

ISSUE #4
Oct-Dec 2025



Sangath Samwaad

SANGATH QR NEWSLETTER

In observance of the **16 DAYS OF ACTIVISM AGAINST
GENDER BASED VIOLENCE** (25th Nov-10th Dec 2025)

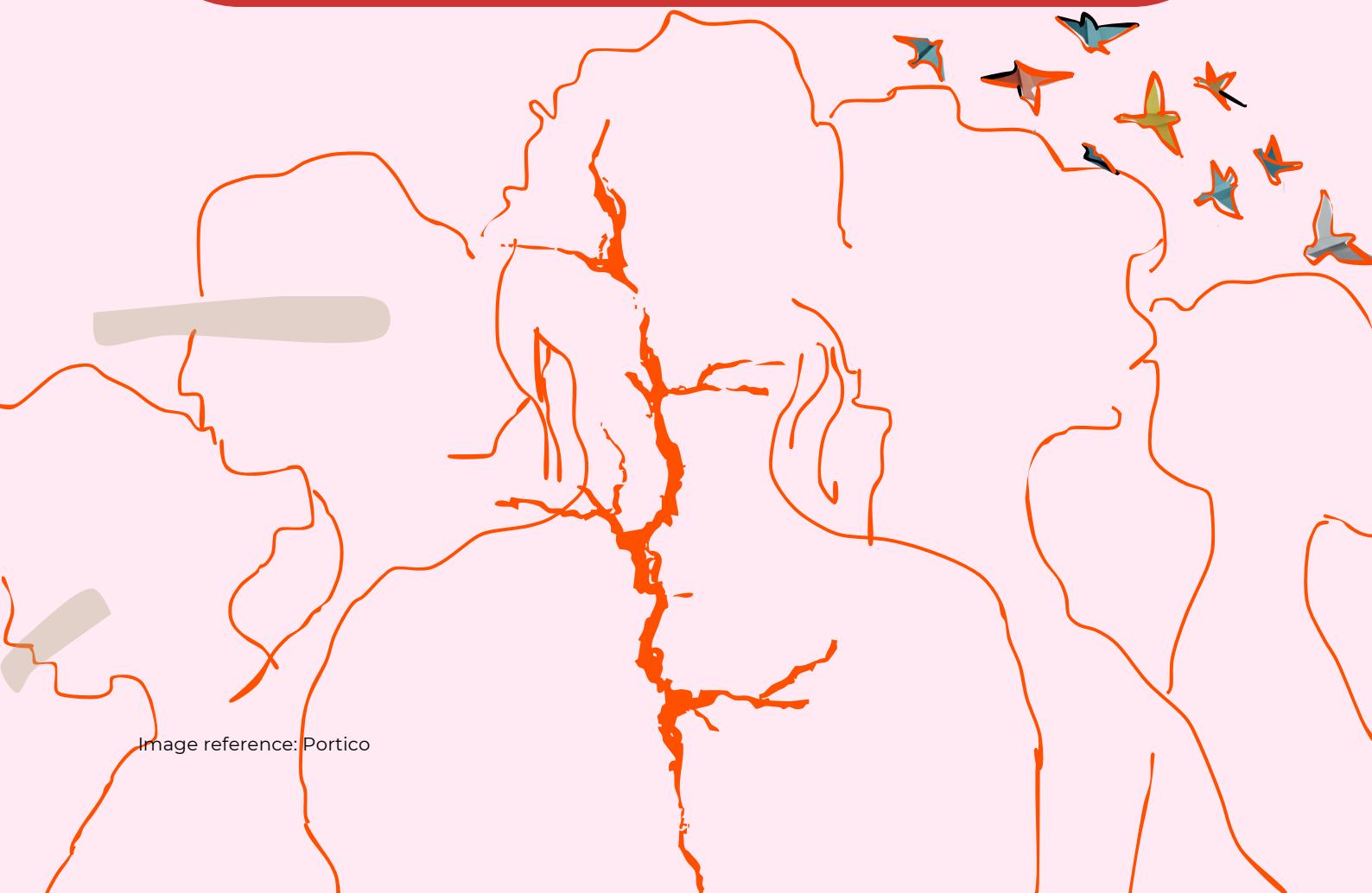
Feature article

What's up Sangath?

