Vol. #7

Sangath Samwaad

SANGATH QR NEWSLETTER July-Sept 2026

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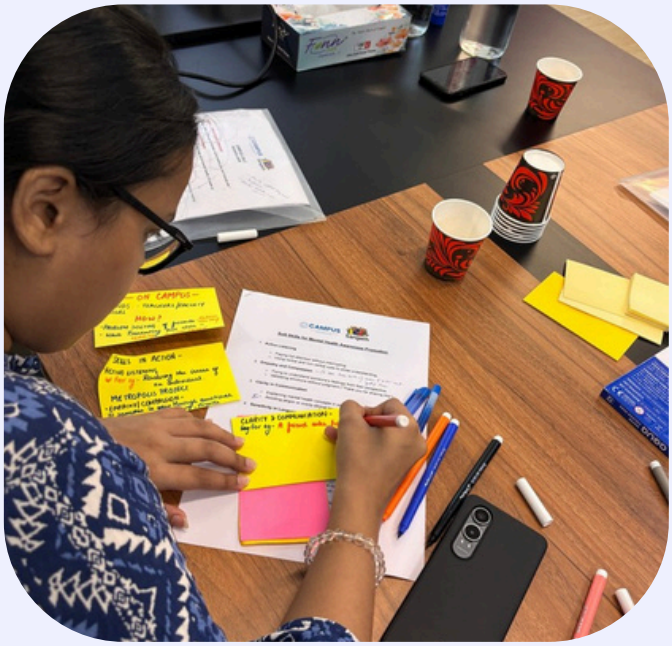


WORLD MENTAL HEALTH DAY

Building Accessible Mental Health Support for Young People

Kriti Sinha
Research Coordinator, METROPOLIS

Mental health is not a fixed state, it exists on a continuum, and our experience of mental well-being fluctuates throughout life. Yet in India, mental health is still frequently misunderstood, with distress, illness, and emotional health often viewed through the lens of stigma. Limited mental health literacy and deeply rooted social attitudes prevent many young people from recognizing when they need support and, more importantly, prevent them from seeking it.



Working with university students over the past few years has reinforced one lesson repeatedly: young people do not just need mental health services; they need to feel that those services belong to them.



Accessible mental health support begins much earlier through conversations that reduce stigma, campuses that promote mental health literacy, and spaces that normalize help-seeking behaviour.



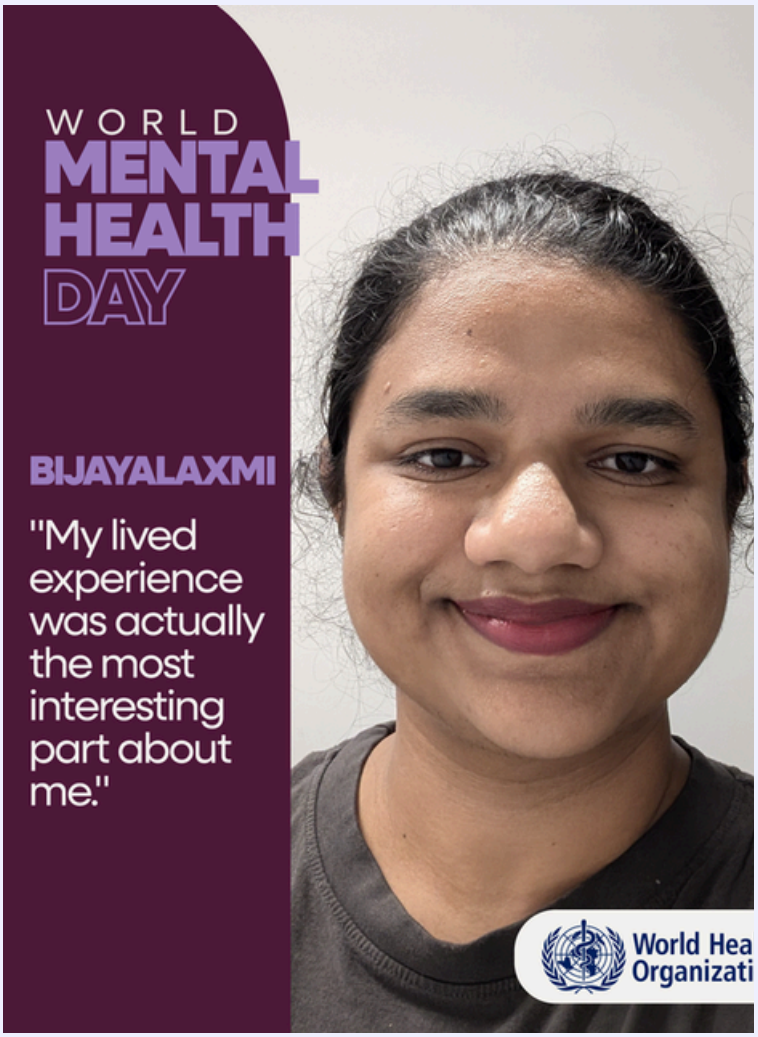
Across projects such as METROPOLIS and CAMPUS, I have seen how involving young people in designing interventions and programmes creates services that are more culturally relevant, relatable, and ultimately more likely to be used. They can be an important step to building meaningful support systems.

Generating mental health awareness alongside promoting services is an equally important element. We have consistently observed that help-seeking behavior cannot be strengthened without first building an understanding of mental health itself. Awareness can create the foundation through which young people feel empowered to recognize distress, challenge stigma, and promote help-seeking behaviour. Through projects such as CAMPUS, we have developed training programmes that equip young people in strengthening their mental health advocacy skills and conducting mental health promotion on their university campuses.

Finally, peer support, a relatively new form of support modality, is a growing approach to improving youth's well-being. Many young adults turn to their peers before they ever approach a mental health professional, as familiarity, trust and shared life experiences between peers can make conversations about mental health feel safer and less intimidating. Through METROPOLIS, we are exploring peer-led delivery of evidence-based counselling approaches, emphasizing how trained college students who act as peer supporters can play an important role in making mental health care accessible.

