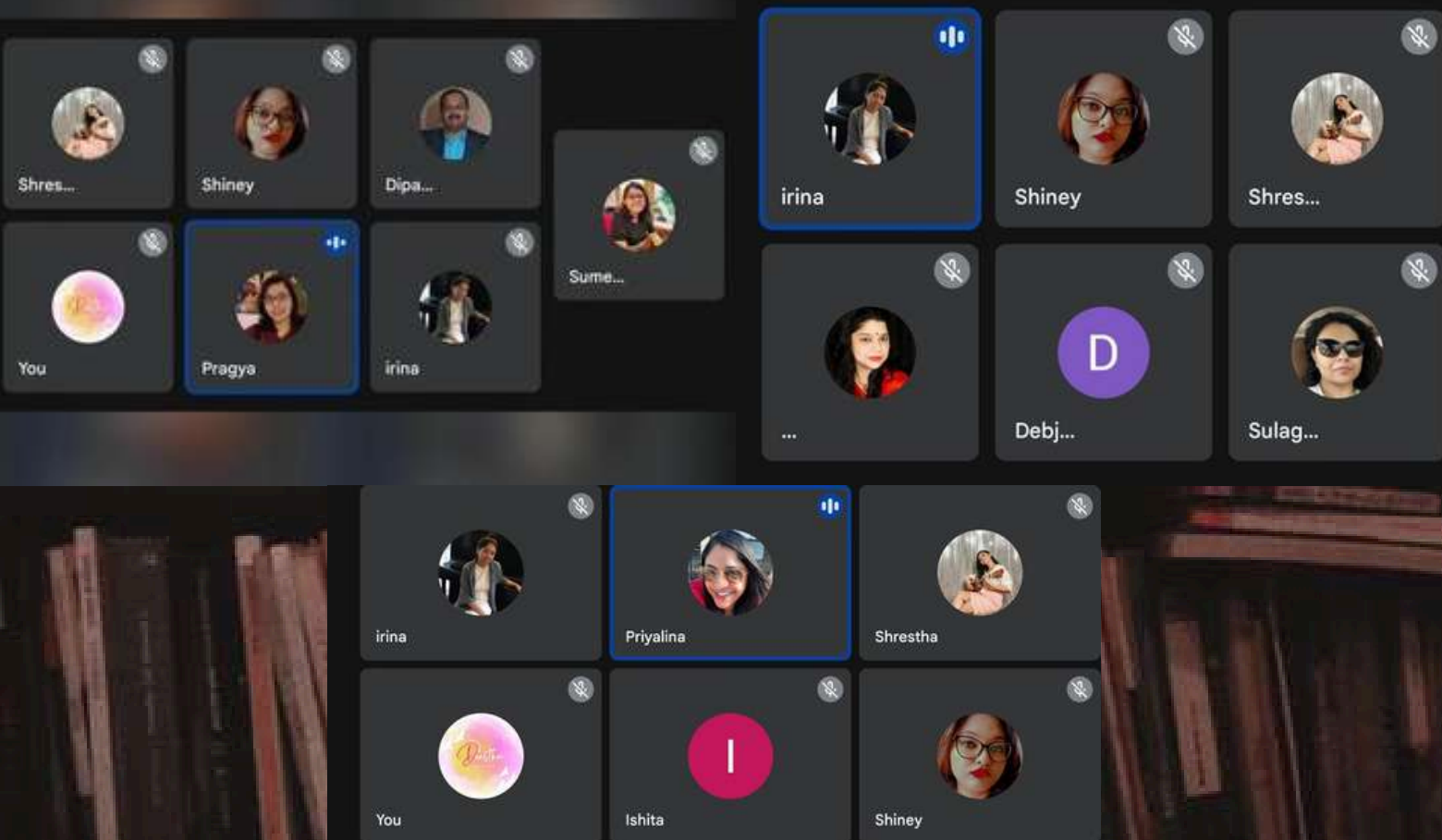


In 2025, on popular demand, we started hosting our Annual Picnic- Vihara. This year, we took around 17 of our members to the countryside, taking a break from the city life. The day was filled with fun , bonding, music, relaxation, good food and everlasting memories.

