



Annual Report 2024-2025

Advancing Mental Health Across the Lifespan

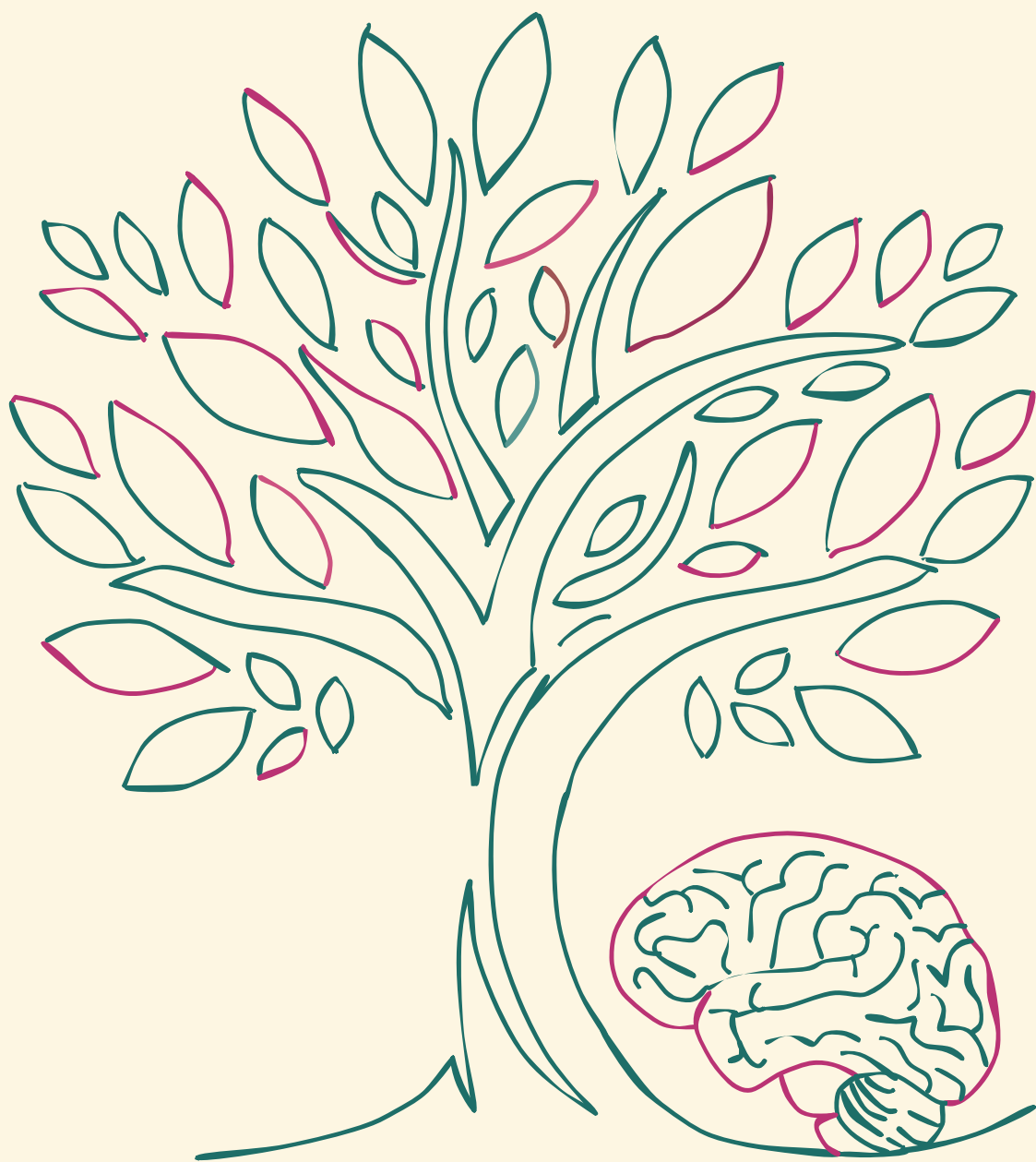
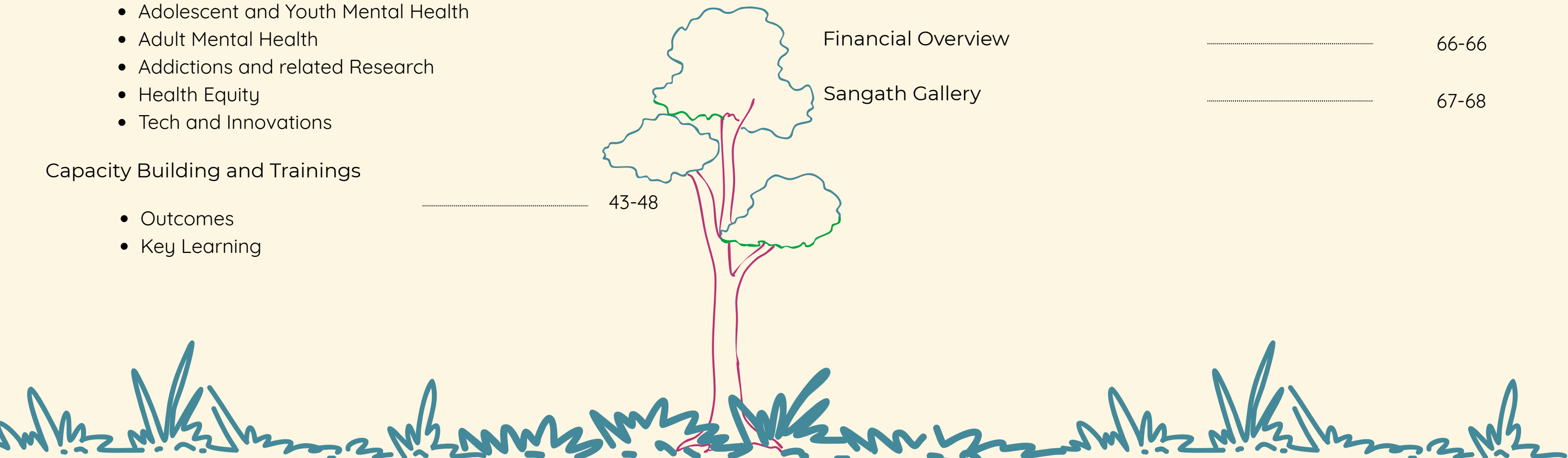


TABLE OF CONTENTS

Message from the Leadership	01-02	Advocacy and Outreach	49-52
• Chairperson’s Note • Executive Council Member’s Note		• Campaigns & Outreach • Policy Engagements	
Organisation Overview	03-04	Research and Publications	53-54
• About Sangath • Mission & Vision			
Sangath’s Year in Review	05-08	Sangath in National Dialogues and Global Arenas	55-58
• Yearly Highlights • Sangath’s Impact 2024-25 • Awards & Recognitions		Sangath in Media	59-60
		Partners & Collaborators	61-61
Programmatic Achievements	09-42	Funders & Donors	62-62
• Child Development • Adolescent and Youth Mental Health • Adult Mental Health • Addictions and related Research • Health Equity • Tech and Innovations		Governance & Compliance	63-65
		Financial Overview	66-66
Capacity Building and Trainings	43-48	Sangath Gallery	67-68
• Outcomes • Key Learning			



MESSAGE FROM THE LEADERSHIP

Our Collective Journey: A Note from the Chairperson

Aresh Naik -
Chairperson, Sangath



It gives me immense joy to share Sangath's Annual Report for 2024-25 with you. This has been a year of transformation, connections, and growth—made possible only through the unwavering commitment of our teams, the trust of our partners, and the generosity of the communities we serve.

As we look back, we are reminded of how much can be achieved when people come together with purpose and compassion. While our digital and clinical initiatives are helping us reimagine the way care is delivered, placing empathy at the heart of innovation, our youth centric initiatives have brought the energy and leadership of young people and communities to the forefront, ensuring that our work is guided by the voices that matter the most. Throughout the year, our researchers have carried Sangath's spirit of inquiry to national and international platforms, sharing insights and learning through presentations, dialogues, and exchanges. Alongside this, our commitment to inclusive mental health and advocacy has grown deeper, with each effort we have learnt to listen more closely, include more widely, and advocate more strongly for equity and justice in wellbeing.

We are humbled by the recognitions and awards Sangath has received this year. These acknowledgments are not just milestones; they are reminders that the work we do has meaning, and that together, we are on the right path. Each of these moments reflect not only progress, but also the courage, creativity, and compassion of the people who bring Sangath's vision to life.

As you read through this report, I invite you to celebrate these achievements with us and to share your thoughts on how we can continue to grow, evolve, and serve better.

We step into the coming year with hope in our hearts, curiosity in our minds, and a deep sense of responsibility in our actions. Thank you for walking beside us, for cheering us on, and for believing in the power of collective change.

Sangath's Impactful Year: One of Purpose, Inclusion & Progress



Supriya Bhavnani -
Member, Sangath Executive Council

Over the years, I have had the privilege of walking alongside Sangath, in its research journey. Serving on the Executive Council has allowed me to see another dimension of this journey - how Sangath thrives not just as a research organisation, but as a vibrant community and institution.

What continues to inspire me is that the same inclusivity, rigor and passion I have long admired in our research also shape the way we govern our institution. During our recent expansion of members, we have provided equal opportunity to all our staff to serve on the EC, prioritized inclusion of younger colleagues and ensured representation from hub offices of Delhi and Bhopal.

The past year brought unprecedented challenges for global health research, with shifting priorities among funders and evolving needs on the ground. Yet, Sangath stood firm — producing research of global relevance as is evident from our publications record, implementing programs to improve lives, and amplifying voices that too often go unheard.

Our presence at national and international platforms ensured that the rigorous evidence-base we are building and the lived realities of the communities we serve, informed wider conversations. Our grassroots efforts have strengthened skills among a range of non-specialist workers and deepened trust within health systems and communities. What makes me proud is that not only the accomplishments of each individual, but our collective achievements are also being recognised, which truly embody Sangath's vision of mental health for all. At the heart of all this has been a commitment to health equity, with a focus on those most vulnerable.

As I reflect on the year, I feel grateful for being part of an organisation that adapts with resilience, innovates with courage, and remains steadfast in its commitment to transforming lives.

ORGANISATION OVERVIEW

Sangath is a not-for-profit mental health research organisation dedicated to closing the treatment gap for mental health in India and beyond. Founded in 1996 (Goa), Sangath is globally recognised for developing scalable, evidence-based care models grounded in community participation and cross-sector collaboration. Our work drives community-centered mental health impact through world-class research, strategic partnerships, public engagement, service delivery, and innovative solutions tailored to low-resource settings.



VISION

A world where all people have access to quality and affordable mental health care.



MISSION

At Sangath, our mission is to bridge the mental health treatment gap by empowering communities and leveraging public health systems to deliver affordable, evidence-based psychosocial care across the lifespan.



VALUES



EQUITY



INNOVATION



INTEGRITY



COMPASSION



COLLABORATION



EMPOWERMENT

SANGATH'S YEAR IN REVIEW



Delivery Innovations

We invest in innovative methods, technologies, and models to enhance the delivery of mental health interventions—focusing on building workforce capacities, leveraging digital solutions, and integrating services within existing health systems.

NAMASTE: Trained Anganwadi Workers in Delhi and Goa on developmental screening, awareness, and digital tools, strengthening early detection. NAMASTE screening identified children at risk of neurodevelopmental disorders, linking them to care pathways and targeted interventions like WHO-CST and PASS Plus.

Khushee Mamta: Recruited and trained lay counsellors in rural Rajasthan; collaborated with ASHA and Anganwadi workers to deliver community-based psychosocial support for perinatal depression.

SAHARA: Brought Maternal Mental Health to the heart of communities through powerful lived-experience videos, vibrant street plays, and striking wall paintings-sparking awareness and dialogue like never before.

PEERS: Developed and launched the PEERS-supervision mobile application & e-course for understanding its impact on the quality of therapy delivered by non-specialist community healthcare workers.

PracticePal: Therapy-support chatbot designed to function as therapy aid, incorporating HAP workbook content, psychoeducation videos, and automated homework reminders via Telegram/TextIt.

SMHPP: Orientation workshops were held for Heads from 500+ schools on mental health, stress management, and their roles under the POCSO Act. The SEHER intervention is now being adapted and evaluated for students in Tokyo, Japan and Bradford, UK.

SHARP: Pilot phase has been completed, comprising participants diagnosed with early-course schizophrenia or schizoaffective disorder.

OPTIMIZED: Strengthened partnerships with AIIMS Bhopal & NHM Madhya Pradesh; advanced digital tool (Nubis App) training and depression management.