On this World Mental Health Day, our collective goal should not only be to expand services but to create a strong and sustainable ecosystem where awareness, peer support and co-creation work together.

Meaningful engagement is still not standard practice.....



Lived experience can help make mental health programmes more relevant

As per the WHO Mental Health Atlas 2024 survey, out of the responding countries:

- 37% reported having included People with Lived Experience (PWLE) in training delivered to primary health care workers on mental health.
- 45% reported having ongoing collaboration with PWLE and family or caregiver advocacy groups in the planning, delivery or monitoring of mental health promotion, prevention, treatment and rehabilitation services.
- 59% reported that mental health legislation had been developed in consultation with PWLE.
- 80% of countries with a mental health policy or plan reported that it had been developed in consultation with PWLE.

Celebrating Progress in Early Childhood Development

NAMASTE Roundtable Discussion, Orientation and Felicitation Program

Sangath in partnership with the Department of Women and Child Development (DWCD), Government of NCT of Delhi, recently organized a Roundtable Discussion, Orientation and Felicitation Program on 18 July 2026 at The Park, Connaught Place, marking the next phase of the NAMASTE collaboration.

The event focused on planning the scale up of child development screenings by Anganwadi Workers, orienting DWCD officials to NAMASTE's implementation and impact in Delhi's East district, and recognizing the outstanding contributions of Anganwadi Workers who have driven this work on the ground.









It marked several significant announcements, including the release of a joint Sangath–DWCD report documenting the journey, learnings, and achievements of NAMASTE; the expansion of NAMASTE from Delhi's East district to the entire National Capital Territory; and the scale-up of child development screening trainings across 611 Model Anganwadi Centres in Delhi.







"NAMASTE is a model for the entire country. I hope in the time to come, we reach many more children, caregivers and communities."
-Dr. Rashmi Singh IAS, Secretary, DWCD

What's up Sangath?

Recognition

International Affairs Committee of the Society for Research in Child Development (SRCD) | July 2026



Dr. Supriya Bhavnani, Co-Principal Investigator with Sangath's Child Development Group (CDG) at the Delhi Hub, has been featured as an International Researcher by the International Affairs Committee of the Society for Research in Child Development (SRCD) in its July 2026 Member Spotlight.

The feature celebrates Dr. Bhavnani's contributions to advancing child development research and highlights her work in generating evidence that can improve the lives of children and families across diverse settings. It is a wonderful recognition of both her individual contributions and the high-quality, globally relevant research emerging from Sangath.





What's up Sangath?

New Projects / Initiatives

AI solutions for community level screening of common mental health disorders-
This multi-site research study, led by Translational AI for Networked Universal Healthcare Foundation (TANUH) at the Indian Institute of Science (IISc), Bangalore, aims to develop and evaluate artificial intelligence (AI) supported tools for screening common mental health conditions at the primary health care and community level. The study involves collaboration with multiple institutions, including IIIT Hyderabad, IIT Kanpur, and NIMHANS.
Location: Goa
Funder: TRANSLATIONAL AI FOR NETWORKED UNIVERSAL HEALTHCARE FOUNDATION(TANUH)
Principle Investigator: Dr. Abhijit Nadkarni

STRONG (Strengths That Protect Young People's Well-Being in Contexts of Adversity)
The programme builds on Sangath's long-standing SPRING cohort in rural Rewari, Haryana, which has followed approximately 1,150 children since birth and holds rich longitudinal information on their early experiences, family environments and development. This planning phase gives us an important opportunity to prepare for following up with these children as they enter adolescence, with the proposed larger study following them at approximately 14 and 16 years of age.
Location: Rewari
Funder: Templeton World Charity Foundation
Principle Investigator: Dr. Supriya Bhavnani

Implementation Science Course
The Implementation Science in Mental Health Course aims to build the capacity of early and mid-career mental health researchers, practitioners, implementers, and policymakers across the globe, particularly in low- and middle-income countries (LMICs), with the methods and tools to design, adapt, deliver, and scale evidence-based mental health interventions.
Location: Online & In-person
This course is jointly developed by the Centre for Mental Health Law & Policy (CMHLP), ILS, and Addictions and related-Research Group, Sangath.

Sangath, Ally, and ElevenLabs
This partnership between Sangath, Ally, and technology partners like ElevenLabs reflects a broader question: what becomes possible when mental health organizations and technology organizations work together to shape tools from the ground up?

Sangath Speaks!

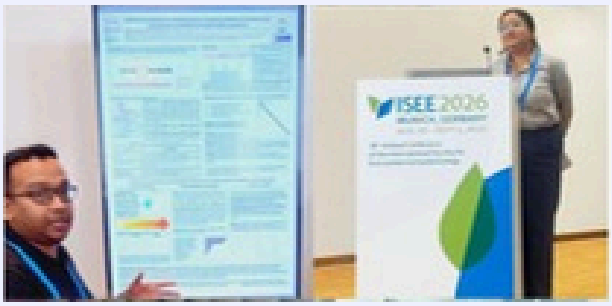
Understanding What to Measure: Defining M&E Indicators and Frameworks in the Mental Health Context | Online, July 2026:

Dr. Abhijit Nadkarni joined as a panel member in the Virtual Learning Session for Alliance Members

