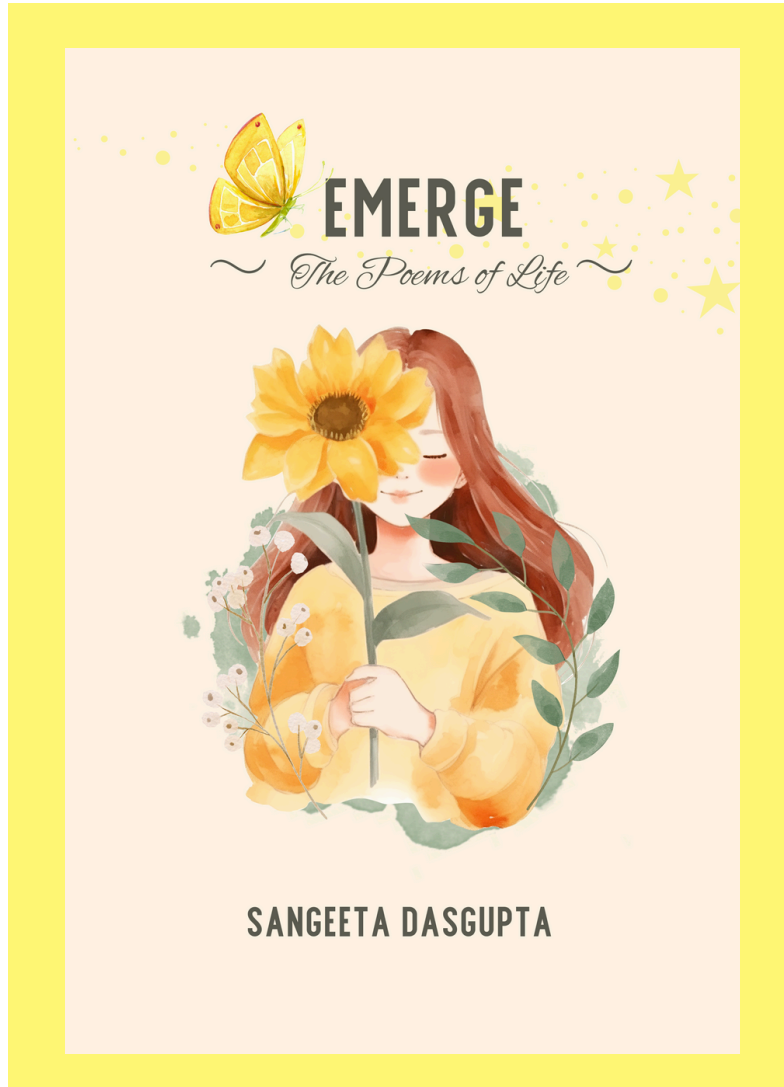


OCTOBER 2025

INSIGHT: A GLIMPSE WITHIN

WORLD MENTAL HEALTH DAY SPECIAL



Mental Health in Catastrophes and Emergencies



This month, our focus revolved around creating awareness and conversations around mental health and holistic well-being.



Founder's Message

DEAR READERS,

As we come together to observe World Mental Health Day, this month's theme — "Access to Services: Mental Health in Catastrophes and Emergencies" — serves as a powerful reminder that emotional and psychological support is not a luxury, but a necessity, especially in times of crisis. Whether it's a natural disaster, conflict, or public health emergency, mental health becomes one of the first casualties, even as it remains one of the least visible wounds.

When catastrophe strikes, the focus often shifts to physical safety and survival — but the inner world, where emotions, fears, and traumas reside, needs equal care. Every mind deserves access to healing, compassion, and a safe space to process pain. True recovery can only happen when we acknowledge both the seen and the unseen scars.

In today's world, the *workplace* has also become a crucial arena where mental health needs attention. Organizations are more than just spaces for productivity — they are communities of people navigating pressure, uncertainty, and emotional demands. Promoting mental well-being in workplaces is not merely about stress management programs or leave policies; it's about cultivating a culture of empathy, open dialogue, and psychological safety. A mentally healthy workplace nurtures creativity, resilience, and trust — qualities essential not only for business success but for human growth.