Interventions



We focus on the development, adaptation, and implementation of psychosocial and mental health interventions that address prevention, early detection, and treatment needs across diverse populations.

CCAP: Launched M-BIT, a digital intervention for hazardous drinking. Developed a common counselling manual integrating evidence-based strategies for harmful drinking.

IMPRESS: Designed a 5-module community intervention, (LEARN, INFORM, ENGAGE, FOLLOW-UP, SELF-CARE) delivered by trained volunteers.

MADAD: Adapted and contextualised the youth-friendly intervention, “By Your Side”, in Goa, using narrative and CBT techniques.

SAATHI: Developed the Saathi Peer Support Manual and conducted a participatory workshop with peer supporters, culminating in a dynamic panel discussion as part of the “Peer Support for Rights-Based Mental Health Care” initiative.

COMPASS: Intervention adapted from the evidence-based intervention PACT (Pre-school Autism Communication Trial), UK.

MeWeSports: Trained community coaches and youth champions, and adapted resources into Oriya, Konkani & Hindi.

COINCIDE: SPRING cohort team completed Sweep 1 data collection in 600 households and Sweep 2 data collection in 572 households through mother-child assessments by March 2025.



Public Engagement

We foster awareness and dialogue on mental health by reducing stigma and building community capacity. Using creative platforms and participatory approaches, we promote inclusive conversations, empower communities, and normalize mental health care.

AffirmCare: Conducted consultations with LGBTQIA+ stakeholders in Kerala; delivered 8 workshops with faculty & students; partnered with local CBOs and State Health Systems Resource Center.

Access Matters: Conducted audits of 35 public health facilities in MP & Goa, to highlight the existing accessibility structures in public health facilities and formulate an action plan to make public health facilities more inclusive & accessible for people with disabilities.

Mahei x iHEAR : Strengthened psychological and economic resilience of 50 young women, queer & trans individuals through mental health workshops and indigenous skills training (handloom, bridal crafts) in Moirang district, Manipur.

Creative Communion: Used art as a medium to build safe community spaces for LGBTQIA+ and neurodivergent youth.

National Symposium: iHEAR co-hosted the “Advancing Queer and Disability Inclusion” Symposium with UChicago Delhi.

Leadership in Mental Health (LMH): The 16th edition of Sangath LMH Course brought together 70 passionate participants from 10 countries and a powerhouse faculty of over 50 global Mental Health Experts.

SANGATH'S IMPACT 2024-25

IMPACT METRICS



2,55,485

Number of people outreached

7,625

Number of Health & Care workers trained



08

Public Engagement Campaigns

14

Number of Research & other Publications



06

Policy Level Engagements

07

New Projects/Interventions launched

(*PRESENCE, MHFS, MaheixiHEAR, Access Matter, AffirmCare, TransMHPrep, TransNET)

07



AWARDS & RECOGNITIONS

Dr. Gauri Divan
honored as an
INSAR Fellow
(Melbourne)



Abhipreet Kaur & Sweta Pal,
from NAMASTE,
received the **INSAR Low Income**
Country Travel Award
(Melbourne)

Brinda Singh Raikwar at AHMCON 2024
(Asia Pacific Conference on Adolescent
Mental Health), MAHE. MADAD
intervention, **"By your Side", awarded as**
best poster presentation



SMHPP team received
Maharashtra Ratna Gaurav Award 2025 for
outstanding contribution to societal development



The COMPASS consortium received the
Cultural Diversity Award at the **INSAR** annual
meeting at Melbourne



PROGRAMMATIC ACHIEVEMENTS



CHILD DEVELOPMENT

Sangath's **Child Development Group (CDG)** is committed to helping every child reach their full potential. We design innovative tools and interventions that identify developmental challenges early, equip parents and health workers with skills to nurture growth, and promote inclusive education.

Through research, partnerships, and clinical care, we work to ensure that all children—including those who are neurodiverse—have the opportunity to thrive.

PROJECTS UNDER CDG

- **NAMASTE** : Aims to develop, implement, and evaluate a novel community-based pathway to support early detection and care for young children with Neurodevelopmental Disabilities (NDDs) in South Asia with a focus on Autism in India, Sri Lanka, and Nepal.
- **COMPASS** : The largest trial of its kind for autism in any low-and middle-income country setting. COMPASS aims to evaluate the effectiveness and costs associated with delivering the Parent mediated Autism Communication Intervention for Non-specialists Pluss (PASS Plus) in Delhi.
- **COINCIDE** : Aims to investigate the independent interaction and cumulative effects of nutritional, psychosocial and environmental factors on children's cognitive development and mental health in urban and rural India.
- **STREAM** : Aims to create a scalable tablet-based assessment tool for non-specialists to assess the development of children, aged 0-6 years, in the domains of attention and cognition, fine motor, and social skills in Delhi.

COMMUNITY BASED HEALTH INITIATIVES

Through the **NAMASTE** program, Sangath has been working to **strengthen our frontline workers- Anganwadi Workers (AWWs)**- so they can spot early signs of developmental delays in young children and connect families with timely care.

In Delhi and Goa, around **5% and 3% of children** respectively were found to have a high likelihood of Neurodevelopmental Disorders (NDDs), including Autism Spectrum Disorder (ASD). To support these children and their families, interventions like PASS Plus and WHO-Caregivers Skills Training (CST) are now being delivered across both sites—ensuring that screening leads to real support and stronger outcomes for children.

4,354



745



YEARLY HIGHLIGHTS

COINCIDE: The **SPRING cohort team** successfully completed Sweep 1 data collection in 600 households and Sweep 2 in 572 households through detailed mother-child assessments.

- In the COINCIDE study, the **Developmental Assessment on E-Platform (DEEP)** tool was deployed — a gamified, digital tool that directly assesses cognition in young children and can be administered by frontline providers in community settings, addressing critical gaps in developmental surveillance.
- An in-person **Initial Programme Theory (IPT) workshop** was conducted, and SPRING cohort representatives from Sangath were invited to participate in the district-level ‘Early Child Development’ review and convergence meeting convened by the Civil Surgeon in Rewari, Haryana.
- The **COINCIDE team** presented papers and posters at various national and international conferences and shared mid-term updates at the India-Alliance Conclave.

COMPASS: **Intervention adapted** from the evidence-based intervention PACT (Pre-school Autism Communication Trial), UK; 12 sessions delivered to caregivers of autistic children aged 2-9 years.

STREAM: The **STREAM digital tool** was administered to a community sample of children under six years. The platform integrates multiple assessment components, including the **Malawi Developmental Assessment Tool (MDAT), Developmental Assessment on an E-Platform (DEEP), Screening Tool for Autism Risk using Technology (START), and parent questionnaires.**

NAMASTE: Anganwadi Workers were trained in developmental screening tools, community awareness tools, and REDCap software.

- To support delivery, supervision, and case management of PASS Plus, **a mobile and web application (in Hindi, English, and Marathi), was developed** with technical partner Dimagi, and officially launched.
- **Field implementation was initiated with formal MoUs in Goa & Delhi** — enabling integration of NAMASTE into government systems and Anganwadi networks. MoUs signed with the Department of Women and Child Development (DWCD) in Delhi and Goa, and with Directorate of Health Services (DHS) in Goa, to facilitate roll-out in the state. In Goa, **doctors under the Rashtriya Bal Swasthya Karyakram (RBSK)- a National level government health program, were oriented to NAMASTE, enabling verification of cases flagged by AWWs.**
- **Dr. Anup Netravalkar (Sr. Program Coordinator, Goa) and S. Varuni (Program Coordinator, Delhi), achieved certification as Master Trainers in WHO-CST** intervention. Further, orientations and consultations were conducted with DWCD senior officials, CDPOs, block coordinators, Anganwadi supervisors, and AWWs, including an ‘Angan Baithak’ (focus group discussion) to explore facilitators’ challenges, and strategies for strengthening community-based screening.



Photo: AWWs Practical Trainings, NAMASTE, Delhi

NAMASTE implementation at community level

Children Screened for NDDs

- Delhi: 775 & Goa: 746

AWWs Trained: 720

(developmental screening tools, community awareness tools, REDCap)

Delhi: 222/ Goa: 498

NSHWs Trained in PASS Plus: 8

Delhi: 5 (3 ASHAs, 2 Community Facilitators)/
Goa: 3 (2 AWWs, 1 Community Facilitator)

NSHWs Trained in WHO-CST: 11

Delhi: 5 (3 ASHAs, 2 Community Facilitators)/
Goa: 6 (5 AWWs, 1 Community Facilitator)

VOICES FROM THE GROUND

“
The training was excellent. We understood how to screen children for developmental delays as per their age and the steps to be followed once a child is screened positive. After attending this training we can now identify and help children with developmental delays.
- AWW, Velus, Sattari, Goa

“
Through the screening, I understood about the mental and physical development of young children. I also clearly understood the difference between children who are developing typically and those who may have a disability. This screening has also helped increase our knowledge -
Madhu, AWC 28 , Shakarpur Project

“
Timely screening can help children in need receive the right support and guidance, which can give a new direction to their future.
- Preeti Shukla, CDPO, Trilokpuri & Kondli Project

“
The Namaste program is inspired by the Anganwadi protocol for children with disabilities, under which all workers are being trained. It is our shared responsibility to make the program successful through active participation.
- Mr. Subash Chand Gautam, District Officer, East District, Delhi



Photo: Supportive Supervision, NAMASTE, Delhi

ADOLESCENT & YOUTH MENTAL HEALTH



We are driven by the vision of a world where every young person can access quality mental health care. Our work spans prevention, early detection, and care for challenges including depression, anxiety, suicide, and substance use.

Young people are central to every stage of our journey — guiding and co-creating solutions. We partner with schools, universities, and communities to deliver evidence-based interventions that build resilience and strengthen mental health. Through public engagement, we challenge stigma, and through capacity building, we empower lasting change.

Photo: Co-design Workshop, METROPOLIS, Delhi

PROJECTS UNDER AYMH

METROPOLIS: Advancing the understanding of the effectiveness and mechanisms of peer delivered psychological interventions, specifically problem solving and behavioral activation, as early interventions for youth depression in Delhi/ NCR.

SMHPP: School Mental Health Promotion Program is a scale up of SEHER intervention which improves school climate for prevention, promotion and redressal of Mental Health, in government-run primary/secondary and low cost private schools in Pimpri Chinchwad and Pune.

MADAD: Aims to adapt and test the feasibility and acceptability of a community-based, peer-facilitated psychological treatment for adolescents, aged 15–18 years, with anxiety and depression in India, Goa.

MeWeSports: A community-based program that uses sports as a platform to strengthen adolescent mental health and prevent substance use in Goa.

PRESENCE: A school-based implementation project that adopts a whole-school approach, engaging adolescents, teachers, principals, school management committees, and the wider community to build awareness on critical issues of adolescent mental health in Rajasthan and Madhya Pradesh.



COMMUNITY BASED HEALTH INITIATIVES

Through **MADAD** and **MeWeSports** initiatives, Sangath has been equipping young people, families, and communities with knowledge and skills to better understand and respond to the challenges around substance use and mental health.

Adolescents have received **psychoeducation sessions on substance use, mental health, and related problems**, alongside other skill-building modules that help them manage stress and strengthen resilience. Additionally, the families were supported through literacy sessions—enabling them to recognise warning signs and provide support to the adolescents at home.

Similarly, **STRIDE** (intramural) **empowered youth to take the lead—designing and delivering their own awareness campaigns on mental health**. This youth-led model not only ensures contextual relevance but also builds ownership, creativity, and leadership among young people.

79,171

people
outreached



130

health and care
workers trained



YEARLY HIGHLIGHTS

MADAD: Formative research completed through in-depth interviews with 17 adolescents.

- **Intervention “By Your Side”** – a youth-friendly, culturally informed intervention using narrative and Cognitive Behavioral Therapy (CBT) techniques- developed and contextualized for Goa.
- **15 Peer Facilitators (18-21 years) are selected & trained** for pilot delivery.
- Collaboration with Parvatibai Chowgule College of Arts and Sciences to train psychology students as peer facilitators in Goa.
- **Awarded best poster presentation** for presenting the paper on “By your Side” at AHMCON 2024 (Asia Pacific Conference on Adolescent Mental Health), held at MAHE.

MeWeSports: Community coaches and youth champions were trained, while teachers participated in awareness and capacity-building sessions. To **enhance accessibility, intervention materials were adapted into Oriya, Konkani, and Hindi**. Building on insights from the first pilot study conducted in Goa, the intervention was refined. **Two new grants were secured to expand the MeWeSports program across schools and communities in both Goa and Bhubaneswar**. This expansion was made possible through strategic partnerships – with the Diocesan Society of Education and Forca Goa Foundation for school and community-based delivery in Goa, and with Pro Sport Development for regional implementation in Bhubaneswar.

