Vol. #6

Sangath Samwaad

SANGATH QR NEWSLETTER Apr-Jun 2026

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Pride Month 2026

Sangath

Joy doesn't start only in June.

Pain doesn't wrap up by June.

And pride doesn't end with Pride Month.

– iHEAR, Sangath

PRIDE PULSE 2026

A snapshot of the moments, conversations and courage that shaped Pride this year.

Pride isn't just a parade. It's a pulse—of communities, conversations, challenges and change. Here's what stood out in 2026.

THE CONVERSATION

A step back, a call to move forward.

The newly passed Transgender Persons (Protection of Rights) Act, 2026, was met with deep disappointment by many in the trans community and allies. Concerns around self-identification, exclusionary provisions and lack of community consultation have sparked nationwide discussions and renewed commitment to advocacy.

The message is clear: laws must protect dignity, autonomy and lived realities.

MILESTONES THAT MATTER

Pride in more places
20+ cities across India hosted Pride marches and events this year—big, small, loud or quiet, each one a declaration of presence.

More classrooms, more acceptance
Schools and colleges across the country are opening up conversations on gender and sexuality. Queer-Straight Alliances (QSAs) are growing and finding their voice.

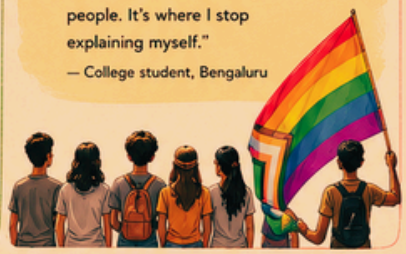
Affirming care is growing
More mental health professionals, healthcare spaces and helplines are making inclusion a practice, not just a promise.

VOICES FROM THE COMMUNITY

What people are saying this year.

> "We are not asking for special rights. We are asking for our rights to be honoured."
> — Trans activist, Mumbai

> "Pride is where I found my people. It's where I stop explaining myself."
> — College student, Bengaluru



SETBACKS WE CAN'T IGNORE

- The 2026 Trans Act excludes many protections the community fought for.
- Discrimination in housing, jobs, healthcare and education continues—often silently.
- Hate speech and online abuse remain a serious threat to safety and wellbeing.
- Mental health support that is queer-affirming is still out of reach for many, especially in smaller towns.

Naming these setbacks is part of building the change we want.

CULTURE CORNER

Stories that moved us, stayed with us and made us feel seen.

Films & Series
From indie gems to mainstream breakthroughs, queer stories are finally taking centre stage.

Books & Poetry
Words that heal, challenge and imagine new worlds.

Music
Anthems of resistance. Ballads of love. Beats of belonging.

Art helps us dream.
Pride helps us live those dreams.

HOPE FOR THE FUTURE

Stronger solidarity
Communities and allies standing together across identities.

Policy with participation
The push for laws that are inclusive, consultative and rights-based continues.

Everyday inclusion
Homes, workplaces, schools and clinics that welcome us as we are.

The future isn't something we wait for. It's something we build—together.

PRIDE BY THE NUMBERS

20+	1000s	1
Cities hosted Pride marches & events	Of volunteers, organisations & allies showing up	Shared vision: a world where everyone belongs

A SMALL STEP, A BIG DIFFERENCE

- Use someone's chosen name.
- Check your assumptions.
- Learn, unlearn, and keep learning.
- Speak up when it matters.
- Celebrate joy. Celebrate people.

HOW WILL YOU SHOW UP THIS PRIDE?

Share your thoughts, actions, art or reflections with us.

We'd love to feature them in our next issue!

Pride is a pulse. Let's keep it strong, together.

Disclaimer: This content was created in part using generative AI tool.

What's up Sangath?

Awards & Recognition

Survivor Community Care Award | May 2026

Lalan Karapurkar, Community Health Worker, ARG, Goa, has been awarded the 'Survivor Community Care Award', under the initiative of Aangan Trust, for her committed work with survivors through field based experience, peer support, and survivor informed care.

International Society for Autism Research (INSAR) | Prague, Apr 2026

Snehaa Sweekruti Dash received the INSAR Low/Middle Income Country Travel Award.

Divya Gosain received the Doctoral Academy Conference Support Fund for the annual meeting travel, by the University of Manchester.

Dr. Gauri Divan's honorary professorship at the University of Manchester

Dr. Gauri Divan, Director of Sangath's Child Development Group, has been conferred an Honorary Professorship in Psychology and Mental Health within the School of Health Sciences by the University of Manchester.

What's up Sangath?

Sangath Speaks!

International Society for Autism Research (INSAR) | Prague, Apr 2026
Sangath India's NAMASTE work on strengthening early detection of neurodevelopmental conditions in India was represented at INSAR Annual Meeting.