At *The Healing Oshun*, our mission has always been to bring conversations about



mental health into the heart of everyday life — at home, in organizations, and in society at large. We are committed to making healing accessible and inclusive, especially for those facing life's storms.

As we step into this reflective season, we also invite you to join us in our special series "October Theory" — a journey of insight and transformation. Every week till January 2026, we'll share tips, techniques, and reflections across our social media platforms to help you reset your system — emotionally, mentally, and spiritually — and prepare for new goals and aspirations in the coming year. Think of it as a gentle recalibration of your inner compass, guiding you toward a more balanced and joyful life.

And if you're looking for daily inspiration to embrace life with courage and grace, I invite you to explore my book, **"Emerge: Poems of Life."**

Continue...

It is a heartfelt collection born from the depths of human experience — a reminder that even in our darkest moments, light finds its way through. I hope it uplifts you to live more fully, with joy, compassion, and self-awareness.

As we continue this journey together, may we remember that healing begins with awareness, grows through connection, and blossoms in kindness. Let us make mental health support accessible for all — not just in times of peace, but especially in times of crisis.

With warmth and gratitude,

Sangeeta Dasgupta

Founder, The Healing Oshun

PCC | Executive Coach | Trainer | Clinical Hypnotherapist

The Song of Liberation

-SANGEETA DASGUPTA

No words

No Rhyme

No Tune

The song of Love is mute

In silence you feel

In silence you hum

Until you become one.

Want to Read more?

Bring Home Emerge: Order Now!

E-Book: <https://ebooks.bookleafpub.com/product-page/emerge>

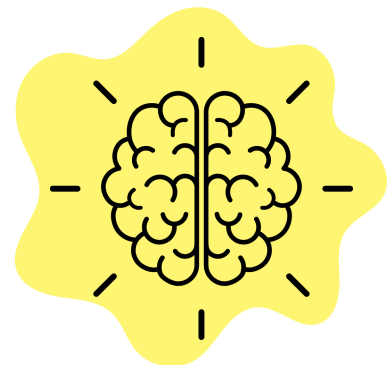
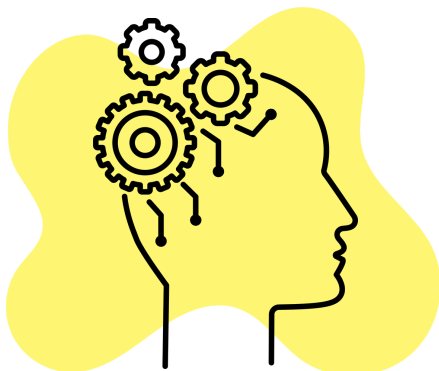
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PRIORITIZE YOUR WELL-BEING

Simple Steps to Support Your Mental Health

Taking care of your mental health is essential for a balanced and fulfilling life. Small daily habits can create lasting positive change.



Main points

- Take regular breaks during your day
- Practice mindfulness or deep breathing
- Stay connected with friends and family

WORLD MENTAL HEALTH DAY

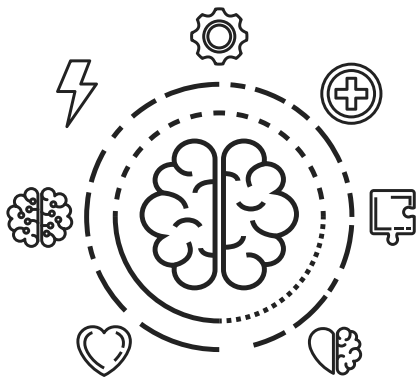
MONTHLY NEWSLETTER

1



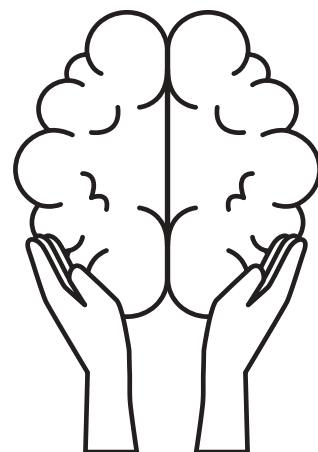
Incorporate mindfulness into your routine by pausing and focusing on your breath regularly.