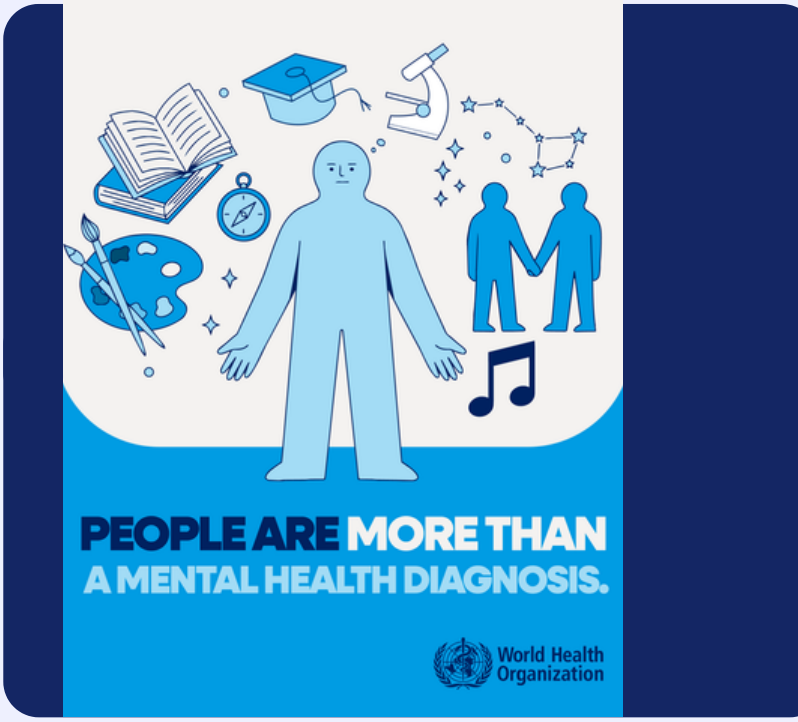
International Health Charity Association Geneva Convening | Geneva, July 2026:
Dr. Pattie Gonsalves joined as a speaker on IHCA Convention speaking on "Beyond Institutions: Rebuilding Pathways for Child & Adolescent Mental Health in Low-Resource Settings.

School Wellbeing Summit | Delhi, July 2026:
Sanjana Jain participated in a panel discussion on "Building School Wellbeing Frameworks: From Vision to Implementation" organised by Melbourne Global Centre, Delhi, drawing on insights from Sangath's Mental Health for Schools working alongside schools to strengthen sustainable and evidence informed mental health systems in India.





ISEE 2026 | Germany, August 2026:
Sanjana Jyothi S. Menon and Aditi Roy presented their work on COINCIDE via oral presentation, and Siddhartha Mandal presented findings from the COINCIDE study via poster presentation at the ISEE 2026 conference at Munich, Germany.



Trainings / Workshops

Addressing Myths and Misconceptions Surrounding Pregnancy | MP, July 2026:
Through intramural grant project of Sangath led by Eshita Garg under the guidance of Abhishek S. conducted a series of community-based educational workshops with pregnant women in Kesla block, Narmadapuram district, Madhya Pradesh, to address these misconceptions using interactive discussions and evidence-based information.





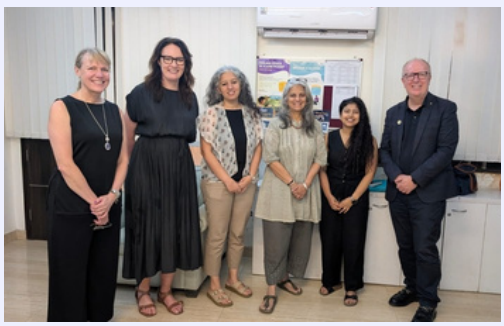
Sangath Institutional Review Board (IRB) Members' Training Workshop | Goa, July 2026 :
Sangath organised an advanced-level training two-day workshop which created a space for IRB members to learn, reflect, and discuss ways to further strengthen the functioning of the Sangath IRB.





The sessions drew on the ICMR National Ethical Guidelines (2017) and good Clinical Practice, while also exploring emerging ethical challenges such as research misconduct, funding collapse, and the role of IRBs in engaging with institutional mechanisms - including administration, finance, and human resources - to strengthen ethical oversight and governance.

Delegation from University of Melbourne | Delhi, July 2026 :
Sangath hosted a delegation from the University of Melbourne in the Delhi hub office. The meeting centred around exploring student and learning exchange opportunities between the two institutions, sharing areas of research and discussing future collaborations.



Trainings / Workshops

Pathways to Impact Workshop | Delhi, July 2026:

A workshop was organized for the NAMASTE team members (Delhi and Goa site) on July 2026 at The Royal Plaza, Connaught Place, Delhi. The workshop was designed to reflect on the journey made by the respective team over the last four years of NAMASTE by creating a journey map. The participants were encouraged to reflect on the key milestones achieved, challenges encountered and opportunities ahead using structured templates.





Community Cafe: On Emotional Labour that Sustains LGBTQIA+ Programmes | Online, August 2026:

This online event by iHEAR team brought together perspectives from organisations and initiatives of different sizes, structures and contexts including community-led and smaller organisations, organisations working in less-resourced geographies, and informal or unregistered community groups.



iHEAR meet-up | Bengaluru, August 2026

iHEAR team got a rare and necessary opportunity for two and a half days with team members coming together from across India to reflect their work, current culture, and internal processes, and way forward what the team wish to co-create together in the coming years.





Trainings / Workshops

IMPRESS Dissemination Event | Panjim, August 2026:

The Directorate of Health Services (DHS), Goa, and Sangath came together to recognise the collective effort of Health Officers, trained Counsellors, and the PHCs support teams who have been actively supporting the implementation of IMPRESS, a depression care programme ensuring it becomes part of healthcare across the State.







THRIVE site visit | Karwar, August 2026

TRIVE team hosted Dr. Rajani Parthasarathy, Deputy Director of Mental Health, Department of Health and Family Welfare, Government of Karnataka, at the trial site in Karwar., Karnataka.



New Publications

Participatory accessibility audits as a tool for disability-inclusive health systems: Findings from two Indian states

This study used a participatory accessibility audit approach conducted in partnership with the government authorities to evaluate disability accessibility of #35 government hospitals in the states of Madhya Pradesh and Goa in India.

