

## Site visit to Deenabandhu

By Shyamala, February 2025

I learned about Deenabandhu during my fellowship with infant parent mental health fellowship at UMass, Boston. One of my mentors, a psychiatrist from Harvard University found out that I was going to visit Mysuru and suggested that I visit Deenabandhu. My first visit to Deenabandhu was in 2018 when I went for a day trip and was hooked on since then. But due to my obligations with other duties, I was not able to go back to Deenabandhu until last year where I spent four months in Mysuru and was able to go to Deenabandhu every week to see the children (from November 2024 – February 2025). I am invested in mental well-being for children and have obtained several fellowships from different universities and colleges and found that the environment at Deenabandhu was very enriching and contributed to the children's growth in all manners of life i.e. health, emotional well-being, education/academics, relationship building, extra-curricular activities including spinning in a charaka wheel like Mahatma Gandhi did, pottery, dance/drama etc.

The food there was organic and wholesome. They also had cows to provide fresh milk which was fed organic grass. The children had a schedule which could cause envy in everybody because this included daily morning meditation, physical exercise, helping in the garden etc.

I cannot explain the good work that is being done at Deenabandhu in molding young kids towards a better future. I would like to go back and help at Deenabandhu to enrich the lives of those children and in turn gain by giving more meaning to my life by visiting these children.





1. Class 4 students learning how to use the Charaka
2. Eco-friendly "flower" arrangement made entirely from banana leaves and arecanut leaves.







Ananya Prasad is the first woman of color to complete [a solo row across the Atlantic Ocean](#) which she did in early 2025 to raise funds for Deenabandhu. The children wished her well when she visited Deenabandhu before her row.