2



Incorporate mindfulness into your routine by pausing and focusing on your breath regularly.

3



Be kind to yourself; listen to your needs and honor your feelings.



SANGEETA DASGUPTA

THE HEALING OSHUN

BUILDING HEALTHY HABITS FOR MENTAL WELLNESS

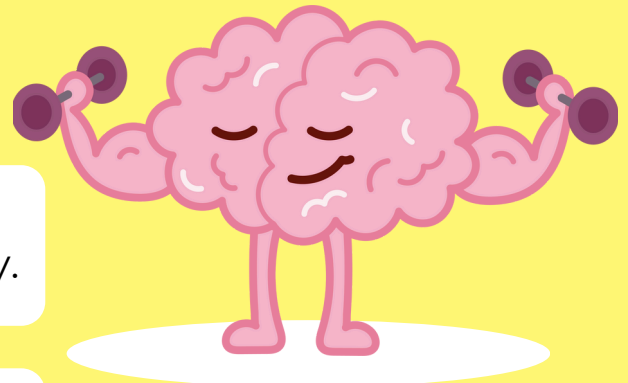


Small Habits, Big Impact

Developing simple, healthy habits can support your mental wellness and create lasting positive change.

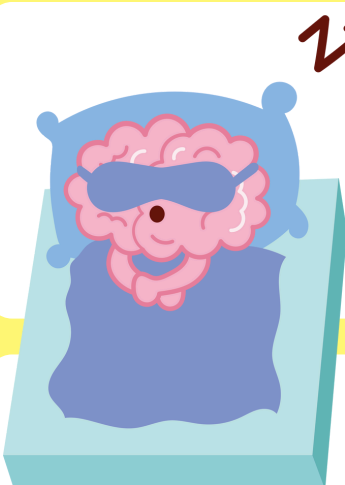
Focus areas

Stay physically active to boost mood and reduce stress naturally.



Nourish your body with balanced meals that support brain health.

Embrace these habits gently. Every small step you take nurtures your well-being.



ZZZ

Prioritize sleep to restore your mind and body each night.

You Matter!

www.sangeetadasgupta.in

MINDFULNESS FOR EVERYDAY LIFE



Bringing Calm to Your Daily Routine

Mindfulness helps reduce stress by focusing your attention and increasing awareness of the present moment.



Use simple breathing exercises to help center yourself.



Taking quiet moments to observe your surroundings.



Practice gratitude to shift your focus toward positive thoughts.

REFLECTIONS FROM OUR COMMUNITY MEMBERS

Mental Health: Space and Environment is the key

By Dimple Walia

AN ENGINEER BY QUALIFICATION,
AN ARTIST BY HEART, AN EXPLORER
BY MIND AND A SEEKER BY SOUL



There was a phase in my life when i cried and cried. I hated myself for this but i just couldn't help. This became embarrassing because you don't behave like this at your workplace. But it was what it was. I didn't know back then that it could be depression, anxiety or any other mental health concern. I just thought i was too weak, too emotional and too dumb. I did not share with anyone because i feared i would be judged. Somehow life itself took care of me, turned me inwards, made me contemplate, introspect and meditate.

I came out of that phase stronger and wiser. But that phase made me realize the importance of awareness about mental health. So many people suffer silently, either blaming others or wallowing in self pity and thus sabotaging their well-being.

Though things have changed drastically over last few years, there is need for more people to spread the awareness and encourage others to take care of their mental health.

Here is what I have learnt in this regard:

1. When you see someone often with moist eyes, unusually silent and preferring to be all alone, that can be a signal that he/she is going through some tough times.

2. Or the reverse of the above mentioned point can also be there. If you see someone blabbering just too much (which is not his usual self), eating too much (which can be his coping mechanism) or sleeping too little or too much, all this can indicate that the person needs help.

3. We can not expect anyone to suddenly open up and share with us their deepest feelings. We have to create 'those environments' at home. And it takes years to build such relationships. So we have to work proactively.