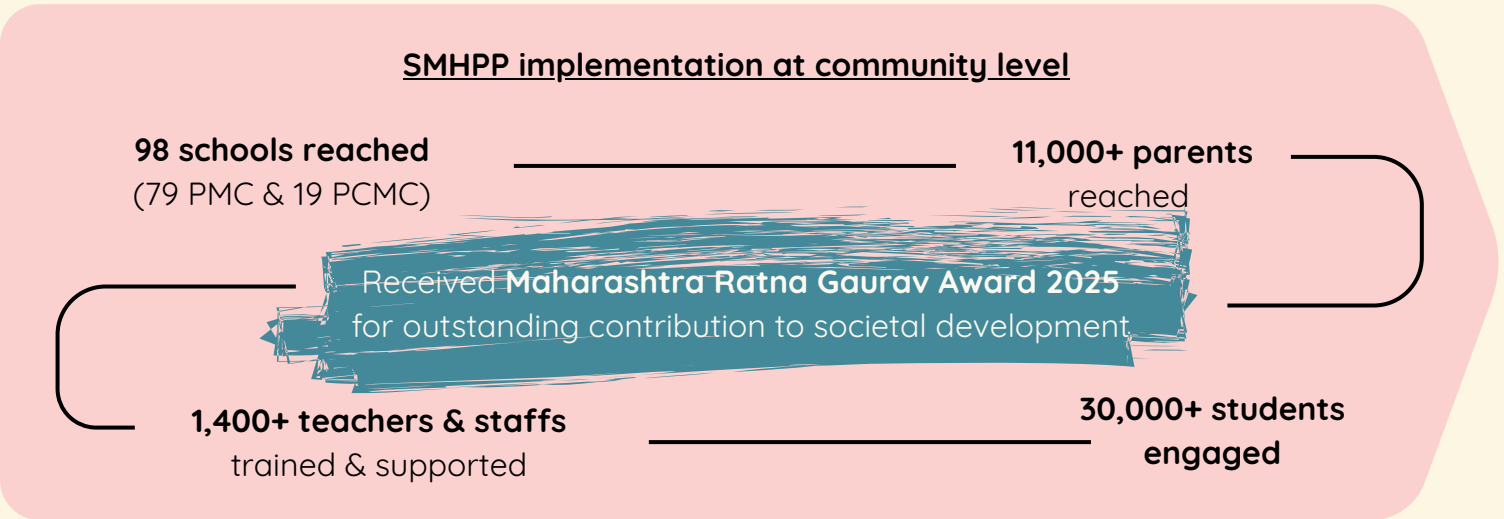
METROPOLIS: The first phase centered on **co-designing adaptations to peer-delivered interventions for problem-solving and behavioral activation**. Participatory workshops were held with Delhi University students (aged 18–24 years). In addition, 12 youth advisors contributed to study design, interpretation of findings, and final intervention planning.

- To prepare for the forthcoming trial, a **provisional set of tools was reviewed, culturally adapted, and tested through a structured validation process**, with a reference sample of 200 students participating in a psychometric study.
- A cohort of **student peer supporters (Saathis) is being prepared** to deliver METROPOLIS interventions. In partnership with Youth Mental Health Foundation (YMHF), over 25 student ambassadors were trained to support recruitment across 15 college campuses through digital dissemination, poster drives, classroom briefings, and student society collaborations.
- As part of wider engagement, Sangath and YMHF co-hosted the inaugural **METROPOLIS youth mental health festival, CONFAB** in New Delhi. The festival was attended by over 500 students, and featured interactive booths, games, talks, workshops, and an exhibition of personal mental health narratives.
- The METROPOLIS outreach further amplified through the launch of a dedicated **METROPOLIS website www.metropolisstudy.com**.

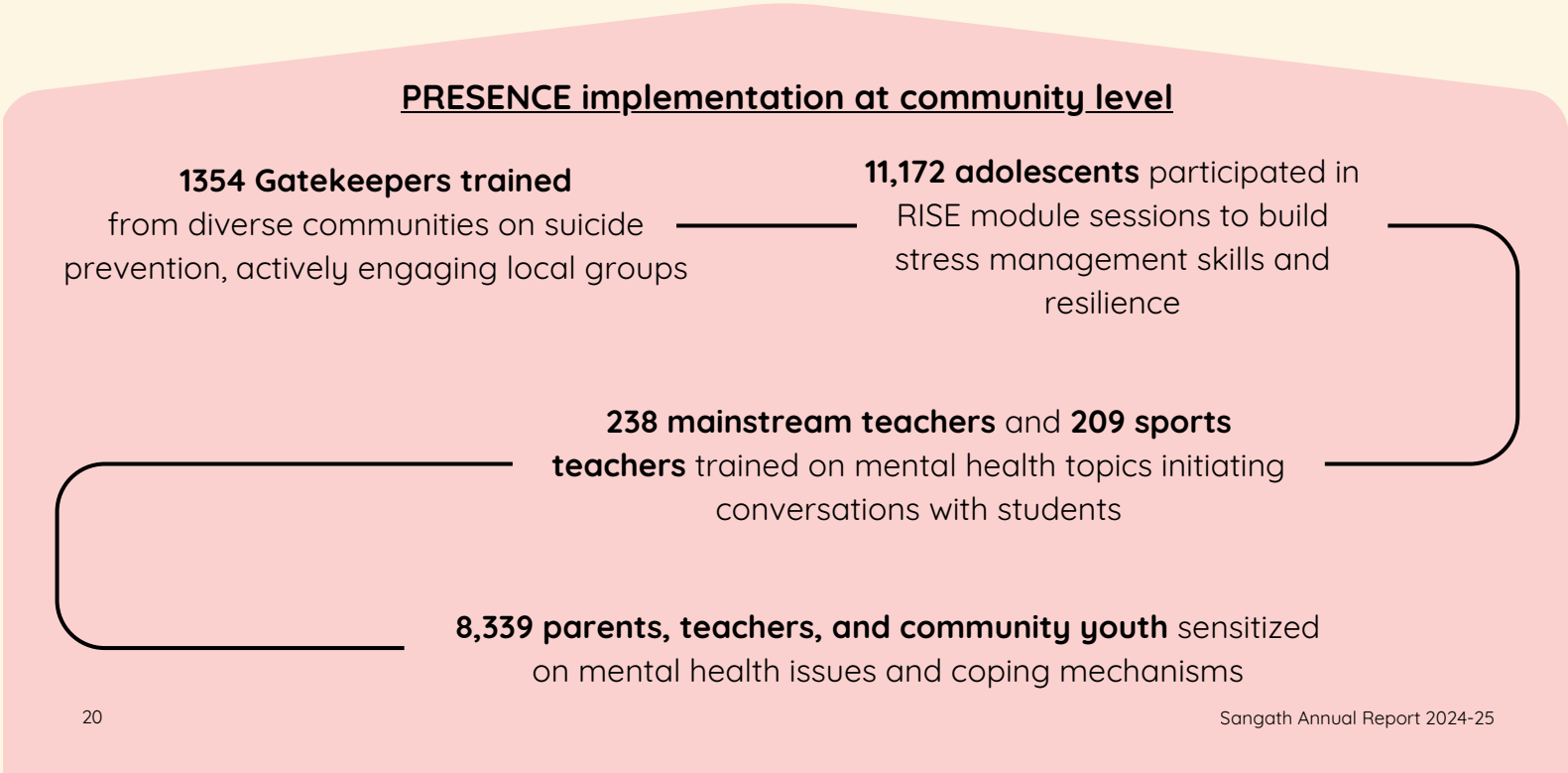
SMHPP: Under **new initiative, a cluster-level exhibition** was organised, showcasing students’ talents through competitions held across the year on intervention themes.

Orientation programs were conducted for 120 primary school heads on mental health, stress management, and their responsibilities under the POCSO Act (Protection of Children from Sexual Offenses), as well as for 19 secondary school heads on program deliverables, mental health, and POCSO Act awareness. **The SEHER intervention is now being adapted and evaluated for students in Tokyo, Japan and Bradford, UK.**

In collaboration with the Department of Education, PMC, a workshop was held for 300 primary school heads, focusing on mental wellbeing, stress management, self-care strategies, and the importance of creating stigma-free, sensitized school environments. **A formal MoU was signed with PCMC, further strengthening program delivery.**



PRESENCE: **Gatekeeper trainings were conducted across different communities in Rajasthan & Madhya Pradesh**, to build awareness and skills for suicide prevention. Mainstream and sports teachers received training on key mental health topics, while parents, teachers, and community youth were sensitized on mental health issues and effective coping mechanisms.



VOICES FROM THE GROUND

“ I thought some of the topics would be very heavy, and the kids would not understand it. But when we actually did it, the responses from the kids were very good.
- **MeWeSports Coach** ”

“ Today, I learned that the most important thing was expressing the emotions and feelings.
- **PRESENCE’s participant** ”

“ We, at PSD, have been delighted to collaborate with Sangath, to learn more about the impact of the participation in physical activity and sports on various mental health issues relating to adolescents. Our shared belief is that sports and physical activity can provide meaningful tools to address these issues, and we look forward to learning more about the efficacy of such strategies in the local context within India.
- **Suheil Tandon, Pro Sport Development** ”



“ It was a wonderful experience, especially sharing the lived experiences of people and it actually is participatory in nature. Seeing that things are being implemented not just in theory but out there in practical life taking account of people’s experiences, is really inspiring. Because we know that our opinions are heard and they matter here.
- **Sidhi, Co-design Workshop participant, METROPOLIS** ”

ADULT MENTAL HEALTH



Photo: Community session, OptimizedD, MP

We are committed to transforming adult mental health by deepening the understanding of both common and severe mental disorders. Through cutting-edge research and collaboration across psychology, psychiatry, neuroscience, and public health, we uncover new insights and design innovative interventions that matter in the real world.

By working hand-in-hand with clinicians, policymakers, and communities, we bridge the gap between research and practice—ensuring that evidence-informed care is more accessible, impactful, and life-changing for adults facing mental health challenges.



PROJECTS UNDER ADULT MENTAL HEALTH

AANAND: A randomized controlled trial on the effectiveness of a positive psychology-based coaching intervention for community health workers, to improve their delivery of treatment for depression in rural India.

OptimizedD: A precision mental health randomized clinical trial aimed at improving outcomes in moderate to severe depression in primary care in India.

SHARP: Aims to reduce the mental health treatment gap in low and middle-income countries (LMICs) by providing remote support to persons living with severe mental health conditions such as schizophrenia (in particular) by predicting and managing relapse in tertiary care outpatients.

SAHARA: A program designed to promote perinatal psychosocial wellbeing and nurturing care from pregnancy through the first three years of life, in select districts of Madhya Pradesh. It aims to assess the feasibility, acceptability, implementation, and impact of an integrated intervention on women's mental health and Early Child Development (ECD).

SAATHI: Aims to co-produce a digital curriculum to train peer support workers supporting individuals with severe mental illness.

IMPRESS: Implementation of evidence-based facility and community interventions to reduce the treatment gap for depression. It aims to reduce the treatment gap for depression by addressing both supply and demand side barriers through two scalable models in Goa.

PracticePal: Aims to improve treatment outcomes for individuals undergoing Healthy Activity Program (HAP) treatment for depression by means of a chatbot- aimed to improve adherence to homework in HAP therapy in MP & Goa.

KhusheeMamta: A non-specialist-delivered perinatal depression intervention in rural Rajasthan, adapted from the WHO 'Thinking Healthy Program'.

PEERS: Aims to test a peer-supervision mobile application and understand its impact on the quality of therapy, delivered by non-specialist community healthcare workers.

1,62,625



6,516



COMMUNITY BASED HEALTH INITIATIVES

Under **OptimizeD**, **awareness and sensitisation sessions were held in primary health centers and shelter homes**, focusing on early identification and management of depression, particularly in underserved settings.

SAHARA has been championing Maternal Mental Health Awareness through innovative community-based public engagement tools such as **street plays and wall paintings** in 8 districts of Madhya Pradesh. Hundreds of **THPP (Thinking Healthy Program Peer) sessions** were delivered to antenatal and postnatal women who were screened positive for perinatal depression.

Through a range of innovative initiatives, Sangath continued to strengthen community-based responses to mental health. **IMPRESS** engaged **trained volunteers to raise awareness about depression**, identify individuals in need of care, support those undergoing counselling, and practice self-care themselves—creating a compassionate support system within communities.