Projects in Focus

What's inside:

Sangath Culture Corner- Closing 2025 together



UNITE TO END DIGITAL VIOLENCE AGAINST ALL WOMEN AND GIRLS

According to the World Health Organization, nearly half of all women and girls, who access the internet across most regions of the world, are exposed to some form of online violence, ranging from unwanted sexually explicit or offensive messages to inappropriate advances on social networking websites, and online harassment.

What was once imagined a space for connection & possibility has, for many women, become a site of fear, surveillance & harm.

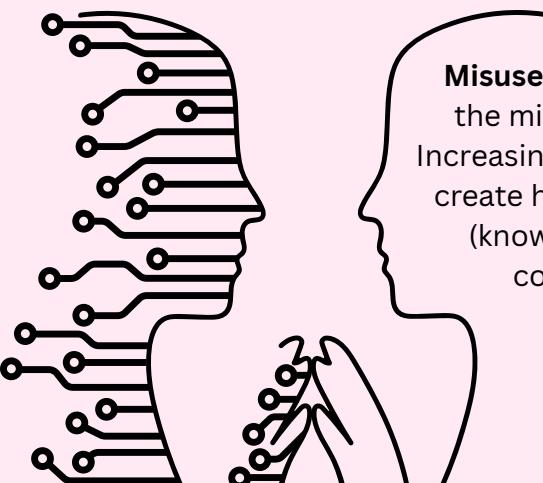
Each year, from 25th November to 10th December, the UN Women marks the 16 days of activism against Gender-Based Violence (GBV)- a global call that brings together academics, practitioners, activists, and survivors to raise awareness and mobilise action against GBV in all its forms. This year's theme 'Unite to End Digital Violence against All Women and Girls', recognise & draws urgent attention to growing threats posed by digital technology towards the safety and well-being of women, especially adolescent women who are most vulnerable online.



It is immensely difficult to write this without painting a grim picture of the violence, abuse and harassment being plotted and perpetuated against women online; yet to understand the urgency of this moment, it is important to highlight at least two virtual trends that seem the most urgent to me & demand immediate attention:

Manosphere- The first is the rise of the so called 'manosphere' -which has emerged as a supportive space for men who feel victimised by women and feminism. Group chats, YouTube channels, Reddit subs all offer men a "safe" platform to discuss ideas, share instructional material, and circulate content on how to reclaim their masculinity using violence.

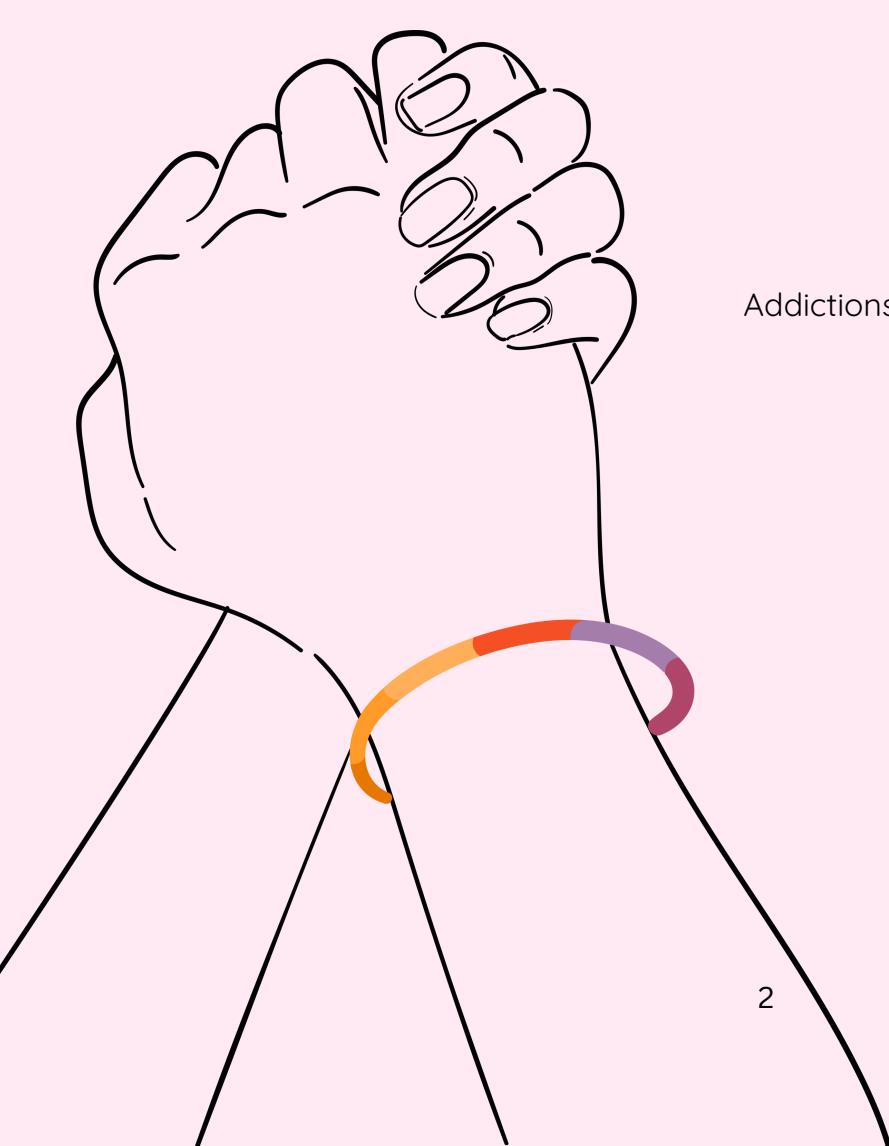
Misuse of Gen AI- The second, equally alarming trend is the misuse of generative Artificial Intelligence (Gen AI). Increasingly supplicated AI tools are being weaponised to create hyper-realistic violent and explicit visual material (known as "deepfakes") - that is being used to control, coerce, and humiliate women in their personal and professional lives.