A Pilot Study of a Precision Treatment Trial Comparing Psychotherapy and Antidepressants for Depression in Indian Primary Care Settings

The review article The paper evaluates the feasibility and acceptability of a precision treatment trial comparing psychotherapy based on behavioral activation - the Healthy Activity Program (HAP) - with antidepressant medication (fluoxetine) for adults with depression in primary care settings in India.

12 Ways to Strengthen Lived Experience Involvement in Mental Health Research: A Policy Brief for Mental Health Researchers

This policy brief presents 12 actionable recommendations for strengthening meaningful lived experience involvement (LEI) in mental health research involving young people in India. Developed through the co-design phase of the Youth Lived Experience and Research Network (Youth LEARN), the recommendations are based on consultations with 110 young people with lived experience, mental health researchers, and community partners across seven locations in India.

What Do Young People Want When They Are Involved in Mental Health Research in India? A Community Brief

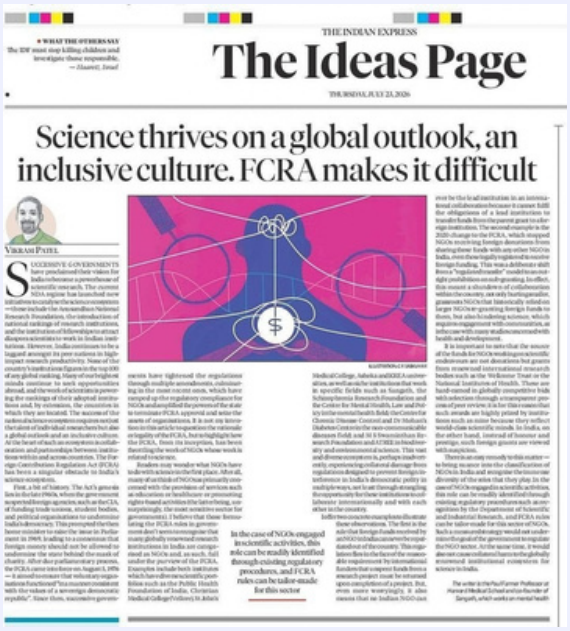
This community brief shares what young people with lived experience of mental health challenges and neurodivergence identified as essential for meaningful involvement in mental health research in India. Drawing on findings from the co-design phase of the Youth Lived Experience and Research Network (Youth LEARN), the brief synthesises perspectives from 110 young people, researchers, and community partners across diverse regions and communities



What's up Sangath?

Sangath in Media

All images are hyperlinked for easy access.



THE INDIAN EXPRESS

The Ideas Page

Science thrives on a global outlook, an inclusive culture. FCRA makes it difficult

VIKRAM PATEL

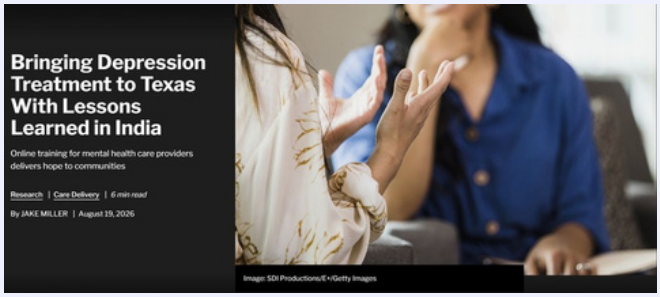
SUCCESSIVE GOVERNMENTS have proclaimed their vision for India to become a powerhouse of scientific research. The current NDA regime has launched new initiatives to catalyse the science ecosystem — these include the Anusandhan National Research Foundation, the introduction of national rankings of research institutions, and the institution of fellowships to attract diaspora scientists to work in Indian institutions. However, India continues to be a laggard amongst its peer nations in high-impact research productivity. None of the country's institutions figures in the top 100 of any global ranking. Many of our brightest minds continue to seek opportunities abroad, and the work of scientists is powering-up for the regulatory compliance for NGOs and amplified the powers of the state to terminate FCRA approval and seize the assets of organisations. It is not my intention in this article to question the rationale or legality of the FCRA, but to highlight how the FCRA, from its inception, has been functioning the work of NGOs whose work is related to science.

Readers may wonder what NGOs have to do with science in the first place. After all, many of us think of NGOs as primarily concerned with the provision of services such as education or healthcare or promoting rights-based activities like fair trading, sustainability, the water sensitive sector for governments). I believe that these formulating the FCRA rules in government don't seem to recognise that many globally renowned research institutions in India are categorised as NGOs and, as such, fall under the purview of the FCRA. Examples include both institutes which have otherwise scientific portfolios such as the Public Health Foundation of India, Christian Medical College (Vellore), St John's Medical College, Ashoka and IGKEA universities, as well as scientific institutes that work in specific fields such as Sangath, the Sclerosing Stenosis Research Foundation and the Centre for Mental Health Law and Policy in the mental health field; the Centre for Chronic Disease Control and Dr Mohan's Diabetes Centre in the non-communicable diseases field; and M S Swaminathan Research Foundation and ICRISAT in biodiversity and environmental sciences. This vast and diverse ecosystem is, perhaps inadvertently, experiencing collateral damage from regulations designed to prevent foreign interference in India's democratic polity in multiple ways, not least through strangling the opportunity for these institutions to collaborate internationally and with each other in the country.