With **PracticePal**, the **HAP was piloted in Bhopal and Goa**, delivered by ASHA workers and trained volunteers, with **a digital chatbot introduced as a therapy aid** to enhance reach and engagement. Whereas, **SAATHI** created a platform for dialogue by hosting a panel discussion with peer supporters, highlighting the importance of **rights-based mental health care** and lived experience leadership.

Khushee Mamta brings maternal mental health care closer to women by **training lay counsellors to screen and support mothers experiencing perinatal depression**. Despite barriers like stigma and limited privacy, the program has shown that lived experience, strong collaboration, and culturally adapted care can break through these challenges—making support more accessible and empowering for mothers in the community.

YEARLY HIGHLIGHTS

AANAND: A key milestone was the development of a **character-strength-based coaching intervention**, along with the successful delivery of ten five-day residential workshops. The project also produced **two peer-reviewed publications** and an oral presentation at the **33rd International Congress of Psychology in Prague**. The presentation highlighted qualitative findings from the pilot phase, drawing on interviews with ASHAs to capture their experiences of both workshop-based and remote coaching.

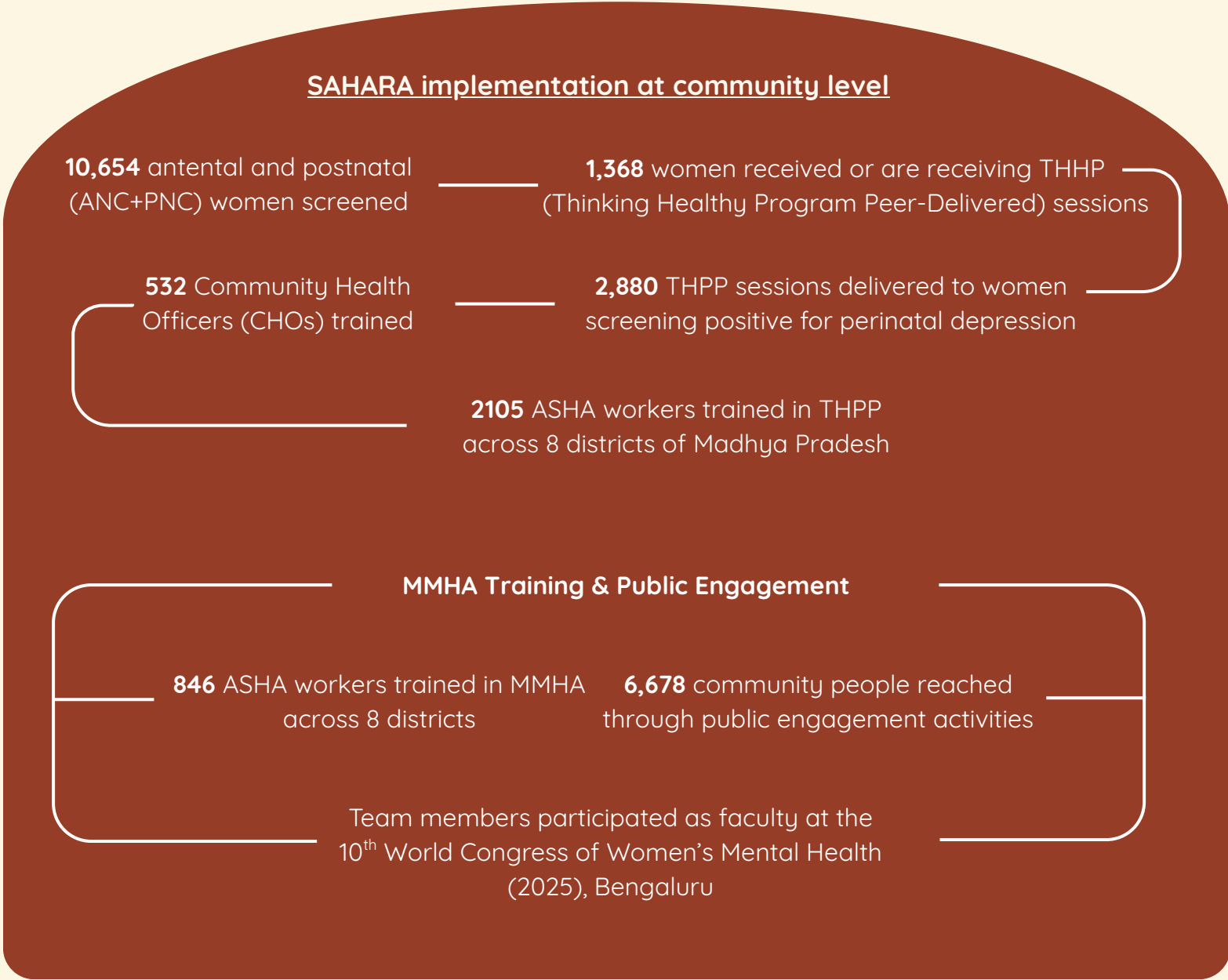
KushalMaa: The study marked foundational milestones this year, including the recruitment of a culturally competent team of research assistants and intervention moderators with strong local familiarity

- Digital **data collection systems were designed and developed using the REDCap platform**, with study tools pilot-tested at the field level. Two study blocks in Sehore district were selected in coordination with district health authorities, and REDCap forms were finalized for real-time data collection.
- Formal approvals and agreements were secured, including **IRB approval for the study protocol and tools**, and an **MoU with the National Health Mission, Madhya Pradesh**. Field implementation commenced in February 2025.

SHARP: The project **completed its pilot phase and focus group discussions**, engaging 56 participants diagnosed with early-course schizophrenia or schizoaffective disorder. One research paper was published, and the **mindLAMP app**—developed by BIDMC, one of the study sites—is being leveraged as part of the research.

- Khushee Mamta:** Lay counsellor recruitment, training, and deployment in rural Rajasthan.
- Screened and provided **psychosocial treatment for perinatal depression via lay counsellors in collaboration with community health workers- ASHAs & AWWs-** for improved awareness and access to culturally adapted care.
 - Utilised the **photovoice methodology and organised photo exhibitions**, while also building collaborative networks and establishing an Advisory Group to support scale-up.

SAHARA: The team **developed a video on Maternal Mental Health Awareness (MMHA)** in collaboration with the **National Health Mission, Women and Child Development Department, and Carnegie Hall, USA**.



SAATHI: Posters presented at International Conference of Schizophrenia, Chennai.

- Workshop on ‘**Peer Support for Rights-Based Mental Health Care**’, Goa.
- Blueprint for short videos is developed; preparation for LMS upload.

PracticePal: **Deployed PracticePal chatbot** with scripted roleplay videos and homework scheduling/reminder features to support HAP therapy.

- Collaborations with ‘**EMPOWER India**’ for training & supervision of **ASHA workers** and with ‘**Dimagi**’ for tech development and maintenance of chatbot using TextIt on Telegram.

PEERS: Developed and launched the **PEERS e-course and mobile application**.

- Trained 99 counsellors to use the PEERS app, 6 counsellors graduated as peers supervisors.

IMPRESS: Development of a **community intervention with 5 modules**, (LEARN, INFORM, ENGAGE, FOLLOW-UP, SELF-CARE) delivered by trained community volunteers.

IMPRESS implementation at community level

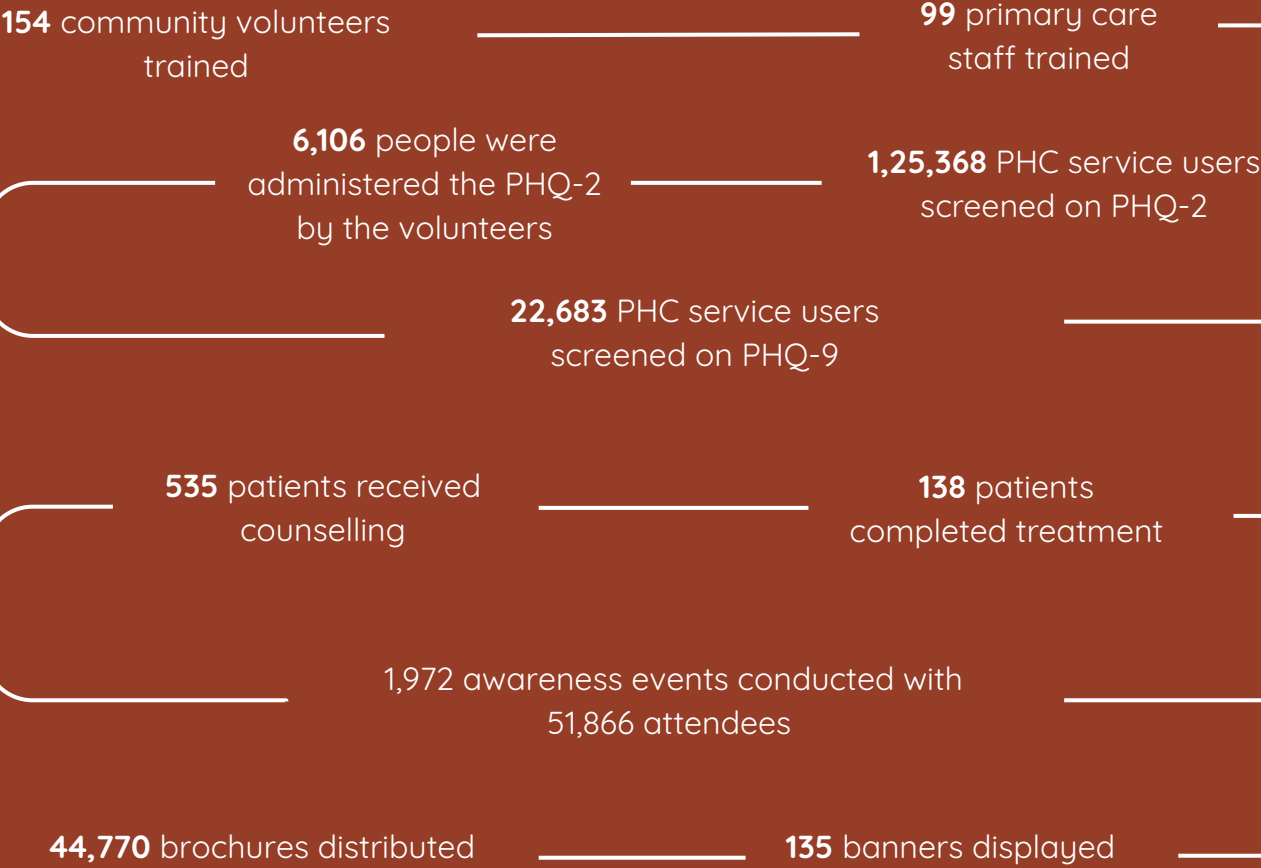


Photo: Community celebration, IMPRESS, Goa

VOICES FROM THE GROUND

“Nukkad Natak for Maternal Mental Health is such a good approach. I hope such outreach & awareness events happen in every village, every block, as they support & inspire the pregnant women & their families.
- Ashok Pandya, Community Member, Hamirkhedi, MP

“People don't think about their Mental Health. They usually think, "Am I Crazy? Is something wrong with my mind?" That's why they don't seek help for Mental Health
- Community member during Mental Health Awareness drive, OptimizedD

“When I do Mental Health work in the community, it benefits the pregnant women greatly. Like myself, there are several ASHAs, working in the communities. I want that Sangath build our capacities in Mental Health more & more, so we can help the pregnant women by understanding the root-cause of their challenges.
- Usha Pandey, ASHA worker, Narmadapuram, MP



Photo: Community engagement through Nukkad Natak, SAHARA, MP

ADDICTIONS AND RELATED* RESEARCH



Photo: CCAP Annual Review Meet, Goa



Photo: CCAP Annual Review Meet, Goa

Originating as a small team in Goa focused on addiction, the group has expanded into a dynamic collective of over 100 members. Its research portfolio now encompasses areas such as gender-based violence, digital interventions, and implementation science. The group's initiatives extend across multiple states, including Rajasthan and Karnataka, aiming to create lasting social impact.

*The related research projects are listed under Adolescent, Youth and Adult Mental Health.

PROJECT UNDER ADDICTIONS

CCAP: The Coordinated Care for Alcohol Problems aims to develop and implement a contextually relevant, scalable, and coordinated intervention for problem drinking in Goa.

YEARLY HIGHLIGHTS

CCAP: Development of a **common counselling manual** with integrated evidence-based engagement strategies for harmful and dependent levels of problem drinking.

- Development of the **digital intervention M-BIT** for hazardous drinking.
- **Engagement with Directorate of Health Services (DHS), Goa,** to implement the intervention in primary healthcare settings.
- One peer viewed publication.



Photo: CCAP Local Stakeholders' Meeting, Goa

HEALTH EQUITY



Photo: DICC event, iHEAR

Sangath's commitment to Health Equity grew from the stark inequities exposed during the COVID-19 pandemic, particularly those faced by activists from trans and disability communities.



