



Antara Desai

April 16, 1980 - November 27, 2025

Honoring the Life of Antara Desai (April 16, 1980 - November 27, 2025)

With profound sadness, love and admiration, we announce the passing of Antara Desai, who passed away on November 27, 2025, surrounded by the deep love of those whose lives she touched. While mourning her loss, we celebrate the extraordinary life of Antara whose strength, positivity, and spirit left an everlasting imprint on everyone who came in contact with her.

Antara lived with a radiant optimism. Despite her cancer at a young age of 17 and 10 years later as a recipient of a heart, lung, and kidney transplant, Antara faced every challenge with remarkable courage and grace. She was a true fighter—meeting each obstacle not with fear, but with determination, gratitude, and an inspiring will to keep learning, growing, and living life wholeheartedly.

A gifted and deeply respected physical therapist, Antara dedicated her life to the art of healing.

Her expertise across multiple specialties combined with her sharp intuition for each patient,

made her a trusted clinician to countless patients. She can be credited not only for restoring her patients' mobility, but for lifting their spirits and giving them hope. Her compassion, skill, and genuine love for her work made her a cherished figure in her professional community.

Antara built a wide and devoted circle of family, friends, colleagues, and patients who adored her warmth, humility, and ability to make everyone feel seen and valued. Her strength shone through her smile, her kindness through her words, and her brilliance through the connections she nurtured. She touched hearts effortlessly, forging friendships that endured and impacting lives in ways she never fully realized.

Her love for learning was one of her defining gifts. Whether mastering new therapeutic techniques, expanding her knowledge, or seeking personal growth, Antara approached life with curiosity and purpose. She believed deeply in bettering herself to better serve others—a legacy that will continue to inspire all who follow in her path.

Above all, Antara lived a life anchored in courage, compassion, and love. She leaves behind a legacy of resilience, dedication, and profound impact—one that will echo through the many lives she healed, encouraged, and inspired.

A funeral service will be held on November 30, 2025 at March Life Tribute Center - Laurel PA

Antara is survived by her husband Arjun Menon, her parents Falgun and Shruti Desai, her sister

and brother-in-law Anokhee and Mital Desai and her two nephews Aarish and Rishiv.

The flame that Antara brought to the world will continue to light brightly in the hearts of those whose life she forever changed.
May her soul rest in eternal peace.

In lieu of flowers, donations can be made to one of these organizations that Antara supported:

- <https://www.hopkinsmedicine.org/transplant/about/charitable-giving>
- <https://donatelife.net/>
- <https://triomaryland.org/>

Thank you for keeping Antara and her family in your prayers.

Previous Events

Service with Cremation

NOV **30**. 11:00 AM - 12:00 PM (ET)

March Life Tribute Center, P.A. - Laurel
7601 Sandy Spring Road
Laurel, MD 20707
(301) 490-1550
<https://www.marchlifetributecenter.com>

Tribute Wall



“ *March Life Tribute Centers - Laurel created a Webcast in memory of Antara Desai*



March Life Tribute Centers - Laurel - November 28, 2025 at 02:28 PM

KW

“ In 2015, years after her transplant surgery, Antara attended her first Visceral Manipulation course with the Barral Institute. During that class, she had a personal experience with the therapy that meaningfully improved her quality of life. It sparked a passion in Antara to share her experience—and this work—for the benefit of others and the patients she served.

From that point forward, she showed up as a dedicated student and later as a valued teaching assistant in our community. Antara brought curiosity, steadiness, and genuine care to every course, supporting both faculty and students with generosity and professionalism.

She also inspired those around her—encouraging others to keep learning, to trust their hands, and to stay hopeful about what’s possible. Many students felt more confident simply because she was in the room.

We’re grateful for the time we shared, for the warmth and commitment she brought to our classrooms, and for the lasting impact she leaves through the many therapists she encouraged along the way.

Antara, you are deeply missed and warmly remembered.

*Upledger and Barral Institutes
Palm Beach Gardens, Florida*

Kathy Woll - December 05, 2025 at 12:46 PM

PT

“ *Patel family (richmond, texas) purchased the Full Of Love Bouquet for the family of Antara Desai.*



Patel family (richmond, texas) - December 01, 2025 at 04:30 PM

VM

“ *Vikram M. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Antara Desai.*

Vikram M. - November 30, 2025 at 06:35 AM

MD

“ *Falgunbhai and shrutibuva, our deep condolences. May God give you both the strength to bear this loss. Antra will always be remembered for her indomitable spirit and accept life with courage . She was and will be a guiding force to face challenges in life with courage and smile. May her soul rest in peace 🙏*

Mehul Diwanji - November 30, 2025 at 12:40 AM

DS

*Antara will be cherished and admired forever for her positive attitude towards Life. May she be blessed with eternal bliss.
Condolences from Jupy, ketul and Heer*

Dr shaishavi shah - November 30, 2025 at 12:51 AM

LS

Antara and Arjhun are neighbors and the sweetest couple . They walked just about every day and it was always a pleasure to see them to say hello. I was so saddened to hear of Antaras death. After watching the beautiful service for her , it's understandable to see how she was loved and admired . Sending prayers of peace to all the family

Lorrie Short - December 02, 2025 at 10:25 AM

KJ

“ *Kaushik, Jaya,Maulik purchased the Peaceful White Lilies Basket for the family of Antara Desai.*



Kaushik, Jaya,Maulik - November 29, 2025 at 11:26 AM

TC

“ *Thomas & Christine Caraccia purchased the Full Of Love Bouquet for the family of Antara Desai.*



Thomas & Christine Caraccia - November 29, 2025 at 10:38 AM



“ *Beautiful in Blue was purchased for the family of Antara Desai.*



November 29, 2025 at 08:10 AM

HF

“ Hamid Arzaghi and family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Antara Desai.

Hamid Arzaghi and family - November 29, 2025 at 08:10 AM



“ Enchanted Cottage was purchased for the family of Antara Desai.



November 29, 2025 at 07:41 AM

JE

“ Jeremy planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Antara Desai.

Jeremy - November 29, 2025 at 07:41 AM

SM

“ Antara was my physical therapist. I loved working with her because she gave good advice and truly held you to what you said you would do. She wanted you to feel better and be better. We had great talks during our sessions. Antara was so smart but so humble and kind. She was an inspiration as she shared her journey with me. She will be missed . She left a mark on me for striving to be someone that never gives up no matter what. She was such a great error princess. She was a fighter. My deepest condolences to Antara’s family. I am praying for God’s comfort and peace to surround all of you. Such a beautiful spirit inside and out. I will miss you Antara💔 Love and God’s blessings, Stacy McGann

Stacy McGann - November 28, 2025 at 09:13 PM