In the case of NGOs engaged in scientific activities, this role can be readily identified through existing regulatory procedures, and FCRA rules can be tailor-made for this sector

Before I become too emotive let me illustrate these observations. The first is the role that foreign funds received by activist Indian scientists be repatriated out of the country. This regulation flies in the face of the reasonable requirement by international funders that unspent funds from a research project must be returned upon completion of a project. But, even more worryingly, it also means that an Indian NGO can

The writer is the Paul Farmer Professor of Global Health at Harvard Medical School and co-founder of Sangath, which works on mental health







शुक्रवार, 11 सितम्बर, 2026

विश्व आत्महत्या रोकथाम दिवस पर जागरूकता कार्यक्रम आयोजित

उज्जैन। विश्व आत्महत्या रोकथाम दिवस के अवसर पर एकता नगर, उज्जैन स्थित आंगनवाड़ी केंद्र में मानसिक स्वास्थ्य जागरूकता कार्यक्रम आयोजित किया गया। कार्यक्रम का आयोजन संगत संस्था एवं एनएचएम चरक भवन के मनकक्ष विभाग के समन्वय से किया गया।

कार्यक्रम में मनोचिकित्सक डॉ. नीतराज गौर ने आत्महत्या की रोकथाम एवं मानसिक स्वास्थ्य से संबंधित महत्वपूर्ण जानकारी साझा की। उन्होंने बताया कि महिलाओं और युवाओं में यदि आत्महत्या अथवा स्वयं को नुकसान पहुंचाने जैसे विचार उत्पन्न होते हैं, तो समय पर उपचार, परामर्श एवं उचित सहयोग के माध्यम से उनकी सहायता की जा सकती है।

उन्होंने बताया कि आवश्यकता होने पर टेली-मानस के टोल-फ्री नंबर पर कॉल कर निःशुल्क मानसिक स्वास्थ्य सेवाओं का लाभ लिया जा सकता है। साथ ही मनहित ऐप के माध्यम से मानसिक स्वास्थ्य की प्रारंभिक जांच एवं आवश्यक जानकारी प्राप्त की जा सकती है।

कार्यक्रम में एकता नगर की आशा कार्यकर्ता रंजना चौहान, लक्ष्मी कुम्भकार एवं ममता बलेचा ने सहयोग किया। संगत टीम से पद्मा जोशी, केशव गुप्ता (THPP/ECD सुपरवाइजर) एवं माधुरी जेंगटे (जिला समन्वयक) उपस्थित रहे।

कार्यक्रम का मुख्य उद्देश्य समुदाय को मानसिक स्वास्थ्य के प्रति जागरूक करना तथा मानसिक स्वास्थ्य संबंधी समस्या या संकट की स्थिति में बिना झिझक समय पर सहायता एवं उपचार लेने के लिए प्रेरित करना रहा।



Outlook

BUSINESS MONEY TRAVELLER EATS RESPAWN LUXE

HOME > HEALTHCARE SPOTLIGHT > RAMPS LIFTS TOILETS HOSPITAL AUDIT EXAMINES...

Ramps, Lifts, Toilets – Hospital Audit Examines Implementation Gaps In Public Accessibility

Accessibility audits of 35 Indian government hospitals found only 32.6% overall compliance, with major gaps in sensory access, toilets, ramps, lifts and emergency systems.



जीवन अनमोल है, आत्महत्या किसी समस्या का समाधान नहीं : विशेषज्ञ

जिला अस्पताल में दिवस आत्महत्या रोकथाम दिवस पर जागरूकता कार्यक्रम, मानसिक तनाव से जूझ रहे लोगों की बात सुनने और समय पर सहायता से जोड़ने पर दिया जोर

छिंदवाड़ा (भास्कर नवरात्रि)। दिवस आत्महत्या रोकथाम दिवस के अवसर पर जिला अस्पताल, छिंदवाड़ा में आत्महत्या रोकथाम एवं मानसिक स्वास्थ्य के प्रति जागरूकता बढ़ाने के उद्देश्य से जागरूकता कार्यक्रम आयोजित किया गया। कार्यक्रम में चिकित्सा एवं मानसिक स्वास्थ्य से जुड़े विशेषज्ञों सहित अस्पताल परिसर में उपस्थित लोगों ने सहभागिता की। इस दौरान चकवाओं ने मानसिक स्वास्थ्य को लेकर जागरूकता बढ़ाने तथा कठिन परिस्थितियों से गुजर रहे लोगों को समय पर भावनात्मक एवं मानसिक स्वास्थ्य संबंधी सहायता उपलब्ध कराने की आवश्यकता पर जोर दिया।कार्यक्रम में डॉ. आशीष राजपूत, पीडाट्रिशन एवं मनोचिकित्सक, डॉ. त्रिपाठ, पीपीएम अधिकारी, डॉ. राकेश अहिरवार, पहाड़ा मेडिसिन, डॉ. प्रमोद गुप्ता, शिशु रोग विशेषज्ञ, डॉ. तान्या गुप्ता, मनोचिकित्सक एवं रवि तोमर, मनोवैज्ञानिक ने अपने विचार साझा किए।

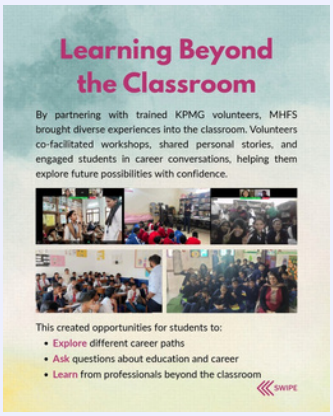
कठिन समय में साथ और संवाद जरूरी:कार्यक्रम के दौरान चकवाओं ने कहा कि जीवन बेहद अनमोल है और किसी भी कठिन परिस्थिति में आत्महत्या को समाधान नहीं माना जा सकता। मानसिक तनाव, निराशा अथवा भावनात्मक परेशानी से गुजर रहे व्यक्ति को अकेला छोड़ने के बजाय उसके साथ संवाद करना और उसकी बात को सम्मान देकर उसकी हिम्मत बढ़ाना बेहद जरूरी है।चकवाओं ने इस बात पर विशेष जोर दिया कि कई बार व्यक्ति मानसिक या भावनात्मक परेशानी के दौर से गुजर रहा होता है, लेकिन वह अपनी समस्या खुलकर किसी के सामने नहीं रख पाता। ऐसे में परिवार, मित्रों और आसपास के लोगों को संवेदनशील भूमिका निभानेपड़ती है। किसी व्यक्ति के व्यवहार में बदलाव अथवा मानसिक परेशानी दिखाई दे तो उसे नजरअंदाज करने के बजाय उसकी बात सुनना और उसे उचित सहायता उपलब्ध कराने की दिशा में सहायपूर्ण कदम हो सकते हैं।