Top rated abstract : The abstract titled "*Hope Floats: Exploring the Needs and Aspirations of Caregivers of Children with Autism SpectrumDisorder (ASD) through the Goals and Goal-Based Outcomes (GBO)*", was selected as the Top rated abstract.

Following papers are selected for poster presentation and presented by:

a) Reetabrata Roy: *Can We Support Public Health Systems to Screen Children with NDDs in Low Resource Settings? Early Implementation Learnings from a Universal Community Screening Program for Childhood NDDs in Delhi, India*

b) Divya Gosain: *Psycho-Social Interventions Promoting Wellbeing of Caregivers of Children with Autism in LMICs: Mixed Methods Systematic Review.*

c) Reetabrata Roy: *Bridging the Detection Gap: Two Models of Community Level Screening Embedded in Health and Childcare Systems from India.*

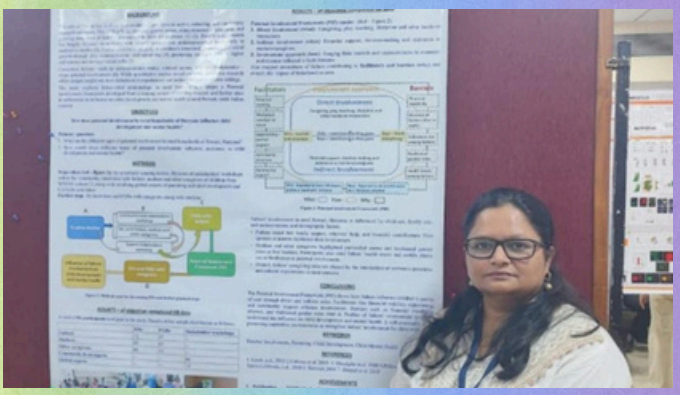
d) Reetabrata Roy: *Engaging Caregivers in Developmental Monitoring: Early Findings from Caregiver Feedback on a Child Development Tracker in Delhi, India.*

e) Divya Gosain: *Journey of Non-Specialist Health & Care Workers (NHCWs) from Recruitment to Competency in Delivering WHO Caregiver Skill Training in Two Different Systems in India.*

Sangath Speaks!

PHFI@20 Symposium | Delhi, Apr 2026:
COINCIDE team members Debarajit Mukherjee, Eunice Lobo, and Deepa R participated in the PHFI@20 symposium.

A Book Reading of 'Tension' | Goa, Apr 2026:
Sangath and ICG Goa hosted a book reading which examines effects of rapid development in the Himalayas on the minds and bodies of the Gaddi community.



Manipal Research Colloquium (MRC) | May 2026:
Smita Todkar participated in the MRC 2026 at Manipal Academy of Higher Education and presented poster upon her PhD findings.

Trainings / Workshops

World Autism Awareness Day | Delhi, Apr 2026:
NAMASTE Delhi team sparked conversations and celebrations together with the caregivers and their children- as a shared experience of connection and understanding. 21 families of children with autism and other neurodevelopmental disabilities, alongside 39 NAMASTE team members, brought their own stories and journeys to be shared, and heard.

Trainings / Workshops

Sangath Bhopal Hub | May 2026:
The Co-PI of NIH funded Kushal-Maa project Dr Nadia Diamond-Smith, UCSF visited Sangath Bhopal and engaged with the project team. Alongwith the site visits, the visit enabled project review, meeting the study participants, and discussion on the project plans and outputs.

Institute of Public Health | Bengaluru, May 2026:
Anant Bhan and Salik Ansari from Sangath facilitated a workshop, creating space for reflection, dialogue, and critical engagement with ethics in public health research.

Sports for Mental Health Workshop | Goa, May 2026:
A participatory workshop on Sports for Mental Health was facilitated by the MeWe Sports team in collaboration with the Don Bosco College, Panjim, Goa. Brinda Singh Raikwar and Rakshanda P engaged with over 28 students, pursuing Bachelor of Arts in Psychology and Bachelor of Physical Education (B.P.Ed), through games and discussions to understand how sports can support mental wellbeing among adolescents and support substance use prevention.

Trainings / Workshops

STEER's Lived Experience Advisory Panel (LEAP) | Delhi, May 2026:
The STEER team held a workshop with the recently onboarded 20 LEAP members, comprising adults and Children & Young People (CYP) from Rewari, Haryana, with lived experiences of anxiety and depression. The workshop explored unique lived experiences and ways to engage them in mental health research bringing their lived realities.

MeWe Sports Day | Goa, May 2026:
The MeWe Sports team organised fun, energetic and engaging Sports Days for students from 7th and 8th grade across five partner schools in North Goa, marking the conclusion of a year-long journey of implementing the MeWe Sports program.