As mental health professionals in India, we must recognise the ways in which political, social and cultural forces shape the interactions between participants and our interventions. We must ask ourselves difficult questions about the unintended effects of digital interventions, and we must be creative about how our work can reduce the risk of harms associated with exposing people to the internet.

At the same time, there is room for hope. Digital Spaces, when designed & governed with care, can also become sites of resistance, solidarity & healing. By centering safety, ethics & lived experiences in our work, we can help reduce harm by amplifying voices that have long been silenced.

Ending digital violence is not a distant ideal, it is a collective responsibility, and one that begins with conscious, compassionate action today.



- **Devika Gupta**

Research Coordinator
Addictions & related Research Group, Sangath

What's up Sangath?

Sangath Trailblazers

Advancing Autism research and championing young people's wellbeing

Dr. Gauri Divan, Director – Child Development Group (CDG), has been honoured with the Asia Pacific Autism Conference (APAC) Award 2025 for Outstanding Service in the Field of Autism. This recognition celebrates her sustained leadership, commitment, and transformative contributions to advancing autism care and inclusion across the region.



MeWeSports has been awarded 'Highly Commended' in the Innovative Research,

Training or Practice in Low-and Middle-Income Countries (LMICs) category at the prestigious ACAMH Awards 2025 - a meaningful acknowledgement of the team's innovative and impactful work.

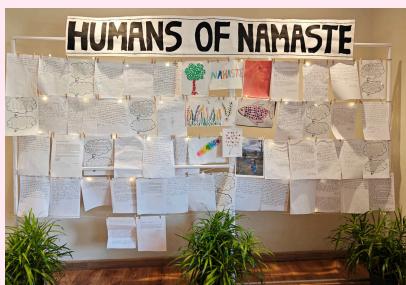
What's up Sangath?

NAMASTE International Meet 2025



The NAMASTE team successfully convened a three-day International Meet in Goa from 26 to 28 November 2025 hosting the NAMASTE Delhi, Goa, Sri Lanka, Nepal and UK teams. The gathering was enriched by the presence of collaborators, senior leadership, researchers, and non-specialist health workers, creating a vibrant space for shared learning and collaboration.

Teams from the various programme sites came together to share their experiences and challenges in implementing a flexible early detection-care pathway for young children with developmental delays. The exchanges sparked rich conversations, new ideas, and moments of shared joy. Adding to the spirit of the meet was the 'Humans of NAMASTE' exhibition, which showcased stories from the field by community health workers alongside artworks created by young children, displayed throughout the event.



What's up Sangath?