JAN - MAR, 2025

DEESTHA FOUNDATION

KATHA

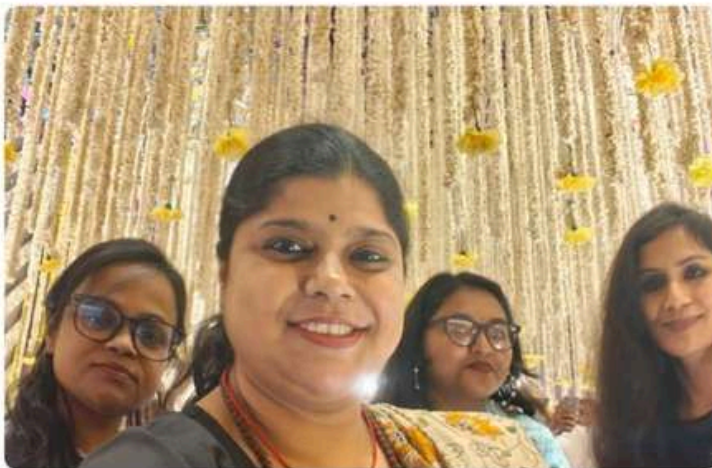


Keeping in mind developing the habit of reading books, Katha was conducted on the last Sundays of each of the months of the last quarter. In total, it was attended by 23 participants across the country.

The following books were discussed during the meet:

1. Anu songe Ratnaboli: Anuttoma Bandapadhaya & Ratnabali Roy
2. Katha Upanishad: Swami lokeshwarananda
3. Face in the Dark - Ruskin Bond
4. Independence- Chitra Banerjee Divakaruni
5. Mahabharater Maharanye - Pratibha Basu
6. Enlightenment - Sadhguru
7. Self written verses by Sulagna, Shiney and Irina
8. Discussion on Karma
9. The Mountain is You- Brianna Wiest
10. Moroner Paare - Swami Ahedananda
11. Irshar shobuj chokh: Tapan bandopadhyay
12. Jishu chorit- Tapan Mohan Bandopadhyay
13. Amader kotha: Bijaya Ray