Kushal Maa Research Synthesis Meet and Retreat | Bhopal, May 2026:
The Kushal Maa meet and retreat brought the team and went through conversations around intervention delivery, participant engagement and retention, field-level implementation challenges, outcome assessment processes, ethical safeguards, inter-institutional coordination, and adaptive strategies developed during implementation.

Trainings / Workshops

NAMASTE Annual Cross-site Project Meeting | UK, June 2026

The NAMASTE project held its annual cross-site project meeting at the University of Manchester from 9-10 June, 2026, which focused on review of the projects' progress and upcoming priorities.

The annual meeting was preceded by a daylong celebration of University of Manchester's portfolio of global mental health work within South and Southeast Asia. Sangath co-founder Professor Vikram Patel gave the keynote presentation, followed by a session on the NAMASTE project . The event was concluded with an evening reception to showcase the South Asia Gallery at the Manchester Museum.

Trainings / Workshops

State-level Continuing Rehabilitation Education (CRE) programme | Goa, June 2026

Dr. Anup Netravalkar from NAMASTE team gave a session on Continuing Rehabilitation Education (CRE) at Ravindra Bhavan, South Goa. The session was organised by Dnyanvardhini Divyang Training College, Goa, in collaboration with the Goa Special Educators Association.

Collaborations

Compos Mentis | Online, June 2026

Sangath collaborates with Interbeing, a creative agency in Goa, and introduced "Compos Mentis" - an initiative to support 15 Indian musicians with five fully funded counselling sessions with mental health professionals who understand the unique experiences of creative life.

Sangath x Ally x Eleven Labs I AI in Mental Health

Sangath collaborates with Ally & Eleven Labs to integrate AI tools in improving mental health counselling support via role plays & transcripts. This collaboration raises an interesting question about whether simulation could play a larger role in preparing people for high-stakes conversations in mental health and psychosocial support.

New Publications

Estimating the direct health and broader societal costs of caring for autistic children and adolescents – Preliminary findings from a tertiary care centre in urban India

This study is a small step towards a change- by documenting such costs in the Indian context, marking an important step towards making the invisible economic burden of autism spectrum disorder (ASD) more visible.

Community engagement with individuals with lived experience of autism and intellectual disability to promote awareness and service utilisation for early identification and intervention: A scoping review

The review article is the first of its kind to report on how to engage people with lived experience, especially those who are autistic or the caregivers of people with autism, in building awareness and subsequently lead to programmes that help with detection and intervention.

Development of a baseline battery to optimize depression treatment assignment in primary care: Balancing breadth and brevity

The paper highlighted the baseline assessment and the work on developing a comprehensive baseline battery for use in primary care that can predict whether an individual patient is more likely to benefit from fluoxetine or behavioral activation.

Acceptability of a digital program for training community health workers in the early detection and referral of schizophrenia in rural India: A mixed-methods pilot study

The paper explored a practical way to improve early identification of schizophrenia in rural communities using smartphone-based training programme designed to help identify signs of schizophrenia and connect people to care with - a scalable, low-cost solution to strengthen early detection at the community level.

Multi-stakeholder perspectives on gender-based violence in marital relationships: A qualitative study in rural India

This qualitative study from rural Rajasthan explored perspectives from young married women and men, community health workers, and local government officials to better understand how gender-based violence is experienced, justified, normalised, and negotiated within everyday life.

The invisible emotional labour sustaining LGBTQIA+ programmes within health organisations

This essay by iHEAR offers recommendations for LGBTQIA+ programmes to move beyond procedural ethics by acknowledging the invisible labour carried by the staff.

Book Chapter: Implementation Research in India: Lessons from the Field

Abhijit Nadkarni and Yashi Gandhi contributed a book chapter published by Springer Nature.

What's up Sangath?

Sangath in Media

All images are hyperlinked for easy access.

International Day of the Seafarer

Beyond the horizon: Hidden cost of life at sea

For thousands of Goan families, the sea is more than a source of livelihood or a symbol of heritage. It shapes everyday life through months of separation, anxious waiting and brief reunions. As the world marks the **International Day of the Seafarer**, it is worth looking beyond the ships and shorelines to the families who quietly bear the emotional weight of every voyage

GODWIN FERNANDES
FOR THE GOAN

Goa has always shared a deep bond with the sea through its coastline and maritime traditions. With nearly 43,000 certified seafarers, thousands of families across the State have an even more personal connection to life at sea. For many spouses and children, life is shaped by a cycle of reunions and farewells, and much of the emotional strain they endure remains unseen.

Goa has one of the highest numbers of seafarers in proportion to its population. Yet, while much attention is given to the economic benefits of this profession, the human cost is often overlooked. Behind the opportunities and financial security lies a career marked by long separations, demanding working conditions, isolation and considerable psychological stress.