Through Initiative for Health Equity, Advocacy, and Research (iHEAR), we collaborate with partner organisations and community members with lived experiences, using participatory approaches that put voices from the margins at the centre. iHEAR works at the intersections of healthcare, vaccine access, medical education, and mental health—partnering with LGBTQIA+ and disability communities. By blending research with humanities, art, and innovation, we strive to reimagine systems of care that are inclusive, equitable, and just.

PROJECTS UNDER iHEAR

AffirmCare: AffirmCare Kerala aims to **build the capacity of medical educators and students across 5 institutions** in Kerala to provide LGBTQIA+ affirmative healthcare.

RainbowMed: Aims at promoting **LGBTQIA+ affirmative healthcare education** in India, with a focus on western India.

Creative Communion: Aims to alleviate minority stress and improve mental health by **fostering a safe community for marginalized individuals** in Bhopal, especially those from **LGBTQIA+ and neurodivergent communities**.

Mahei X iHEAR: Aims to strengthen the **psychological and economic resilience** of a cohort of **50 young women, queer, and trans individuals** in Moirang, and adjoining areas in Manipur, India.

DICC 2.0: Aims to equip a cohort of health-professional educators (HPEs) to **train medical students on disability competencies** through the use of **arts-based methods**—poetry, graphic medicine, disability ethics, and Theater of the Oppressed.

Queer Chronicles: The project collected **first-hand experiences of LGBTQIA+ persons** across India, within health and healthcare settings.

Access Matters: A participatory action research project that aims to make **public health facilities more accessible and inclusive for people with disabilities**.

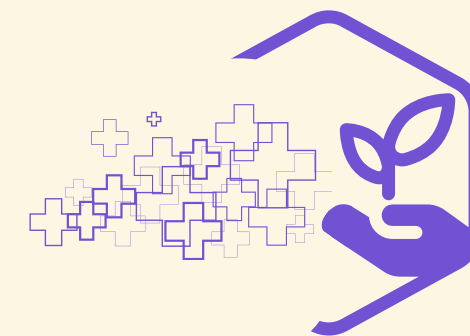
TransMHPrep: A qualitative participatory research project, aims to develop best practices in **trans-affirmative mental health care** provision during public health emergencies.

TransNET: Participatory research project, that explores how transgender, non-binary and gender-diverse **(TNBGD) individuals use digital technologies in their everyday lives**, especially in the context of safety and access to support.

VaccineEquity: A mixed methods research study to develop and test a survey tool to understand **behavioural and social drivers of COVID-19 vaccine uptake** in the transgender, gender diverse, intersex and disability communities.



Photo: Potloi making, MaheixiHEAR, Manipur



COMMUNITY BASED HEALTH INITIATIVES

Sangath's work to advance LGBTQIA+ affirmative health care placed community voices at the heart of the process. By **partnering with grassroots organisations** like Amigos Trans Collective, Oasis Cultural Society, and Abhinaya Cultural Society, iHEAR **AffirmCare** ensured that training workshops reflected lived experiences and local realities. The project introduced faculty and students not only to the legal and policy landscape in Kerala but also to inspiring Community Based Organisations-led initiatives, deepening their understanding of inclusive care. Through consultations and workshops, community voices shaped the content, creating safe spaces for dialogue and learning. The project concluded with **a refined set of competencies-available in simplified Hindi and English-marking an important step toward more inclusive and equitable medical education.**

In Mumbai, the **TransMHPrep** team brought together community members, Civil Society Organisations, and healthcare representatives for a consultation on **best practices in trans-affirmative care**, fostering dialogue through panels and group discussions.

Sangath's initiatives this year also addressed the **intertwined challenges of mental health, economic well-being, and systemic exclusion faced by queer and trans communities.**

In Manipur, **Mahei team** (a youth-led skill building and economic generation centre for women, queer and trans), with support from The Collective Trust, and iHEAR Sangath, facilitated mental health workshops alongside skill-building trainings in indigenous crafts such as handloom, embroidery, potloi, and bridal make-up. These efforts not only mapped community mental health needs but also created sustainable networks for livelihood and resilience.

1,710 
people outreached

234 
health and care
workers trained

Together, these initiatives marked critical steps in amplifying marginalised voices, embedding lived experience into practice, and creating pathways of care, equity, and resistance across both physical and digital spaces.

YEARLY HIGHLIGHTS

RainbowMed: Held a **sensitisation workshop** at Medical College in Bhopal with faculty from multiple medical disciplines; alongside an **LGBTQIA+ community consultation** to integrate lived experiences into discussions on affirmative healthcare and competency review. An **online workshop on LGBTQIA+ inclusivity in medical education** engaged participants from 18 states, contributing to national dialogue on embedding LGBTQIA+ healthcare within the Competency-Based Medical Education (CBME) curriculum.

Creative Communion: Held **a series of creative workshops** in Bhopal, beginning with two **“Theatre of the Oppressed”** workshops, followed by a **writing workshop** at Sangath Bhopal, for colleagues interested in exploring different aspects of writing, and a **Dance Movement Therapy** workshop; the final workshop in the series focused on **mixed-art therapy**. These workshops created a **safe and inclusive space**, enabling participants to share experiences openly, and were highly interactive, fostering both personal and collective growth.

Queer Chronicles: A two-days **introductory workshop** at UCMS, Delhi, engaged 20 LGBTQIA+ community members from across India, orienting them to three creative methods under the guidance of experienced mentors. Followed by an **online reflective writing workshop** for participants from South & Northeast India and a **zine-making workshop** in Bhopal . With feedback from mentors and peers, the participants’ work was refined into **18 first-person narratives**, which were showcased at the **iHEAR National Symposium on Health Humanities** in Delhi & attended by 110 stakeholders. The finalised narratives were subsequently shared via iHEAR’s social media, reaching a wider online audience.

Access Matters: The project engaged **public hospital administrators, civil engineers under the National Health Mission (Bhopal), and various CBOs** across Goa & Bhopal. **Trainings for Field Investigators** were conducted leading to the completion of **35 audits**-24 in Madhya Pradesh and 11 in Goa.

TransNET: The project **completed 15 qualitative interviews** with trans, non-binary, and gender-diverse (TNBGD) individuals from diverse intersections across India. **An article reflecting on the process of conducting feminist research** was published. A **community consultation in Bangalore** was held to share preliminary findings and gather input for developing the toolkit and research dissemination.

TransMHprep: **Preliminary findings were presented at the 2024 MSF Scientific Days Conference and a Community consultation in Mumbai.** The project conducted 20 qualitative interviews with mental health professionals, civil society representatives, lawyers, and peer supporters across India who provided psychosocial support to the trans community during the pandemic. An article on resilience, co-authored with two community advisory members, was published.

VaccinEquity: The team **adapted the ‘WHO Behavioral and Social Drivers of COVID-19 Vaccination survey’** through a participatory process and completed **236 surveys** with individuals from the trans and disability communities. Findings were shared via a **bilingual webinar** in Hindi and English.

DICC 2.0: A total of **58 medical faculty, from diverse colleges and specializations across Maharashtra University of Health Sciences (MUHS)**, were trained in health humanities methods to teach disability competencies. Participants attended workshops on Poetry, Graphic Medicine, Disability Ethics, and Theater of the Oppressed, facilitated by experts from UChicago, University College of Medical Sciences, Delhi, Jamia Hamdard University, Delhi, and the iHEAR Sangath Bhopal Hub.

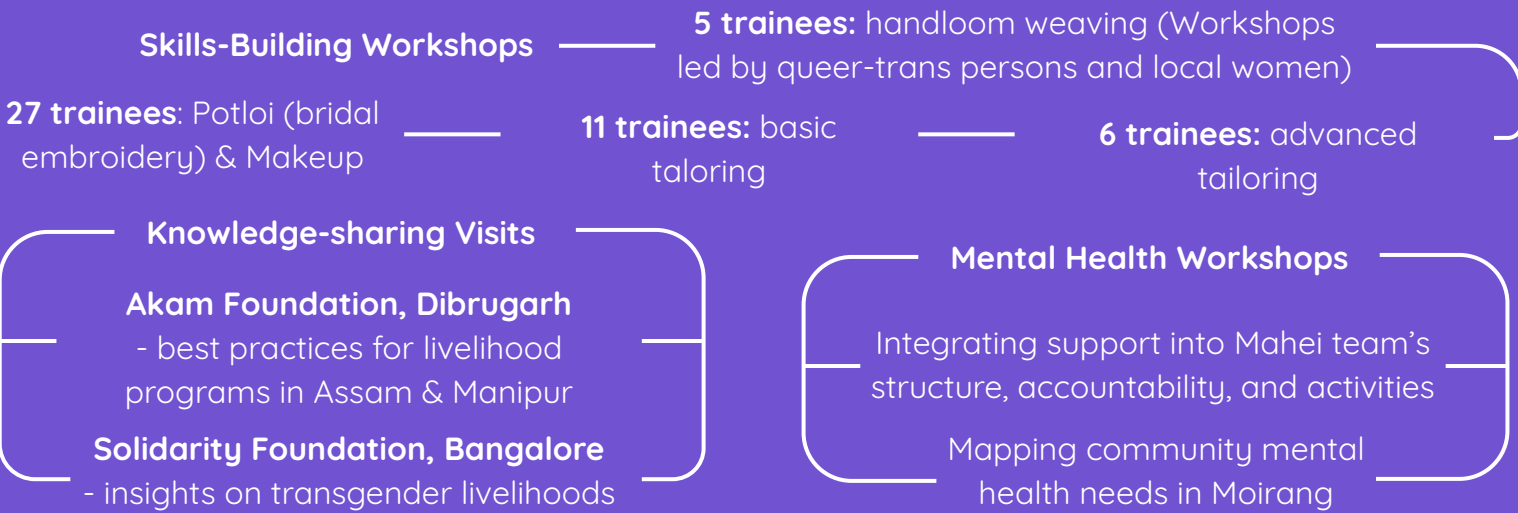
- **13 faculty members piloted these methods at their institutions with around 560 healthcare students, integrating disability-inclusive competencies into foundational courses for MBBS, physiotherapy, and nursing students.**
- The project culminated in a **national dissemination conference-Advancing Queer and Disability Inclusion-** iHEAR National Symposium on Health Humanities.

AffirmCare: A consultation meeting with eight LGBTQIA+ community members and experts in Kerala was held to identify key challenges, opportunities, and priorities. **Faculty and student workshops were conducted across medical colleges in Kozhikode, Wayanad, and Trivandrum.**

- **Developed Ningalude Paripalanathile Nirabhedangal (Kerala LGBTQIA+ Medical Educator Guide)** with active participation from community members, enriched by lived experience sharing and collaborations with local CBOs, student groups, and the State Health Systems Resource Center-Kerala

MAHEIXiHEAR: The Mahei team, with The Collective Trust and iHEAR Sangath, **conducted mental health workshops to assess the needs of Moirang’s queer and trans community** and explore integrating support into the team’s structure, accountability, and daily activities.

MAHEIXiHEAR in Communities



VOICES FROM THE GROUND

हाँ क्योंकि काफी कुछ सीखने को मिलता है और अपने आप से भी मिल पाते हैं क्योंकि हम कहीं और होते हैं और अपने आप के बारे में सोच नहीं पाते हैं।

- Participant, Creative Communion

The way the workshop moved from providing the pre-read and introducing the terminologies, the medico-legal issues and access issues, also hearing lived experience from the transperson herself was very helpful.