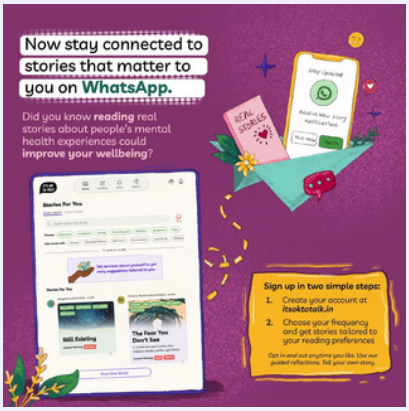
PUBLIC ENGAGEMENT

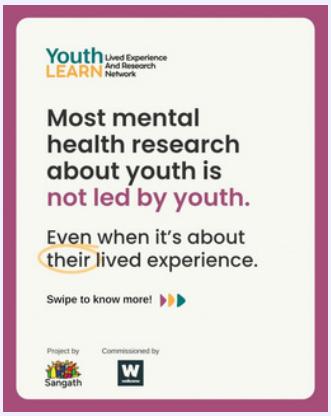
International Youth Day | Aug 2026

As part of the International Youth Day we launched a special week-long digital series spotlighting our youth-focused initiatives. Through these stories and updates, we explored the challenges we addressed, the partnerships we've built, and the impact we're creating alongside young people.









World Breastfeeding Week | SAHARA, Aug 2026

This World Breastfeeding Week, SAHARA team carried out online campaign to raise awareness about breastfeeding and engage audiences around the importance of breastfeeding support.







PUBLIC ENGAGEMENT

World Suicide Prevention Month | SAHARA, MP, Sep 2026

This World Suicide Prevention Month, communities across seven districts of Madhya Pradesh came together to open conversations around mental health and suicide prevention.
Through SAHARA Programme, activities in Gwalior, Morena, Datia, Jhabua, Ujjain, Vidisha and Narmadapuram created spaces to talk, listen, recognise when someone may be struggling, and encourage people to reach out for support.















Sangath Spotlight

Project STEER's **Lived Experience Advisory Panel (LEAP)** began its journey in Rewari.

With the onboarded 20 LEAP members, comprising adults and Children & Young People (CYP) from Rewari with lived experiences of anxiety and depression bring an important part of the project, bringing together voices and experiences from the community to help guide the work ahead. Members will work closely with the study team by sharing inputs on study materials, supporting discussions and analysis, and co-creating informational, educational, and communication resources.

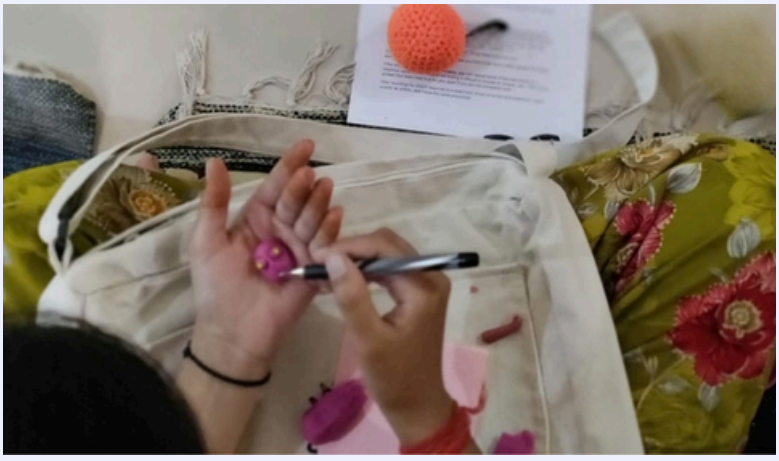




LEAP informs the longitudinal research study, following research participants for over 10 years to continuously monitor and learn about child development in Rewari, Haryana.

The LEAP members guide us through their lived experiences of anxiety and depression by helping us identify:

- ***What culturally relevant stressors contribute to anxiety and depression?***
- ***How the study should ask these questions to young people in Rewari in safe and culturally relevant way?***
- ***LEAP members guide us through what they choose to acknowledge using art, games and discussions. They also guide us when they go silent.***



STEER

LEARN MORE

For more information on STEER write to **supriya.bhavnani@sangath.in**

Sangath Spotlight

In light of recent events, It's Ok To Talk created a supportive and inclusive weekly drop in space specifically for students.

Whether you want to talk, express yourself, or simply sit quietly in a safe environment, you are welcome as you are.



🗓️ Thursdays: Oct 1, 8, 15 & 22
🕓 4:00 – 7:00 PM
📍 Sangath, E-334, Upper Ground Floor, East of Kailash







Sangath's youth-led digital storytelling platform It's Ok To Talk has recently launched a new call for submissions, inviting young people to share their stories.

Young people can:

- Choose how they want to tell their story — through writing, poetry, visual art, audio, video or mixed media.
- Share anonymously, if they prefer.
- Get writing and editing support from our team — stories don't need to be polished or perfect.
- Receive an honorarium in recognition of their time and contribution.

Stories from underrepresented voices across caste, religion, gender, sexuality, disability and geography are welcome.