Many of the challenges faced by seafarers' families remain invisible to those outside their close circles. Because seafarers spend months away from home, family life develops in unusual ways. Maggie (name changed), whose husband has worked on a cruise ship for the past 10 years, says, "It is always a happy moment when we know he is coming home. But the moment he arrives, we begin thinking about the day he will leave again. Two months pass quickly. In the last 10 years, he has spent more time on the ship than with us."

Long absences often force spouses to become completely independent, managing the household, children and careers on their own. Fiona (name changed), the wife of a seafarer from South Goa, says, "I feel very supported when he is home. Otherwise, I have to manage my work, parents and children on my own."

Spouses of seafarers can also feel socially isolated. Women with young children may have fewer opportunities to socialise and may feel uncomfortable attending events without a partner. Many believe their lifestyle is not fully understood by women whose partners work ashore, which can deepen their sense of isolation.

Children, too, learn to grow up in the absence of a parent and may come to accept a single-parent reality. This can sometimes lead to emotional distance from the seafaring parent. A young adult whose father worked at sea recalls, "The first few days after my dad came home were always fun. He made sure he brought our favourite things. But the joy was short-lived. We were used to having mum around all the time, so dad's instructions and questions did not feel normal."

Spouses and children may also experience anxiety, stress and sleep disturbances, especially during periods of global uncertainty. Recent tensions in the Middle East, concerns over disruptions to shipping routes and reports of disease outbreaks have heightened fears among families waiting for loved ones at sea. Such situations add to the emotional burden of prolonged separation.

A seafarer is someone's spouse, parent, sibling or child back home. Many speak of the pain of missing important milestones in their children's lives and finding it difficult to reconnect after months away. Some struggle with feelings of being less involved or needed when they return home.

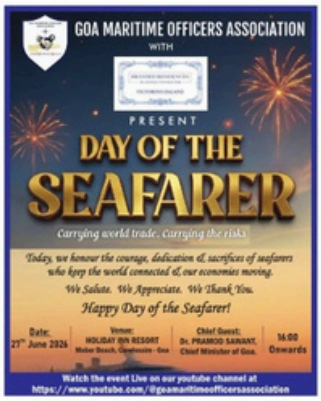
Seafarers themselves often need time to recover from the pressures of shipboard life. Many report difficulty adjusting their sleeping patterns and routines to fit those of their families.

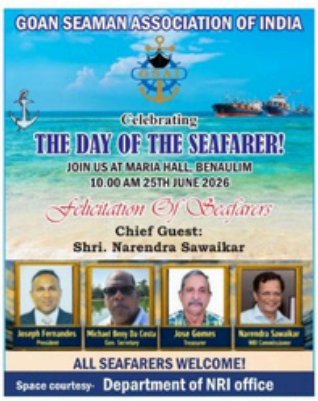
While many seafarers take pride in having partners who can manage the home and family independently, those same strengths can create challenges when they return. Seeing that life has continued smoothly in their absence can leave some feeling displaced or unimportant within their own households.

Advances in communication technology have made it easier for seafarers and their families to stay in touch and have helped bridge the distance. Yet, regular calls and messages cannot replace the comfort of physical presence.

As we mark the International Day of the Seafarer, it is important to remember that behind every seafarer is a family that waits, supports and prays for the safe return of a loved one facing the uncertainties of the sea. There are spouses, parents and children who hope that the repeated goodbyes will one day give way to a lasting reunion, even as they take pride in their close connection to the ocean.

Their resilience deserves recognition, as does access to mental health support when the emotional burden becomes overwhelming. As we honour seafarers, we must also acknowledge and support the families who stand beside them, often from afar, through every voyage and every homecoming.





लोकमत

कुटुंबाचं भविष्य घडविणाऱ्या 'खलाशाची गोष्ट'

विद्या विनायक कामतेकर
सातारा, महाराष्ट्र गोवा

मी खलाशी नाही, माझ्या कुटुंबाही कोणी समुद्रावर काम करत नाही, पण अनेक गोमंतकीयांसारखीच मीही लहानपणापासून 'खलाशां'ना पाहात आणि ऐकत मोठी झाले आहे. लहानपणी जेव्हा कोणी मोठी व्यक्ती सांगायची की त्यांचे मूल जहाजावर काम करतात, तेव्हा माझी पहिली प्रतिक्रिया असायची, 'वा ! कय अशुचा असेत !'

हे जहाजावर काय काम करतात, पगेवा ते जहाजावर काय करतात- हीच चौकट मला जास्त रोमांचक वाटायची. माझा मनात खलाशी म्हणजे स्वप्नातलं जीवन जगणारे लोक होते. जगभर फिरणे, वेगवेगळ्या देशांना भेट देणे, विविध संस्कृतीतील लोकांना भेटणे, चांगले पैसे कमावणे आणि अगिनीतीतील दैनंदिन धकाधकीपासून दूर राहणे- हे सगळं खूप आकर्षक वाटायचं. साहजिक, प्रवास, फॉरेन आणि जग पाहण्याची संधी, हे सगळं या जीवनाचा एक भाग वाटायचं.