- Participant, AffirmCare

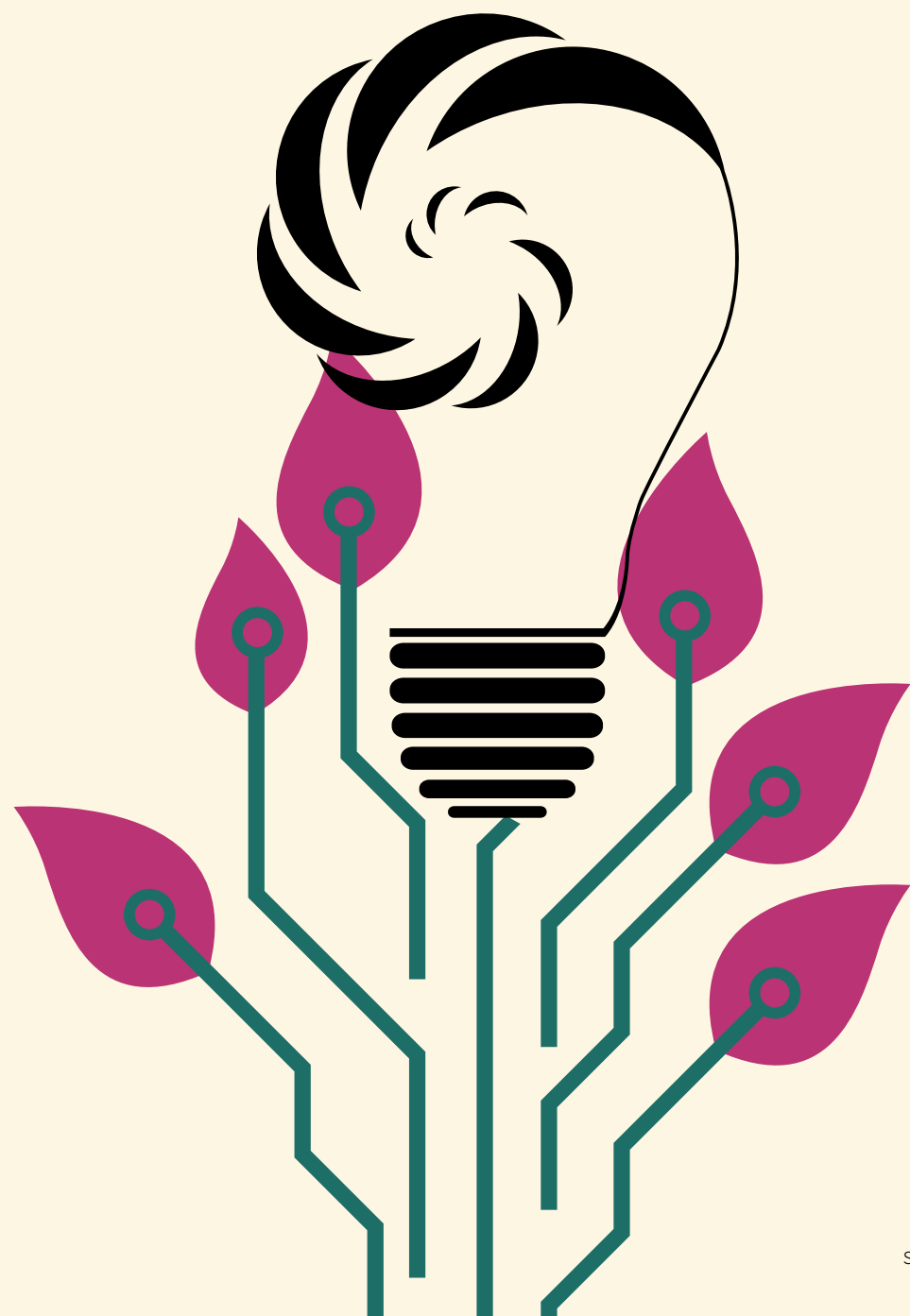
It was a remarkable experience to be part of VaccinEquity 1 and 2. The studies have taken an in-depth participatory approach. It was not something tokenistic, but I have felt the participatory approach at every stage. I'm from disabled community & have worked with vaccine dissemination for persons with disabilities, advocating with the government for doorstep vaccination, and for making the vaccination centres accessible. We have been seeing these challenges in VE 1.0 study. I really appreciate that we didn't stop at 1.0, but we had the clarity on the structural barriers, the practical issues and this VE2 report will help the government take the next step forward for all marginalized communities.

- Smitha Sadasivan, member of the VE2 Community Advisory Board

As a trainer and facilitator, I enjoyed the process and gained new experiences. The sessions helped me gain emotional positivity. Not only did we share about our lives, we also helped each other."

- Rohana Moirangthem, Mahei

TECH AND INNOVATIONS



This year, Sangath harnessed the power of technology to expand access, strengthen delivery, and reimagine the future of mental health care. From mobile apps to AI-driven chatbots, our teams collaborated with global and local tech partners to design tools that bring interventions closer to people, wherever they are.

Sangath's Innovating Care through Technology : Highlights

M-BIT : A WhatsApp-based brief intervention to support individuals with hazardous drinking.

Peers App : Mobile tool (with Dimagi) enabling peer-delivered mental health interventions.

PracticePal : Chatbot integrating therapy workbooks, videos, and homework reminders.

SAATHI Digital Curriculum : Peer supporter training curriculum hosted on an LMS, for easy access.

DEEP : Gamified cognitive assessment tool for young children, delivered by frontline workers.

STREAM : Integrated digital platform combining DEEP, START, and parental questionnaires.

COINCIDE : Piloting DEEP to address gaps in developmental surveillance.

NAMASTE App : Mobile/web platform for case management, delivery, and supervision in 3 languages.

SHARP / mindLAMP : Leveraging a global app to explore new frontiers in digital mental health.

PEERS Mobile App : Tracks therapy quality, progress, and client well-being in real time.

VaccinEquity Virtual Research Tools : Remote surveys and trainings enabling wide geographic reach.

PracticePal : Chatbot designed to function as therapy aid, incorporating HAP workbook content, psychoeducation videos, and automated homework reminders via Telegram/TextIt.

CAPACITY BUILDING AND TRAININGS





Building Skills, Strengthening Systems

This year, Sangath deepened its commitment to capacity building by training thousands of people across India — from frontline health workers to youth champions, medical educators, mental health leaders and community volunteers. Through diverse workshops and innovative learning formats, we empowered individuals and institutions to deliver rights-based, inclusive, and sustainable mental health care.

Photo: Peer support for Rights based mental health care, SAATHI, Goa

Health Systems: We strengthened primary care systems through **suicide prevention campaigns, refresher trainings in counselling, and medical officer workshops in collaboration with AIIMS Bhopal**. Lay counsellors, psychology students, ASHAs, Anganwadi workers, and volunteers were equipped with evidence-based interventions like **HAP, CBT, MMHA** and **Self-Help Plus (SH+)**. Coaches, youth leaders, & peer supporters built skills to champion mental health in their communities. Built capacities of **national & global professionals in mental health leadership**.



Photo: Practical Training of AWWs, NAMASTE, Delhi

Health Equity: Beyond health systems, Sangath **fostered creativity and inclusion through disability-focused workshops** in poetry, ethics, graphic medicine, and theatre of the oppressed, **expanding conversations from clinics to classrooms and cultural spaces**. Queer and trans communities in Manipur were trained in livelihood and mental health skills, embedding wellbeing within community structures.



Photo: Induction Workshop, Queer Chronicles

Institutional capacities: We also **advanced institutional capacities with accessibility audits, data collection for public health, and training in grant management** (Research Management Grant, supported by DBT/Wellcome Trust India Alliance). Dissemination workshops created dialogue between government stakeholders, community organisations, and people with lived experience — ensuring research translates into action.

Capacity Building Outcomes

Our capacity-building initiatives this year highlighted both the promise of scalable, community-led models and the practical challenges of implementation across diverse contexts.

Youth empowerment: Youth programs such as **MeWeSports** demonstrated high feasibility and acceptability. By adapting content to be **age-appropriate**, **practice-oriented**, and **aligned with National Education Policy (NEP) 2020**, we saw youth facilitators take pride in leading campaigns, gain confidence in influencing peers, and embrace participatory methods.

Frontline health systems: **Training of frontline workers** under **NAMASTE** improved capacities in developmental screenings, though operational challenges such as competing workloads, limited digital infrastructure, and new tools (e.g., REDCap) required additional on-ground supervision and verification.

Faculty sensitization: Faculty sensitization workshops under **AFFIRM CARE** and **RainbowMed** showed strong outcomes, with **increase in awareness** and **readiness to integrate LGBTQIA+ affirmative competencies**. Small-group discussions, case-based dialogue, and leadership engagement enhanced participation.

Digital innovation: App-based tools like **mindLAMP** showed strong adherence, quality data collection, and good correlation with psychological scales, supporting its use for cognitive assessment in schizophrenia.

Community resilience: **Mahei X iHEAR** workshops equipped **displaced queer and women participants** with indigenous craft, tailoring, and weaving skills, improving financial independence, cultural preservation, and psychological wellbeing. They also catalysed stronger peer networks and online community presence. Across projects, interactive, case-based learning, peer circles, and refresher trainings proved most effective in sustaining knowledge and improving service delivery quality.

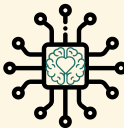
Enhancing Institutional Research Management Capacity: **Established the Office of Project Management (OPM), rolled out pre- and post-award policies, launched a centralised grants database with regular funding updates**, and strengthened researcher support across the grant lifecycle. Capacity was further built through trainings, intramural grants, international exposure, and a draft open-access manual—reinforcing Sangath’s commitment to sustainable research management.

The 16th edition of Sangath’s Leadership in Mental Health (LMH) Course brought together **70 passionate participants from 10 countries** and a powerhouse faculty of **over 50 global Mental Health Experts**. The week-long residential bootcamp fostered deep learning, critical reflection, and cross-cultural exchange on evidence-based practices and community-driven innovations.

Key Learnings



Simplify & Localize Content: Interactive, participatory, and context-specific approaches build greater confidence and retention among trainees.



Leverage Technology Wisely: Digital tools strengthen monitoring and evaluation, but require handholding, refresher sessions, and infrastructural support to overcome barriers.



Adapt to Local Realities: Flexibility in timelines, sensitivity to conflict and mental health challenges, and tailored financial systems are crucial for community-led projects.



Institutional Buy-In Matters: Working with leadership and institutions already open to change accelerates uptake of new competencies.



Community-Led Approaches Work Best: Empowering local voices and peer networks ensures sustainability, relevance, and long-term impact.



ADVOCACY AND OUTREACH



Photo: Street play on Maternal Mental Health, SAHARA, MP

Campaigns & Advocacy

In 2024–25, Sangath strengthened its public voice through campaigns that brought mental health into classrooms, communities, and digital spaces. From large-scale festivals to targeted toolkits, we sought to raise awareness, build acceptance, and share evidence with diverse audiences across India.

1,083 students, **123** teachers, and **47** parents
across **61** schools in MP & Rajasthan.

Thousands reached online through Autism awareness
& free counselling promotions

2,127 Community engagement activities

31,191 Community people reached

Campaigns Outreach

Mental Health Festival & Marathon

PRESENCE project sparked conversations on mental health across schools in Madhya Pradesh and Rajasthan - using the power of interactive sessions, sports, and cultural events to break stigma and build supportive communities.

Mental Health Awareness Month

OptimizedD celebrated Mental Health Awareness Month across PHCs in Bhopal with focus on depression education, stigma reduction, and community engagement. Workplace events were held on World Mental Health Day, focusing on burnout and stress management.

Youth based Campaigns

College-led campaigns put students at the forefront, under **STRIDE (Intramural)** — empowering young leaders to design and drive powerful awareness initiatives on substance use, harm reduction, and overall wellbeing.

Community Campaigns

SAHARA project sparked conversations on Maternal Mental Health through street plays & wall paintings in Madhya Pradesh.

IMPRESS held a suicide prevention campaign, in collaboration with DHS Goa, wherein primary care staff in all 30 facilities were provided information on suicide prevention and how to support someone with suicidal ideation and attempts.

Social Media Campaigns

NAMASTE project ran a vibrant social media campaign that busted common myths and amplified voices of acceptance — fostering inclusion, understanding, and respect for autistic individuals.

PracticePal actively promoted access to free counselling sessions by sharing weekly updates across social media platforms (Instagram, X, and WhatsApp). The campaign was further supported by posters in public spaces, distribution of leaflets, and referrals from general practitioners in Panjim, Margao, and Vasco-Goa.

Policy Engagement

Sangath actively engaged with government bodies, health systems, and policymakers to translate research into action and strengthen mental health policies in India. Through formal dialogues, dissemination events, and collaborative pilots, we worked to embed evidence-based practices into state and national frameworks.

Partnership for Primary Care Integration

- **CCAP** partnered with the **Directorate of Health Services (DHS)** to embed interventions within primary healthcare settings, advancing rights-based mental health care delivery.

Policy Brief on Child Development

- **COINCIDE** shared a policy brief with **NHM Haryana** drawing on 10+ years of data from the SPRING cohort in Rewari, highlighting pathways **to strengthen child neurodevelopment and mental health policies**.

High-Level Policy Discussions

- **OptimizedD** engaged in formal policy dialogue with **MD-NHM Madhya Pradesh** to share trial progress and explore scale-up for vulnerable populations.
- Facilitated PHC visits with government stakeholders during the Mid-Term Collaborators' Meet at AIIMS Bhopal.

Embedding Peer Supervision

- **PEERS** worked with **DHS Goa** to integrate peer supervision into health system counselling practices, strengthening workforce support.

Dissemination & Platform Demonstration

- **STREAM** hosted a **dissemination event in Delhi with clinicians, policymakers, and government officials**, sharing findings and demonstrating the STREAM platform.
- Discussions focused on opportunities and challenges for scalability at national and international levels.