Submissions open until **12 November 2026**
Submission link: https://itsoktotalk.in/my-story

New Joiners in Sangath family

welcome

METROPOLIS



Anisha Ray
Asst. Research Coordinator



Anushka Singh
Asst. Research Coordinator



Jophina Johnson
Asst. Data Coordinator

Anusha Dutta
Asst. Research Coordinator

BJCCI

Vishal Kamble
Intervention Facilitator

SMHPP

Vaishnavi Koli
School Health Facilitator

Akanksha M
Junior Researcher

Rutuja O
DEO cum Admin Assistant

Isha Irpate
School Health Facilitator

Sayali Jagadale
School Health Facilitator

Sakshi S
School Health Facilitator

MHFS



Maansi
School Counselor



Keshav
School Counselor

MeWe Sports



Kananbala P
Junior Facilitator



Harsha Pallath
Research Officer



Karen Coelho
Intervention Officer



Dhruv K
Community Coach



Somya K
Sports Facilitator

STEER



Manju Yadav
Field Investigator

Sunil Devi
Field Investigator



Sanjita
Field Investigator

NAMASTE



Deshna Jain
Research Associate



Shivan H
Driver cum office Assist.



Mitali Mahale
Research Associate



Siya Talgaonkar
Community Facilitator

SSI - HAP



Anurag Sharma
Field Investigator

Sangeeta T
Field Investigator



Santosh V
Field Investigator



Veejendra R
Field Investigator



Ravindra Nath
Field Investigator

New Joiners in Sangath family

THRIVE



Deepa N
Data Screener



Shweta N
Data Screener



Bharati J
Data Screener



Anita D
Data Screener



Anjali N
Data Screener



Chandrakala G
Data Screener



Chandrika H
Data Screener



Nisha T
Data Screener



Pramila N
Data Screener



Nagaratna N
Lay Health Worker



Netravati N
Lay Health Worker



Nishant D
Field Investigator



Chandrakant
Clinical/Project Coordinator

EMPOWER INFOSYS



Glorgio G
Qualitative Researcher



Urmila O
THPP/ECD Supervisor



Alok Sharma
Design & Media Officer



Jyoti S
Data Verification Officer



Ruchi M
Data Verification Officer



Jyoti R
Data Verification Officer



Manisha Ch
Data Verification Officer



Jagriti P
Data Verification Officer



Reena R
Data Verification Officer



Pramod N
THPP/ECD Supervisor



Padma J
THPP/ECD Supervisor



Nagendra A
THPP/ECD Supervisor



Shivendra T
THPP/ECD Supervisor



Sandhya M
THPP/ECD Supervisor



Arun Ch
THPP/ECD Supervisor



Prerna G
THPP/ECD Supervisor



Shahana K
THPP/ECD Supervisor



Sadhana S
THPP/ECD Supervisor

New Joiners in Sangath family

EMPOWER INFOSYS



Bindu K
THPP/ECD Supervisor



Mahendra Kh
THPP/ECD Supervisor



Poonam K
THPP/ECD Supervisor

Aparna P
THPP/ECD Supervisor



Shalini D
Data Officer



Prabha Arya
THPP/ECD Supervisor



Jyoti Dubey
Data Verification Officer



Muskan J
Data Verification Officer



Sushma Sahu
Supervisor Community Activities & Engagemnt



Sandeep P
Supervisor Community Activities & Engagemnt



Rahul B
Supervisor Community Activities & Engagemnt



Balak D
Supervisor Community Activities & Engagemnt



Vikrant K
Supervisor Community Activities & Engagemnt

Sukhsahab G
Supervisor Community Activities & Engagemnt



Geetesh J
Supervisor Community Activities & Engagemnt



Manhendra Thakur
Supervisor Community Activities & Engagemnt



Arvind Sharma
Supervisor Community Activities & Engagemnt



Prachi Seth
Supervisor Community Activities & Engagemnt



Anjali M
Supervisor Community Activities & Engagemnt



Aman Tirkey
Videographer Cum Editor

Humans of Sangath:
The people behind the purpose



My journey has taught me that with the right support, determination, and a willingness to learn, it is possible to overcome barriers and continue making a difference in people's lives.

I am **Lalan Karapurkar**, and my journey has been shaped by my family, my passion for social work, and my belief that learning has no age limit.

Growing up in a family that depended entirely on agriculture for its livelihood, my parents had limited means and little access to education, but they ensured that my siblings and I received an education. Their sacrifices continue to inspire me. Coming from a financially constrained background, I understood the importance of hard work and the value of creating better opportunities for the next generation.

Since my early days, I have always enjoyed helping people in my community. Although this work brought me immense satisfaction, I wanted to contribute financially to my family as well. Joining Sangath as a Community Facilitator with ARG gave me the opportunity to do both. Earning a salary helped me support my family and provide my children with opportunities for higher education that I had once struggled to access myself.

Through my work on the IMPRESS and Domestic Violence projects, I learned how to support women experiencing distress, listen without judgement, and connect people with appropriate services. One experience that stayed with me was supporting a woman facing domestic violence. It taught me that helping someone is not about making decisions for them, but about listening patiently, respecting their choices, and helping them find the support they need.



Humans of Sangath:
The people behind the purpose

contd...

My recent opportunity of ***presenting IMPRESS community work at a conference at FLAME University, Pune, and an award received from Aangan Trust, Mumbai, in recognition of my community social work*** strengthened my confidence and reminded me that meaningful change often begins with small and consistent efforts.

Sangath played a significant role in shaping my academic path and motivated me to pursue my Master of Social Work (MSW). Through my work in the community, especially supporting people facing difficult situations, I realized the importance of having professional knowledge and skills in social work. The practical experiences I gained through my journey at Sangath inspired me to strengthen my understanding through formal education.







Returning to education with MSW while balancing work and family responsibilities was challenging, but the support received from my family and Sangath ARG's financial and moral push made this achievement possible. Completing my degree fulfilled a long-held dream and inspired my children to take their own education seriously.



Today, while working on the CCAP project, the gratitude and blessings I receive from the people I support continue to motivate me. I am proud to be part of Sangath, where I have grown not only as a professional but also as a person.

Sangath Culture Corner

The staff meeting at Sangath office sites brought values, laughter and team together to rejuvinate our ethos and core principles of working as a team through interactive and engaging sessions.