पण गेल्या काही वर्षांत खलाशांबद्दलचा माझा दृष्टिकोन हळूहळू बदलू लागला. कारण आता माझे काही मित्र जहाजावर काम करत आहेत. आता कुटुंबाना अलबूत पहाण्याची संधी मिळाली आहे. त्यांचे प्रियजन अनेक महिने समुद्रात असतात. त्यांच्याशी झालेल्या संवादातून जाणवलं की त्यांचं जीवन आपल्या कल्पनेपेक्षा खूप वेगळं आहे.

खलाशांकडून कॉलवर दिकावला जिज्ञासा तसह मुलाचे- एकटेपणा, कल्पना करा- रोज सकाळी उठल्यावर पाही बाजूला फक्त खरे पाणी दिसत आहे. दिवस आणि रात्र एकमेकांत मिसळून गेले आहेत. नजरेच्या टप्प्यात फक्त अथांग समुद्र आणि आकाश. लहान लहान असोत किंवा खवळलेल्या, त्यांचा प्रवास सुरूच असतो आणि जहाजावरील जीवन ही सतंत चालू राहतं.

आपण संवादाकडे काम संपवून घरी परत येतो. पण खलाशांना अनेक महिने प्रियजनांपासून दूर राहावं लागतं. वाढदिवस, लग्न, सण, कौटुंबिक कार्यक्रम, सगळ्या आठवणी, दुःख, आजारपण व्यक्तीचे निधन, असे क्षण ही त्यांना चुकवावे लागतात.

आज संवाद साधण्याची साधने पूर्वीपेक्षा अधिक उपलब्ध आहेत. पण फोनवर बोलणं आणि प्रत्यक्ष जवळ असणं यात फरक असतोच. त्यामुळे सहवासाचा आनंद मिळत नाहीत. या विरहाचं ओझं दोघांनाही वाहावं लागतं. समुद्री वादळ, त्यांचं आजारपण, संपर्क न होणं, या चोपटी काळजाचा ठोका चुकवतात. हजारो किलोमीटर दूर असलेल्या आपल्या माणसासाठी कुटुंबाला सतत काळजी वाटत राहते. तो घर समुद्रात असताना कसलीही मदत आपण करू शकत नाही, ही खंत मन कुरतडते.

अनेकदा खलाशांच्या पगारवाढीवर बोलणं जातं. त्यांना मिळणाऱ्या सोयींवर चर्चा होते. पण ते आणि त्यांचे कुटुंबीय करत असलेल्या त्याग त्यापेक्षा कितीतरी मोठा आहे. अनेक दोघे तो परी पाहण्यापलीकडे जाऊन पहाता असतात. तरीही, हजारो गोमंतकीय तरुण हा व्यवसाय निवडतात. कुटुंबाला आधार देण्यासाठी, चांगले भविष्य घडवण्यासाठी हा मार्ग स्वीकारतात.

आजच्या जागतिक खलाशी दिनी एवढंच म्हणेन की जहाजावर पायीलचं जाऊन त्या असलीकडे पहाण्याची आज ज्री गरज आहे. कधी एखाद्या खलाशाला भेटाल, तेव्हा त्याने बोलते देत पहिले हे विचारण्यापलीकडेपण ते करता आहे, हेही लक्षी विचार.

Goa Main

Autism caregivers battle stigma, stress, lack of support amid social pressures

Padmavati Prabhu
Panaji

Mothers, who are mostly the primary caregivers for children with autism, often face intense social stigma, chronic mental health challenges like anxiety and stress, and a significant lack of spousal support, among others.

A mother, who is constantly blamed for her child's developmental delay, said, "Every day, my mother-in-law taunts me, saying that if I had taken adequate rest during pregnancy, my child would have been 'normal.' I know this is not the cause of his condition, but I have stopped trying to explain myself. It is deeply frustrating to be held responsible for something beyond my control."

Another mother, whose autistic child has been advised speech therapy by the doctor, said, "I understand how important it is. But my husband refuses to acknowledge our child's difficulties. He believes our child will improve on his own over time and does not allow me to take him for therapy."

Sharing her experience, another mother pointed out to her autistic child being compared by another mother in a sarcastic manner to her typically developing child.

"I felt deeply hurt but chose to remain silent, telling myself that reacting would not make me any different from her," she said.

Mamta Verma, a psychologist at Sangath Goa, said that parents caring for children with autism in Goa face numerous emotional, social, and systemic challenges.

"The demands of caregiving, along with numerous responsibilities, lead to stress, anxiety, and isolation, especially in the early years post-diagnosis," she said.