4. Taking professional help for counselling or therapy should be encouraged at homes. I still hear from people 'I am not mad. Why should i go to a therapist'. We need to change the mindsets. We need to discuss that sometimes we can't handle everything by ourselves and it's ok to take help.

5. When someone opens up finally and pours his heart out, it's very important we listen deeply, without interrupting and running to conclusions. This may seem a simple thing but it isn't. So many of us do not know this art of listening.

6. Validate the feelings. Do not just snap...'You shouldn't think like this. You are being too dramatic or too emotional'. They might not be asking for solutions, they might just be dying to vent out, to pour out, to cry out. Give them that space.

7. Let them know they are not alone. Let them know they are not the only ones to feel or think this way. If possible share your own stories, how you went through the tough phases and came out.

8. Give them time to think if they need professional help. They may be hesitant initially but with time and your support they can come out of their shell and seek help.

9. Deep breathing is such a simple but amazing tool to activate our parasympathetic nervous system. It must be taught in families.

10. Create an environment of great books, spirituality and deep discussions. This is not something old fashioned. Rather this is the ultimate way of sailing through difficult storms.

Having said all of that, it's not always guaranteed that we can solve all the problems but we can definitely share the burden, pain, hurt & agony and no one should bear it all alone.

ये ज़रूरी तो नहीं कि मैं तेरा दुख काट सकूँ
पर हाँ मुझे कोशिश करने दे
कि मैं तेरा दुख बाँट सकूँ

Healing Through Frequency:

A Note from Roshan K. Naidu

In our vibrational meditation sessions, sound becomes sanctuary. Each frequency—whether 528 Hz for cellular regeneration or 396 Hz to release fear—acts as a tuning fork for the soul, helping participants shift from dissonance to harmony.

These vibrations bypass mental chatter and speak directly to the body's memory, offering a gentle reset. Over time, many report feeling more grounded, emotionally balanced, and connected to a deeper sense of self.

We believe healing is not a destination, but a rhythm. And when we tune into the right frequencies, we remember: we are never alone in this journey.

Please let me know if you'd like a visual, poem, or testimonial to accompany this note. Wishing you a radiant and impactful newsletter launch 🌟

With warmth and gratitude,

Roshan K. Naidu

Founder, MEDITATION MODULATED



Uncovering some layers of Our unconscious thoughts!

By Udisha Uniyal, Tarot Reader | Therapist

As I begin my journey as a therapist practitioner, working with our deep rooted belief system that we have carrying from generations and eras shaped by both men and women equally and yet denying the biased judgement of this society we created to live peacefully by both, I can't help fathom to the mindset that are at play and the loss of our true essence and US collectively - first as individuals and second as a community.

Having lost my father last year brought many changes to my own world where I was just living in a cocoon of limited experiences, and understanding, and how I perceived life and death, what values I looked at and what and how society was, until I realised that we were just mimicking the old patterns passed down by generations especially from our mothers and grandmothers, and women around us, and the men would seem to bring in those patterns as how society usually is and how the choices of women should be.

Interestingly when asked about on who created this society and why it is like this - where we have difference in opinion to the same choices both genders would choose, we never really got the real answers to it, and what was created to live in peace and harmony apparently moved on to creating chaos and belittling of each other and mental traumatisation.

It wasn't easy growing up as a girl and then growing up to be an opinionated women, which I believed and still believe is a privilege for many like me, but never realised it until recently that this privilege I have , unfortunately my mother doesn't seem to have or her unconsciousness is filled with the biased belief of the society we both live in that has shaped her life.

here have been few incidents in the past 1.7 yrs which makes me look at people and our mindset in a different perspective all together and it remains same for all no matter where you are, most contextually in Indian society where not only does one has to heal and balance the personal emotional turmoil but also unwillingly open and accept the many societal norms that are emotionally draining and Killing! What is more sad is the fact that people have imbibed these into their DNA's so well that it looks absolutely normal to live in this delusion of norms and forget themselves.