RESEARCH AND PUBLICATIONS



Sangath Publications

- **CCAP:** [A systematic review of interventions to enhance initiation of and adherence to treatment for alcohol use disorders](#)
- **IMPRESS:** [Interventions for improving adherence to psychological treatments for common mental disorders: a systematic review.](#)
- **IMPRESS:** [Effectiveness and cost-effectiveness of a community intervention in enhancing access to care and improving clinical outcomes for depression](#)
- **IMPRESS:** [Interventions to increase help-seeking for mental health care in low-and middle-income countries: A systematic review](#)
- **COINCIDE:** [Protocol of the Nutritional, Psychosocial, and Environmental Determinants of Neurodevelopment and Child Mental Health \(COINCIDE\) study](#)
- **COINCIDE:** [Examining characteristics of father-child relationship among diverse settings: A qualitative scoping review protocol](#)
- **TransMHPrep:** [Op-ed Move over resilience porn: Re-imagining the margins](#)
- **AANAND:** [A character-strengths based coaching intervention to improve wellbeing of rural community health workers in Madhya Pradesh, India: Protocol for a single-blind randomized controlled trial](#)
- **AANAND:** [Evaluation of a Positive Psychological Intervention to Reduce Work Stress among Rural Community Health Workers in India: Results from a Randomized Pilot Study](#)
- **AANAND:** ["We are everyone's ASHAs but who's there for us?" a qualitative exploration of perceptions of work stress and coping among rural frontline workers in Madhya Pradesh, India](#)
- **SHARP:** [Digital phenotyping correlates of mobile cognitive measures in schizophrenia: A multisite global mental health feasibility trial](#)
- **STREAM:** [Scalable Transdiagnostic Early Assessment of Mental Health : a study protocol](#)
- **MeWeSports:** [Playing ball, In Plainspeak Tarshi](#)
- **PEERS:** [Scaling up the task-sharing of psychological therapies: A formative study of the PEERS smartphone application for supervision and quality assurance in rural India](#)



FOR MORE

SCAN ME!

or visit www.sangath.in/resource

SANGATH IN NATIONAL DIALOGUES AND GLOBAL ARENAS



Photo: Pattie Gonsalves, IAYMH 2025, METROPOLIS, Vancouver

Advancing Mental Health Through Research and Dialogue

This year, Sangath's work and voices resonated across prestigious global and national platforms, amplifying our mission of advancing mental health, inclusion, and social justice.

- **International Society for Autism Research INSAR Annual Meeting, Melbourne, May 2024**
Dr. Gauri Divan was honoured as an INSAR Fellow, celebrating her leadership in autism research.
- **INSAR Annual Meeting, Melbourne, May 2024**
Sweta Pal presented a poster on "Let's Connect": A stakeholder-engaged process to design and develop a community engagement toolkit for autism across South Asia.
- **Society for Epidemiologic Research SER 2024 Conference, Austin, USA, June 2024**
Giridhara R. Babu presented key insights from the COINCIDE study.
- **33rd International Congress of Psychology, Prague, July 2024**
Abhishek Singh and Spriha Singh shared qualitative findings from the pilot phase of the AANAND project, spotlighting ASHA's coaching workshop and remote coaching experiences.
- **NIHR Annual Global Health Research Academy Member Event (Virtual), July 2024**
Bhavya Malhotra presented "Let's Connect" at the 2024 event on 'Bridging the Gap Between Evidence and Impact'.
- **SSBP Research Symposium, Bali, September 2024**
Dr. Gauri Divan delivered the Tom Oppé Distinguished Lecture, at the Society for the Study of Behavioral Phenotypes.
- **Global Bicentennial Congress, University of Manchester, September 2024**
Dr. Gauri Divan delivered a Keynote Address.
- **Divisional Research Seminar, University of Manchester (Virtual), October 2024**
Divya Gosain presented on "Supporting Caregivers of Neurodiverse Children in LMICs: A Mixed Methods Systematic Review of Psychosocial Interventions for Enhancing Wellbeing".
- **AECED National Early Years Conference 2024, Jaipur, November 2024**
Ms. Astha Yadav presented COINCIDE findings via a poster, while Dr. Smita Todkar contributed to discussions on early childhood development.
- **Interdisciplinary Conference of Healthcare and Technical Research, MAHE, Mangalore, December 2024**
Divya Gosain presented on psychosocial interventions for caregiver wellbeing in LMIC.
- **AHMCN (Asia Pacific Conference on Adolescent Mental Health), MAHE 2024**
MADAD intervention, "By your Side", awarded best poster presentation.
- **SAATHI Poster presented at International Conference on Schizophrenia, Chennai 2024**
- **First Asia Pacific Symposium on LGBTQIA+ Health, September 2024**
Aiswarya, Harikeerthan, Joshua, and Salik contributed to multiple panel discussions addressing themes such as LGBTQIA+ affirmative medical education, peer support, and kinship.

- **Annual National Conference of the Indian Psychiatric Society ANCIPS 2025, Hyderabad, January 2025**
The OptimizeD team shared findings linking Adverse Childhood Experiences (ACEs) to Alcohol Use Disorder in adulthood.
- **Global Mental Health in Asia Symposium 2025, Singapore, February 2025**
Dr. Vikram Patel delivered a keynote address and Parth Sharma spoke on lived experience leadership.
- **International Lesbian, Gay, Bisexual, Trans and Intersex Association, ILGA Asia 2025, Kathmandu, February 2025**
Fateh and Joshua represented the iHEAR team in a discussion on intersectional solidarity and invisible disabilities in queer advocacy.
- **2nd Rethinking Mental Health Conference, Sri Lanka, February 2025**
Parth Sharma joined a panel on best practices in lived experience engagement.
- **UN Commission on Status of Women UN CSW69, New York, March 2025**
Eesha Lavalekar highlighted iHEAR TransNet's work addressing tech-facilitated gender based violence, while Joshua Mark George led a virtual session.
- **London School of Economics, UK, March 2025**
Harikeerthan Raghuram and Anant Bhan presented lessons from the iHEAR initiative on co-designing inclusive healthcare for LGBTQIA+ and disability communities in India.
- **10th World Congress of Women's Mental Health, Bengaluru, March 2025**
The ARG team (Devika Gupta, Soumya Singh, Kedar Mirchandani) presented culturally rooted interventions addressing dating violence, domestic violence, and survivor support.
- **National Conference of Psychology, FLAME University, Pune, March 2025**
The ARG team showcased the IMPRESS project, focusing on integrating mental health screening into primary care and strengthening supervisory skills for non-specialist counsellors.



A circular graphic with the word "NEWS" in large, bold, teal letters. The circle is decorated with various black icons representing media and technology, such as cameras, speech bubbles, gears, and film strips. A large purple diamond-shaped pattern is on the right side.

Sangath Annual Report 2024-25

PARTNERS & COLLABORATORS

- A**
Achutha Menon Center for Health Science Studies, Trivandrum
Ashoka University, Haryana
AIIMS Bhopal
Abhinaya Cultural Society
- B**
Brighton and Sussex Medical School (UK)
Bajaj Finance
- C**
Centre for Doctoral Studies (CDS), Manipal Academy of Higher Education (MAHE)
Centre for Mental Health Law & Policy (CMHLP), Pune
Carneige Hall, US
Cooj
- D**
Department of Women and Child Development, Delhi
Department of Health Service, Goa
Department of Education, Rajasthan, MP, PCMC-Pune
Dimagi
Design Bridge Foundation
Dr Moopens Medical College, Wayanad
- E**
Ekjut, Jharkhand
EMPOWER India
- F**
Forca Goa Foundation
- G**
Global Mental Health Peer Network (GMHPN)
Government Medical College, Kozhikode
Government Medical College, Trivandrum
- H**
Harvard Medical School
- I**
Indraprastha Institute of Information Technology (IIT, Delhi)
Institute of Public Health (IPH), Bengaluru
Indian Institute of Public Health (IIPH), Bengaluru
IIT Palakkad
- K**
King's College London (KCL), UK
- L**
London School of Hygiene & Tropical Medicine (LSHTM), England
- M**
Manipal University, Karnataka, India
Maharashtra University of Health Sciences (MUHS, Maharashtra)
Mahei Centre
Madhya Pradesh Viklang Manch
Matai Society
Malabar Medical College, Ulliyei
- N**
National Health Mission (NHM Bhopal)
National Institute of Mental Health & Neurosciences (NIMHANS), Bengaluru
- O**
OP Jindal University, India
Oasis Cultural Society
- P**
Parvatibai Chowgule College of Arts and Sciences, Goa
Post-Graduate Institute of Medical Education and Research (PGIMER, Chandigarh)
Public Health Foundation of India (PHFI), Delhi
Prosports Development
- Q**
Queerbeat
- S**
SAATHI
St. John Research Institute (SJRI), Bengaluru
State Commission for Persons with Disability (SCPD) Goa & Bhopal
SHSRC-K, Amigos Trans Collective
State Health Systems Resource Centre, Kerala
- T**
The Collective Trust
Templeton World Charity Foundation (TWCF), Nassau, Bahamas
TISS Mumbai
- U**
University College London, UK
University of California, San Francisco (UCSF, USA)
University College of Medical Sciences, Delhi
University of Chicago

FUNDERS & DONORS

- A**
Association for Progressive Communication
Australian Consulate General, Kolkata
Australian High Commission
Australia Consulate General, Chennai
Azim Premji University
- B**
Beth Israel Deaconess Medical Centre
Bajaj Finance Ltd.
- C**
Charities Aid Foundation of America (CAF)
Comic Relief
Consulate General of the Federal Republic of Germany, Mumbai
- D**
DBT/Wellcome Trust India Alliance
- G**
GDI Solutions LLC
- H**
Harvard Medical School
HCL Foundation
- I**
Infosys Foundation
International Society for the Study of Behavioural Development
- J**
Johnson & Johnson Private Limited
- K**
KPMG Global Services Pvt. Ltd.
- L**
London School of Hygiene and Tropical Medicine
Loreal India Pvt. Ltd.
- M**
Mount Royal University
- P**
President and Fellows of Harvard College
Public Health Foundation of India
- R**
Rohini Nilekani Philanthropies Foundation
- S**
Sabin Vaccine Institute
Silverman Foundation
Sinai Health System
Susan and Richard Kiphart Center
- T**
Templeton World Charity Foundation, Inc.
The Regents of the University of California
San Francisco-UCSF
The University of Manchester
- U**
University College London
University of Chicago
University of Leeds
University of Reading
US Consulate General, Mumbai
- V**
V.M. Salgaocar Trust
- W**
Wellcome Trust
World Health Organisation
- DONORS**

Ashwin Tombat
HAB Pharmaceuticals and Research Ltd.
Panna Patel
Prakriti Abel
Shyam Divan
Sudesh Prabhudesai
The UK Giving Foundation
World Learning India Pvt. Ltd.

GOVERNANCE AND COMPLIANCE



Sangath Leadership:

At Sangath, our leadership reflects the diversity, vision, and commitment that shape our work in advancing mental health and wellbeing. We are guided by a multidisciplinary team of public health experts, researchers, clinicians, community leaders, and development professionals who bring rich perspectives and lived experiences to the table.

Sangath Executive Council

Dr. Supriya Bhavnani
Godwin Fernandes
Harikeerthan Raghuram
Miriam Sequeira
Nishant Bajpai
Jayesh Wable

Prachi Khandeparkar
Prof. Abhijit Nadkarni
Ram Vishwakarma
Robinson Issac
Sharin D'Souza

Sangath Managing Committee

Aresh Naik- Chairperson
Nazneen Sarosh Rebelo- Vice Chairperson
Monica Bariya- Treasurer

Prashanti Talpankar- Secretary
Prof. Abhijit Nadkarni- Jt. Secretary
Prof. Vikram Patel- Member
Dr. Soumitra Pathare- Member

Compliance:

Sangath is deeply committed to maintaining the highest standards of transparency, accountability, and ethical practices across all its work. During the year, the organisation ensured full compliance with statutory and regulatory requirements, while also upholding ethical safeguards in research.

- **FCRA (Foreign Contribution Regulation Act)** : Sangath holds a valid FCRA registration, enabling us to lawfully receive and utilize foreign contributions. All reporting obligations have been duly met.
- **80G Certification** : Donations to Sangath remain eligible for tax exemption under Section 80G of the Income Tax Act, further strengthening donor confidence and encouraging philanthropic giving.
- **12AA Registration** : Sangath continues to maintain registration under Section 12AA of the Income Tax Act, affirming our not-for-profit status and adherence to statutory obligations.
- **Institutional Review Board (IRB)** : Sangath's IRB plays a pivotal role in safeguarding ethical standards across all research initiatives. The IRB rigorously reviews and monitors ongoing and new studies to ensure that research upholds the principles of dignity, safety, and rights of participants, in compliance with both national and international guidelines.