Though, she said, that she has seen a positive shift in public perception, with more families seeking support sooner over the decade in mental health and autism care, gaps in awareness and persistent stigma remain, with many parents facing unsolicited advice that hinder help-seeking and elevate their emotional struggles.

"Additionally, obtaining a diagnosis can be a long, confusing, and financially draining process. A critical issue is limited multidisciplinary, evidence-based services, making it difficult for families to access consistent therapy, qualified professionals, and inclusive educational options," she pointed out.

To overcome the challenges, Dr Anup Netravalkar, Senior Programme Coordinator at Sangath Goa said that early identification and intervention are crucial, as timely support can significantly improve developmental outcomes.

"Creating strong support networks such as parent groups and professionals can help reduce feelings of isolation and emotional tides. Promoting inclusive education and raising community awareness are equally important, as this can foster acceptance and reduce stigma, enabling children to engage more actively in society."

Parents can benefit from training and counselling, which empower them to support child's communication, manage behaviour and daily routines more effectively at home.

The NAMASTE Programme

The NAMASTE (Neurodevelopment and AutisM in South ASia Treatment and Evidence) programme by Sangath Goa in collaboration with the Directorate of Health Services and Directorate of Women and Child Development focuses on empowering parents and delivering scalable interventions via trained non-specialists.

"This work not only complements DEIC services but also strengthens the support network for autistic children and their families, ensuring they receive the care they need," he said.

Rastriya Bal Swasthya Karyakram

The implementation of Rastriya Bal Swasthya Karyakram (RBSK) by the state government has led to improvements in the identification of children with various developmental delays, including autism. This programme involves screening of children from birth to 18 years of age for four Ds - Defects at birth, Diseases, Deficiencies and Development delays, spanning 32 common health conditions for early detection and free treatment and management, including surgeries at tertiary level.

WORLD AUTISM MONTH

PUBLIC ENGAGEMENT

World Autism Acceptance Month | Delhi & Goa, Apr 2026

As part of World Autism Acceptance Month, Sangath's NAMASTE team led a series of offline and online public engagement initiatives, ranging from the online dissemination of autism-related resources to interactive street plays, fostering greater awareness, acceptance, and community engagement towards Autism.

NAMASTE Delhi team brought together caregivers and their children wherein they shared experiences of connection and understanding through immersive art based activity titled "My Child's World (Mere Bachche ki Duniya)."

NAMASTE Goa team in collaboration with the Indian Medical Association Goa conducted street plays across multiple locations in Goa to raise awareness and build understanding about Autism.

Projects in Focus

Coordinated Care for Alcohol Problems (CCAP)

CCAP project in Sangath ARG is evaluating a comprehensive package of interventions to address alcohol use problems among adult men in primary healthcare settings across Goa. Depending on the severity of alcohol use, participants receive brief interventions or counselling from trained Sangath lay counsellors.

10,000+ Adult men screened across primary healthcare settings in Goa to date

12% Hazardous alcohol use

↓

Brief intervention

5.2% Harmful alcohol use / Alcohol dependence

↓

Eligible for counselling by Sangath counsellors

Remaining referred to the District Hospital

Engaged national, local, and international stakeholders through three co-design workshops to strengthen the CCAP intervention package, while training Medical Officers at participating health centres to deliver evidence-based care for alcohol use problems in line with Ayushman Bharat guidelines.

CCAP team drinking measurement session

Working in alcohol research requires an unexpected skill- A knack for numbers !!!

From calculating standard drinks to estimating alcohol consumption, every CCAP team member is trained to master the math behind measuring alcohol use.

DID YOU KNOW?

Looking ahead in 2026

- Expand recruitment to additional public healthcare facilities, including sub-district hospitals.
- Deepen engagement with Medical Officers and health centre staff to strengthen care for alcohol use problems.
- Increase screening and treatment coverage to reach the target sample size needed to evaluate the CCAP intervention package.

READ MORE

For more information on CCAP, write to **jaya.katiyar@sangath.in**

Voices from the ground....

I enjoy working with CCAP patients because helping them recover and improve their lives is highly rewarding. Seeing patients stop drinking, reuniting with their families, and expressing gratitude for the support provided gives me great satisfaction. Their progress motivates me to continue supporting them on their journey towards recovery.

- Lalan K, lay counsellor, CCAP

Through outcome assessment, we have had the opportunity to listen to people's journeys with alcohol use - their challenges, efforts to reduce drinking, the impact on their families, and the changes they have experienced over time. Each conversation has helped us understand that behind every participant is a unique story of struggle, resilience, and hope.