Recently, my mother had to go to a Navratri festival and she was the one who actually organised it for her own Mahila Mandali at the society temple. She asked me if I could help her with some clothes, and while we were deciding on it, she tried on a very beautiful Pink lahariya Suit which had an embellished neck collar and some hand work near the neck, and she looked very pretty in it. I asked her to wear that, and she also liked it on her, but after a while she said no I can't wear it, you know -

- I am too old to wear it
 - it doesn't look good with all these work and I shouldn't be wearing it
 - I don't feel like it because it's been a while since Papa left and I don't think should, and so forth
- all of the thoughts which initially were of people around her now practically became hers.

The therapist in me caught on the Fear, the need for validation, the Society Acceptance of right / wrong, the generational trauma passed down to her, her belief system, etc etc., and most importantly what Women have done to themselves in the world which is nothing without them.

Also the many questions that why a woman who has lost a partner supposed to give up on what she liked to wear or could wear earlier, why does she have to now stop smiling or laughing or behave a certain way even more than what she could earlier, what changed for her and is that change only for her and not applicable to Man because as far as I remember I haven't heard of any man after losing his partner supposed to behave a certain way, instead people worry about

him even more and suggests on so many things to come out of the grief and loss, but a woman is supposed to grieve every second! These were just few if the many questions that triggered in me - what we are carrying within us and who put it in us ?

I didn't just think of my mother, but of most of the women who are just like her - caught in the web of this " unconscious Biased Judgement of society" which has shaped their whole life, and the saddening part is we don't realise it.

I didn't force her to wear the Suit, nor did I engage her to any conversation of why, ifs, buts. As a first rule - I will work with her when she wants, I will guide her when she asks, I will be there for her to help her take all steps once she takes that First step for her, however, I will be there to hear her thoughts and slowly help her to seek therapy if that's what she had like.

I am sure, this is just one of many little things that we see around us, but we don't really observe that these little things add up to the thoughts or beliefs that our not Ours to begin with, and then they become ours eventually leading many to depression or emotional turmoils, unconscious thought patterns which shapes the very valuable essence of each one of us - our life and our loved ones Lives.

I felt it was important to share this incident because at the end we all are impacted by something or the other which may small but hold key to a trivial truth or reality of our lives.

I know for a fact that I alone can't change the whole world or society with my words, but I know for sure that I will work towards guiding as many people and creating awareness just like many other therapists and mentors who have been working silently behind the curtains touching lives of many and helping them to heal themselves.

To those who are seeing their dear and near ones go through such turmoil, please guide them to Therapists, where they can be rightly with different tools help to heal and look at themselves from their own Perspective rather than of what the world has taught them!

And it is just not women who have to heal, men need to heal too, they need to step up to the healing and face their fears too, we all shaped ourselves based on perceptions of others, and in our naiveness created a "Dysfunctional Society".

This Mental World Health Day - gift yourself the freedom to talk to Therapist and let go of the thoughts, pattern, beliefs, and anything and anyone that is not aligned with you!!

Let's Heal, Let's grow and Let's build a beautiful life for us and our loved ones Together which will build a Functional Community for generations to come, and most importantly will help you; Be yourself and surround yourself with who you really Are!



mental
Health
Matters



The role of Microbiome in Mental Health

By Dr. Anumiita Pathakk

Consultant Dietician | Reiki Grand Master

The age-old saying "Jaisa khaye ann, waisa ho man" (As you eat, so shall your mind be) or its reverse "Jaisa hoga man, waisa khayega ann" (As your mind is, so shall you eat) shows the intricate relationship between Gut microbiome and mind. Our daily experiences often demonstrate how the food we consume can impact our mental state, and vice versa.

How Mood Affects Food Choices

1. Emotional Eating: When experiencing strong emotions, people often turn to comfort foods or overeat, which can impact their mood and overall health.
2. Cravings: Mood swings can trigger cravings for specific types of food, such as sweet or salty snacks.
3. Food Aversions: Conversely, certain moods or emotions can lead to a decrease in appetite or aversion to specific foods.

Finding Balance

1. Mindful Eating: Practicing mindful eating can help individuals develop a healthier relationship with food and their emotions.
2. Balanced Diet: Maintaining a balanced diet rich in whole foods can support both physical and mental well-being.
3. Self-Awareness: Recognizing the connection between food and mood can empower individuals to make informed choices that promote overall health.