Sangath Gwalior meeting








Sangath Ujjain meeting







Sangath Culture Corner

Sangath Bhopal Hub Get-together











Sangath Culture Corner

Sangath Central Team meeting





NAMASTE Milestone Celebration


100 baseline evaluations


1500 surveys milestone


1500 screenings milestone

Sangath Goa Ganesh Chaturthi Celebration









Sangath Culture Corner

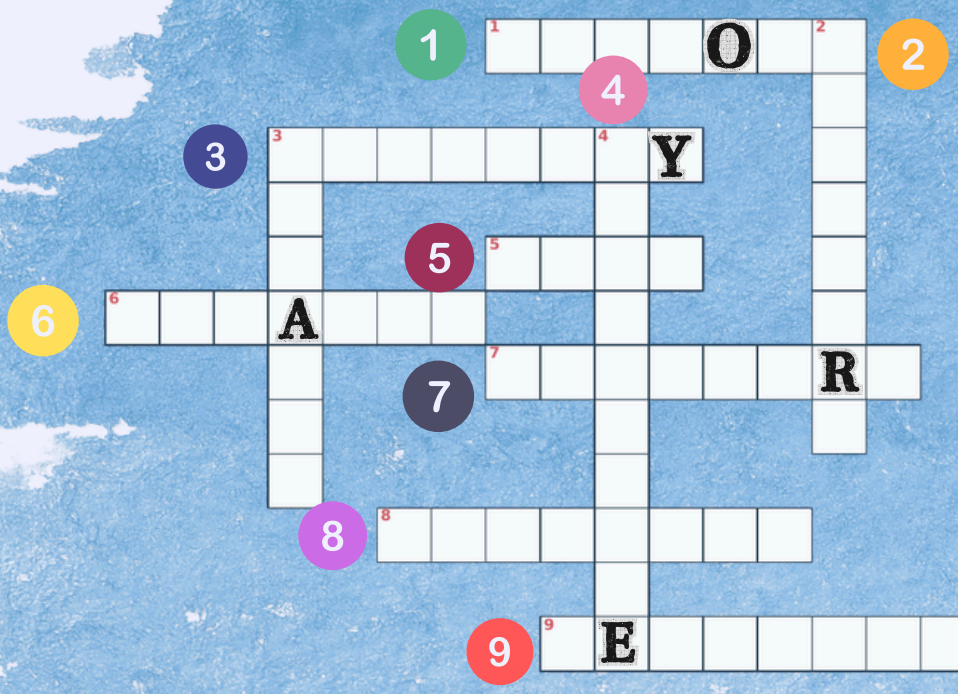
WORD THAT HELPS



L A S A S O F X S B F S Q G D S S P S
I S E M P A T H Y S S D S S S P S H S
S S S V S S H S A S E O J S Z B S T S
T S S M I N D F U L L N E S L S H L I
E W S S R X S M S S S E L F C A R E S
N C U B O U N D A R I E S F S C C S N
I S S P S S Z S S T O S S S S O S L S
N T S S P S S A S S S T G S N U E O S
G S I S H O P E S S S N S G S R U B F
S Z K S S S R S S C S G E S S A T A S
A S L S S S S T S S F C S D S G S D S
S W E L L B E I N G S A S C S E S T S

Words can make a difference in how we understand mental health and support one another. This game invites you to explore words associated with our mental health care - reminding us that sometimes, the right words can help start a meaningful conversation.

Sangath Culture Corner



THE WELL-BEING CROSSWORD

Across

1. Help or encouragement offered to someone (7)
3. A limit that protects your time, energy or well-being. (8)
5. Time to pause & restore your energy (4)
6. Understanding another person's feelings (7)
7. Actions you take to look after your own well-being (8)
8. Being considerate & caring towards others (8)
9. Feeling accepted & connected to a group (9)

Down

2. Working together towards a shared goal (8)
3. Making space for different needs & priorities (7)
4. The ability to adapt & recover through difficulties (10)

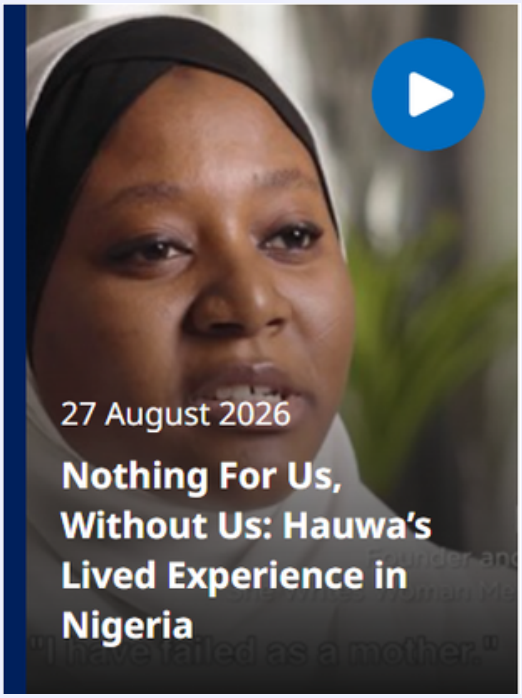
Sangath Culture Corner

Your Next Watch....



DG 3: Beyond Healthcare — Building a Healthier India | Baithak – The Roundtable





Sangath Culture Corner

Would you Rather?

There are no right & wrong picks-just a chance to pause, reflect & consider what helps you feel your best...



Sangath

Sangath Culture Corner

A Little Note to Myself

Let's turn the attention to ourselves. Before you go, take a little moment to reflect on what you're proud of, what you'd like to leave behind, and the kindness you can carry forward.



Something I'm proud of lately...



Something I'd like to let go of...



One small kindness I can offer myself...

Sangath

Healing Minds, Inspiring Lives

Sangath QR Newsletter is prepared by Sangath Communications.
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