- Outcome Accessor, CCAP

New Joiners in Sangath family

welcome

NAMASTE

Padi Taaro
Research Associate

Sarita
Community Facilitator

Harshita Goswami
Research Associate

EMPOWER INFOSYS

Sumit Rathore
THPP & ECD Supervisor

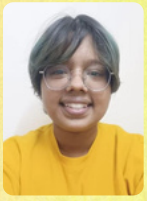
BJCCI

Poornima Pagare
Research cum Data Entry Officer

METROPOLIS

Noyonika Gupta
Research Coordinator

Priyansal Goyal
Data Officer



Pravishti
Assistant Research Coordinator

Krati Dixit
Assistant Research Coordinator

COMPASS

Ajeet Singh C
Community Facilitator

Md. Saharukh
Community Facilitator

Charul Rawat
Research Associate

Riya Mitra
Research Associate

Shreyashree M
Research Associate

THRIVE

Geetanjali N
Field Researcher

Bhavya G
Lay Health Worker

Madhumati N
Lay Health Worker

Nabiya Khan
Lay Health Worker

Nagaveni G
Lay Health Worker

Nayana N
Lay Health Worker

Shilpa T
Lay Health Worker

Vijaylaxmi K
Lay Health Worker

Nanda P
Lay Health Worker

SMHPP

Sayali Bangar
School Health Facilitator

Pallavi Awachar
School Health Facilitator

Bhavna Vilas B
School Health Facilitator

Devika Ghate
School Health Facilitator

Bharati Jadhav
School Health Facilitator

Pallavi Phopse
School Health Facilitator

Priyanka B
School Health Facilitator

Pratiksha G
School Health Facilitator

Pranali K
School Health Facilitator

Sangath Culture Corner

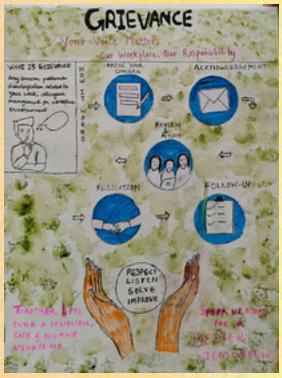
Eugenia Vaaz (Health Assistant/Screener, CCAP) led the Aldona PHC women's cricket team to glory in the semi-final of the Healthcare Trophy 2026, North Goa

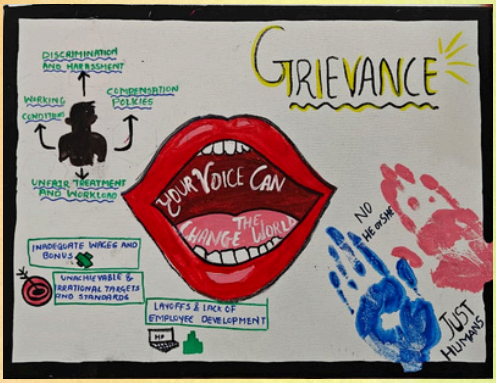
Omkar Dhadam (Health Assistant/Screener, CCAP) performed in a natak (play) with his fellow staff members at Pernem CHC, North Goa

Sangath Culture Corner

Sangath Goa Quarterly staff meeting

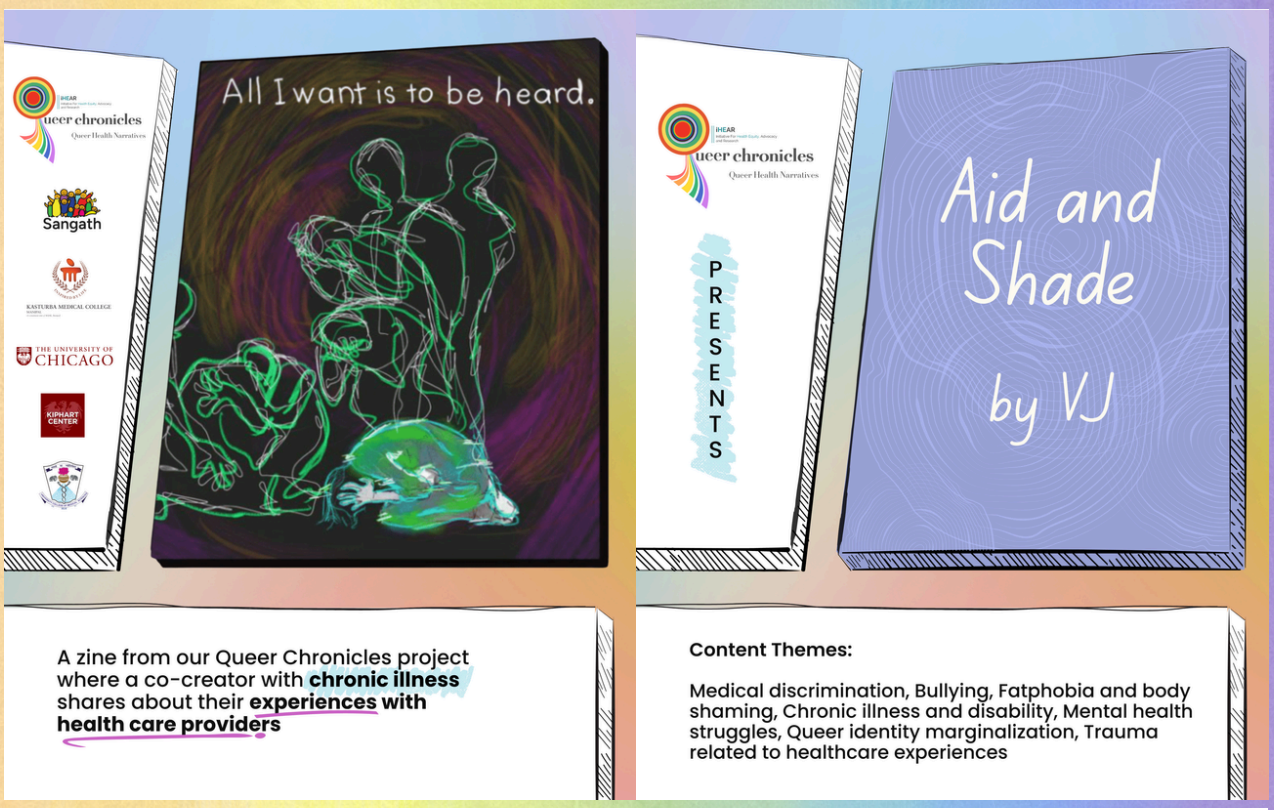
The Quarterly staff meeting at Sangath headquarters rejuvenated Sangath Values & safeguarding principles through interactive and engaging sessions. Goa teams brought their creative tools & designed their safeguarding reflections on canvas.