By acknowledging the interrelationship between food and mood, individuals can take steps to cultivate a healthier relationship between their diet and mental well-being.

The Gut-Brain Axis:

The gut-brain axis is a complex communication network that links the gut microbiome to the central nervous system, influencing mental health and well-being. An imbalance in the gut microbiome, known as dysbiosis, has been linked to various mental health disorders, including anxiety and depression.

Key Mechanisms of Influence

1. Neurotransmitter Production: The gut microbiome produces neurotransmitters, such as serotonin and dopamine, which regulate mood, appetite, and sleep.
2. Immune System Activation: The gut microbiome influences the immune system, which can impact mental health through inflammation and oxidative stress.
3. Vagus Nerve Stimulation: The vagus nerve, a key component of the gut-brain axis, is stimulated by the good gut microbiome, influencing mood and cognitive function.

Lifestyle Factors and food choices that Impact the Gut Microbiome

1. Diet: A diet rich in whole foods, fruits, vegetables, and fiber supports a diverse and balanced gut microbiome.
2. Stress: Chronic stress can disrupt the balance of the gut microbiome, contributing to mental health issues.
3. Other Factors: Other lifestyle factors, such as sleep, exercise, and exposure to antibiotics, can also impact the gut microbiome.

Healthy Gut Microbiome for Mental Health

1. Eat a Balanced Diet: Focus on whole foods, fruits, vegetables, and fiber-rich foods.
2. Manage Stress: Engage in stress-reducing activities, such as meditation, yoga, or deep breathing exercises.

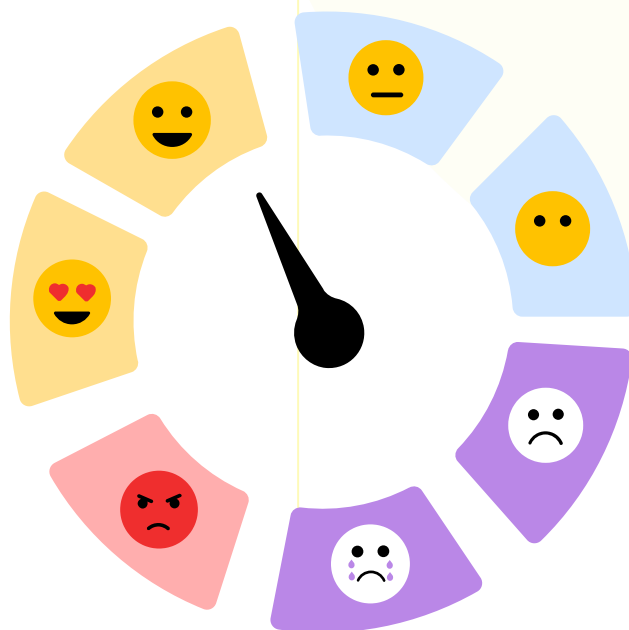


3. Vagus Nerve Stimulation: The vagus nerve, a key component of the gut-brain axis, is stimulated by the good gut microbiome, influencing mood and cognitive function. Consider Probiotics: Probiotics can help support a healthy gut microbiome, Good sources of gut microbiome are kanji water, yogurt, curd, buttermilk, kombucha, and kimchi, homemade pickle. 1 to 10 billion CFU is recommended for the adult health .

By prioritizing gut health and supporting a balanced gut microbiome, individuals can take steps to promote mental well-being and overall health.



THE MOOD METER



Ask Yourself: How am I feeling right now?

Here are a few prompts to guide your reflection:

- Where am I on the Mood Meter right now? What emotions am I feeling, and what might have led me here?
- How is my body reflecting my current mood?
- What can I do to stay in this mood if it serves me — or shift gently if it doesn't?
- What did today teach me about how I handle my emotions?
- No matter where I am on the Mood Meter, what is one thing I'm grateful for today?



OUR CONTRIBUTION'S GALLERY



OUR PHOTO GALLERY



OUR PHOTO GALLERY





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Concept & Design

Sparshika Tripathi

-Director of Business development

sparshika.tripathi13@gmail.com