Policies:

Sangath's organisational policies form the backbone of our commitment to transparency, accountability, and ethical practice. They not only ensure compliance with statutory requirements but also reflect our values of care, inclusivity, and integrity in everything we do.

Key policies in Sangath:

Safeguarding & Ethics

- **Prevention of Sexual Harassment (POSH) Policy** : Ensures a safe, respectful, and equitable workplace.
- **Data Protection and Privacy Policy** : Ensures confidentiality and responsible handling of personal and research data.

Workplace Inclusivity & Well-being

- **Anti-Discrimination and Equal Opportunity Policy for Transgender and Intersex Persons** : Reinforces Sangath's commitment to diversity, equity, and inclusion.
- **Menstrual Leave, Gender affirmation leave and Work from Home Policy** : Supports gender-sensitive workplace practices and staff well-being.
- **Human Resource Policy** : Establishes fair, inclusive, and supportive practices for staff recruitment, development, and welfare.

Operations & Governance

- Finance and Procurement Policy : Ensures prudent, transparent, and efficient use of organisational resources.

Adherence and Oversight:

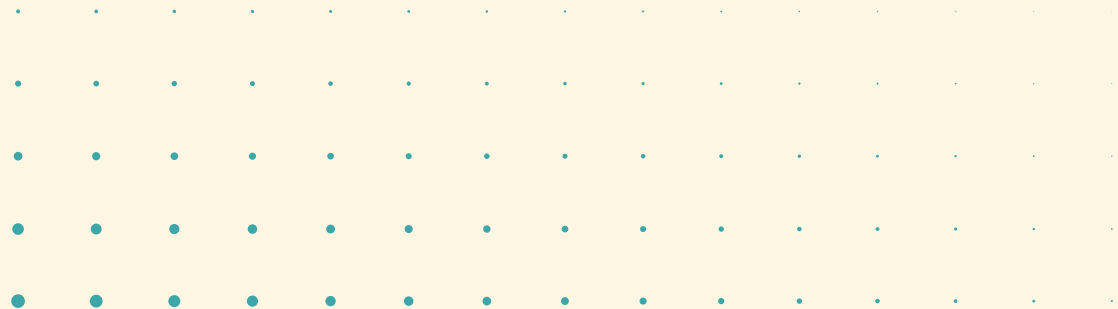
- **Internal Complaints Committee (ICC)** : Sangath ICC provides oversight through regular policy review mechanisms, ensures adherence to the Prevention of Sexual Harassment (POSH) Policy, and facilitates the timely and fair redressal of concerns. By upholding principles of dignity, respect, and accountability, the ICC reinforces Sangath’s commitment to a work environment where every individual feels protected and valued.

General Information:

Legal & Common name: **Sangath**
GST (Goods & Services Tax): **30AAATS6592D1ZN**
PAN (Permanent Account No.): **AAATS6592D**
TAN (Tax Deduction & Collection No.): **BLRS19168C**

Registrations:

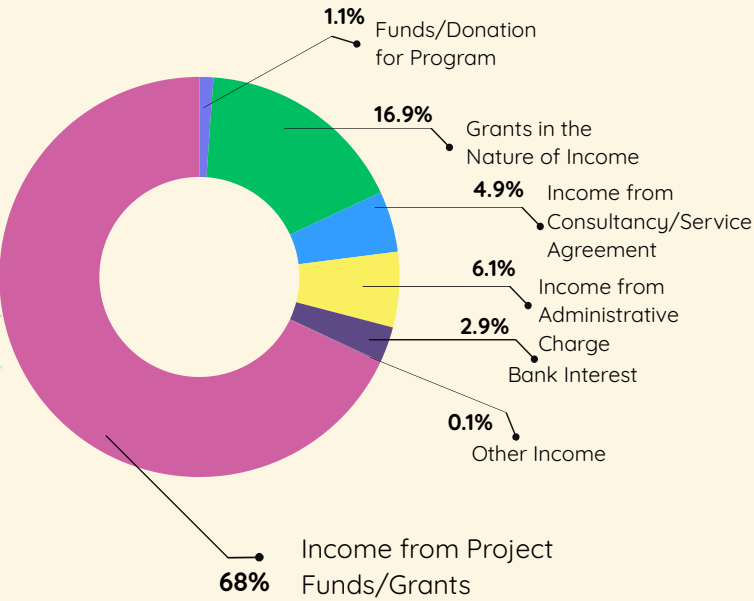
Registration certificate and number: **Registered as Society, Reg. No. 138/Goa/96**
12AA: **AAATS6592DE2001001**
80G: **AAATS6592DF2007501**
FCRA (Foreign Contribution Registration Act) Reg No.: **271820001**
IRB (Institutional Review Board) Reg No.: **00003290**
CSR (Corporate Social Responsibility) Reg No.: **CSR00006714**
IORG (Institutional Review Board Organisation) registration: **IORG0002715**
Recognition as a Scientific and Industrial Research Organization(SIRO): **F.No.14/349/2003-TU-V**
Federalwide Assurance No.: **FWA00004350**
The National Trust Certificate of Registration (Under section 12(4) of the Act): **GSAN16512315078**
SAM (System for Award Management) No.: **916437365**
DUNS (Data Universal Numbering System) No.: **Grants gov:9164373650000**
Niti Aayog: Darpan portal: **GA/2027/01663**



FINANCIAL OVERVIEW

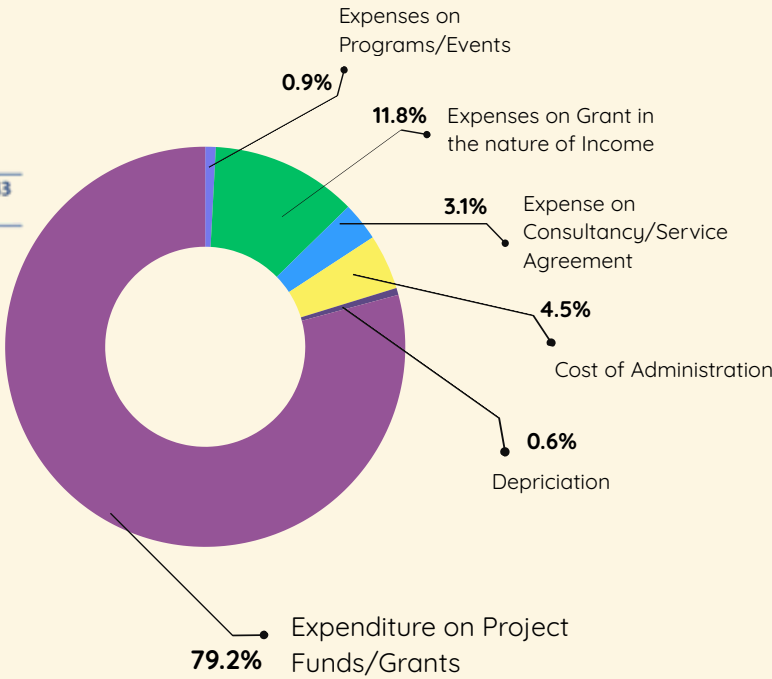
Sangath Income for FY 2024-25

Sangath Income for FY 2024-25		
Income	FY 2024-25	FY 2023-24
Funds/Donation for Programs	5531959.35	6395066.56
Grants In the Nature of Income	83036701	111234369
Income From Consultancy/Service Agreement	24131468.52	7379293
Income from Administrative Charge	29880149.12	24230406.63
Bank Interest	14085736.88	9258353.49
Other Income	489060.26	1427851.22
Income from Project Funds/Grants	333407760.2	301492442.7
Total	49,05,62,835.37	46,14,17,782.55



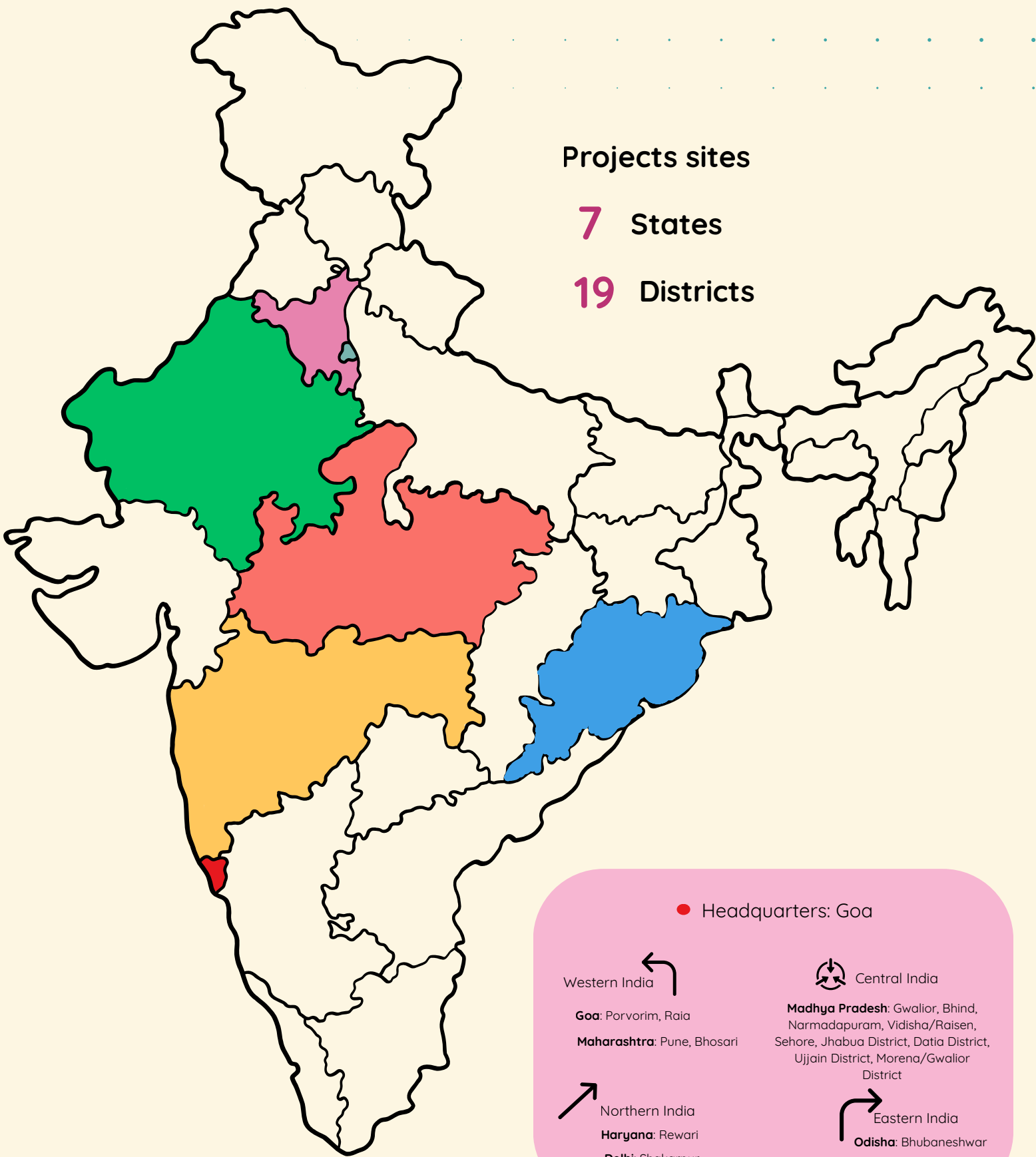
Sangath Expenditure for FY 2024-25

Sangath Expenditure for FY 2024-25		
Expenditure	FY 2024-25	FY 2023-24
Expenses on Programs/Events	3591409.17	3350468.84
Expenses on Grant in the nature of Income	49812662.87	29957548.77
Expenses on Consultancy/Service Agreement	13122564.8	6044592.42
Cost of Administration	18793733.35	15465066.31
Depreciation	2374421	1475828
Expenditure on Projects Funds/Grants	333568530	295085408.1
Total	42,12,63,321.19	35,13,78,912.43



SANGATH GALLERY

SANGATH FOOTPRINT ACROSS INDIA





Healing Minds. Inspiring Lives

Sangath Annual Report 2024-25 is prepared by the Sangath Central Communications team.
For any comments or queries, please reach out to us at **communications@sangath.in**.



For more on Sangath

SCAN ME!



Sangath Headquarters:
House no. 451 (168), Bhatkar Vaddo, Socorro, Porvorim, Bardez,
Goa – 403501, +91-78878 72345