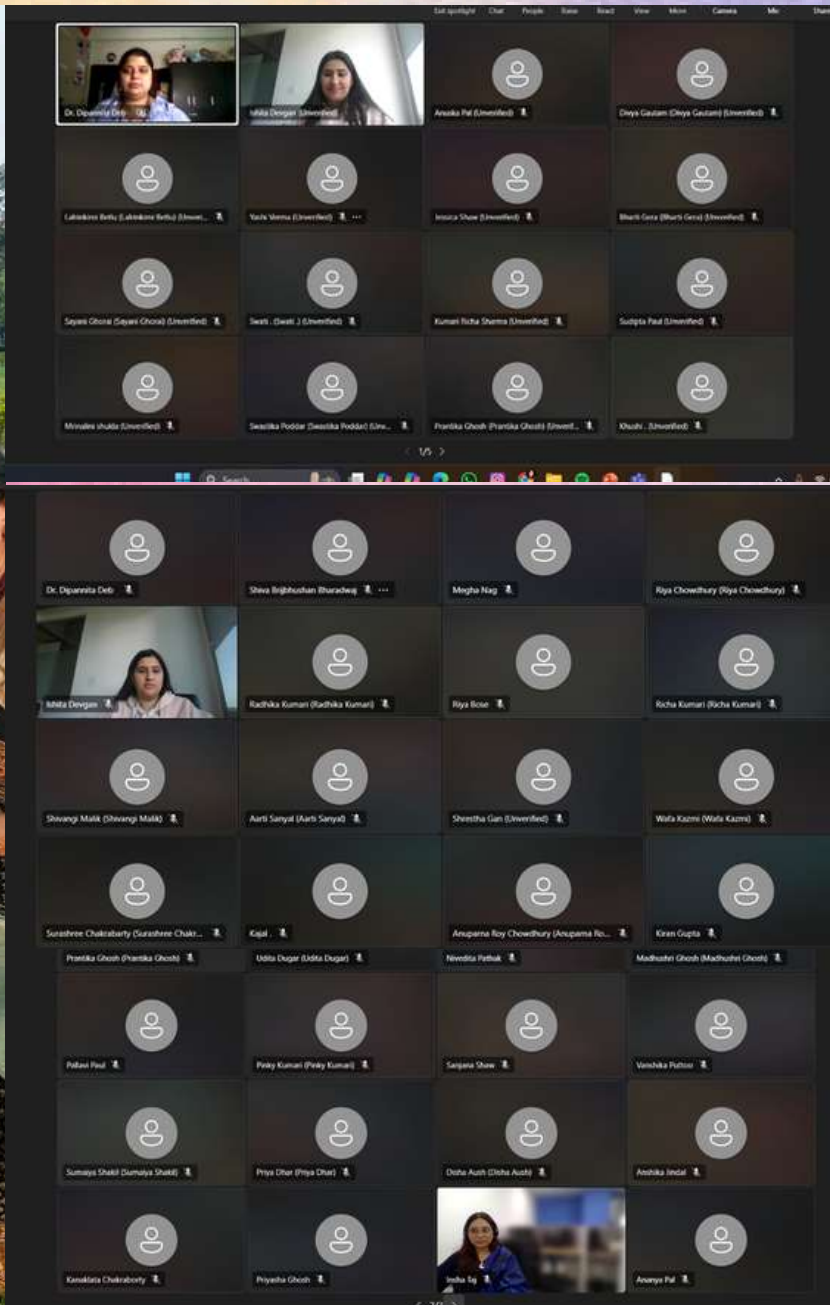
MAHA-SHIVRATRI



Spirituality can help with mental health by providing a sense of purpose, hope, and peace. Research shows that spirituality can benefit both the mind and the body. Whether someone is coping with cancer or clinical depression, spiritual exercises help them increase acceptance, decrease negative emotions, find meaning, and deepen their relationships with others.

We took this opportunity to take a few of our members for the MahaShivratri celebration organized by Isha Foundation. The night was filled with meditation, chanting and unlocking mystical secrets.

WOMEN'S DAY



As women achieve power, the barriers will fall.

Being a Foundation that is run by 2 women and with over 80% of our members being women, we understand the various physical, mental and emotional issues that we need to deal with on a daily basis.

Hence, to celebrate our journey, we conducted a workshop for a Corporate which has over 800 female employees. The issues discussed in the workshop were Functional Depression, Binge Eating, Mood Swings, Overthinking, brain Fog and a lot more, followed by Pranayama and Guided Meditation.


For our members, we took a few of them out for a video shoot, capturing the essence of the journey of womanhood.

CERTIFICATIONS / ACHIEVEMENTS

**CERTIFICATE
OF EXCELLENCE**

" 8 March 2025-CERTIFICATE OF ACHIEVEMENT"
THIS CERTIFICATE IS PROUDLY AWARDED TO






स्त्री गौरव सम्मान



Dr. DIPANNITA DEB

This is to certify that Dr. Dipannita Deb is recognized for her exceptional dedication and contributions as a social worker. Her tireless efforts in serving the community, advocating for social welfare, and uplifting the underprivileged have made a significant impact, reflecting her commitment to creating a more compassionate and inclusive society.

THE FAIR VISION FOUNDATION

GOVERNMENT OF INDIA
NGO
नीति आयोग
Ravi Verna
Founder