Sangath Culture Corner

A zine from the iHEAR Queer Chronicles project showcases stories of queer people in India accessing healthcare.



Sangath

Sangath Culture Corner

What does the Pride Month mean to us?

Reflections from iHEAR team . . .

Building consensus on what we are proud of

Believing in queer love and accepting myself

Small acts of protest against cisheteronorm -ativity

Showing up for my queer fam and spending time with them

Rights for all of us, not just some of us

Remembering that even if I have the right to date homosexually, I still need the skill for it

World peace

Celebrating how the room (space /office/homes) have become more inclusive over the year

Amplifying queer voices and narratives

CULTURE CORNER

FIND YOUR Pride Style!

Everyone contributes differently. Discover the strength you naturally bring to creating a more inclusive world.

Answer the questions below. Choose the option that feels most like you.

1. When a friend tells you about an experience of discrimination, you...

- A. Listen without interrupting.
- B. Speak up if someone dismisses their experience.
- C. Ask if they'd like to share more so you can better understand.
- D. Think about how their story could inspire others.
- E. Ask how our community could be more supportive.

2. Your ideal weekend includes...

- A. A deep chat over chai or a long listening session.
- B. Attending a rally, open mic or speaking up for a cause.
- C. Reading, watching documentaries or attending a workshop.
- D. Writing, creating art, sharing posts or telling stories.
- E. Planning an event, volunteering or bringing people together.

3. When you see injustice, you...

- A. Make space for people to share their feelings.
- B. Call it out and support those impacted.
- C. Learn more about why it happens and how to help.
- D. Use your voice or creativity to shed light on it.
- E. Collaborate with others to find collective solutions.

4. Your friends would describe you as someone who...

- A. Is a great listener and super empathetic.
- B. Is brave, outspoken and stands up for others.
- C. Is curious, open-minded and always learning.
- D. Is expressive, imaginative and thought-provoking.
- E. Is warm, inclusive and brings people together.

5. You want to make the world more inclusive by...

- A. Being present, listening and offering support.
- B. Challenging inequality and advocating for change.
- C. Educating yourself and encouraging others to learn.
- D. Sharing stories that inspire understanding and empathy.
- E. Building safe spaces and strong communities.

Now, count how many times you chose each option (A, B, C, D, E). The one you chose most often is your Pride Style!

A. THE LISTENER

You create space with empathy and understanding.

Your strength:

You make people feel seen, heard and valued.

B. THE ALLY

You stand up for what's right and show up for others.

Your strength:

You use your voice and actions to create a more just world.

C. THE LEARNER

You stay curious, reflect and keep learning.

Your strength:

You seek knowledge and inspire growth in others.

D. THE STORYTELLER

You express, imagine and inspire through your creativity.

Your strength:

You bring stories to life and spark meaningful change.

E. THE COMMUNITY BUILDER

You bring people together and create belonging.

Your strength:

You build connections and strengthen our communities.

No matter your style, you are an essential part of the Pride movement.
TOGETHER, WE CREATE A WORLD WHERE EVERYONE CAN BE PROUD.

Disclaimer: This content was created in part using generative AI tool.

Sangath

Healing Minds, Inspiring Lives

Sangath QR Newsletter is prepared by Sangath Communications.
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