India Health Policy and Systems Research (HPSR) Fellowship for the year 2025-2026



Yashi Gandhi

SUSTAIN: Sustainability, Uptake, and Transition and Integration of Services into Primary Health Care

Sangath Mentor: Abhijit Nadkarni



Harikeerthan Raghuram

Reimagining Hospitals to be Gender-Inclusive:
A Participatory Action Research Study to Develop Principles for Trans and Gender-Diverse-Inclusive Physical Infrastructure in Hospitals

Sangath Mentor: Anant Bhan



Stavros Niarchos Foundation (SNF) Global Center for Child and Adolescent Mental Health 2025

Dr. Pattie Gonsalves has been awarded an “Honourable Mention” Fellowship for the It’s Ok To Talk! This award provides 18 months of planning grant support which will strengthen the project’s foundation and prepare it for a future large-scale evaluation.

What's up Sangath?



New Projects in Sangath



STEER- The STrESSors of AnxiEty and depRession study proposes to follow-up with the SPRING cohort of approximately 1,200 children in Rewari, Haryana, who have been part of ongoing research since 2014 and aims to generate robust evidence on the individual and cumulative effects of childhood trauma, family conflict, violence, and media exposure on youth mental health in peri-urban settings.

Location: Rewari, Haryana

Funder: Science For Africa Foundation

Principle Investigator: Dr. Supriya Bhavnani

Anchoring iHEAR- This project, Anchoring iHEAR, focuses on consolidating outputs from the previous iHEAR four-year activities on participatory research on health, vaccine, and mental health services, disseminating them widely, and engaging in strategic planning for the next phase of iHEAR's journey.

Location: Bhopal

Funder: Human Capability Foundation

Principle Investigator: Dr. Anant Bhan

SUSTAIN- Building on the 5-year IMPRESS project, SUSTAIN aims to reimagine the community intervention using digital and social media platforms towards achieving longer-term goals such as increased community awareness and utilization of depression care services through sustained provision of care in collaboration with the Directorate of Health Service, Goa. The program will also ensure continued building of capacities and institutionalization of processes, in line with the Ayushman Bharat guidelines that mandate integration of mental health care at the primary care level.

Location: Goa

Funder: Charities Aid Foundation, America

Principle Investigator: Dr. Abhijit Nadkarni



What's up Sangath?

Sangath Speaks!

13th Non-Profit Sector Development Forum | Saudi Arabia, Oct 2025:

Dr. Pattie Gonsalves, Director, Youth Mental Health Group, spoke on co-designing youth leadership solutions exploring how participatory methods can empower young people to lead change in their own communities.



Center for Community Mental Health (CCMH), Jindal Institute of Behavioural Sciences (JIBS) | Haryana, Oct 2025:

Diksha Gajria and Prabhleen Kaur, from the CDG, held an insightful session on "Community Mental Health: Pathways to Care". They showcased the NAMASTE programme and its innovative model of empowering non-specialist workers to identify and support children at risk of neurodevelopmental delays.

3rd International Conference on Public Health and Nutrition (ICPHN 2025) | New Delhi, Oct 2025:

Dr. Pattie Gonsalves, Director, Youth Mental Health Group, spoke on the panel- "From Silence to Support: How Digital Storytelling Can Improve Mental Health for Young People."

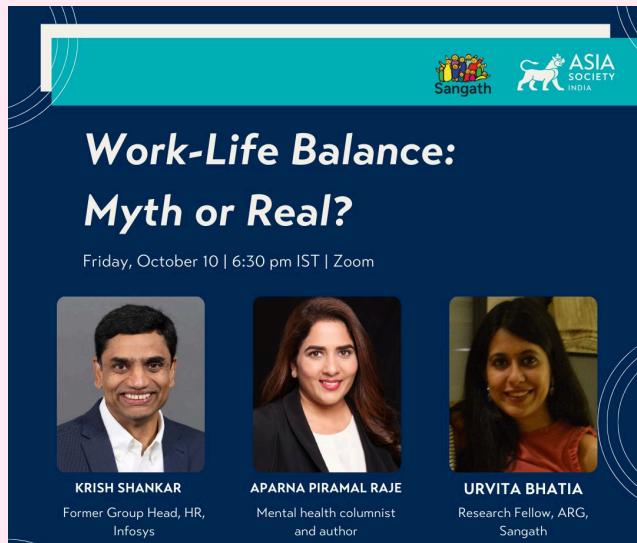


How To Become An Ideal Autism Caregiver For Your Child? Goa, Oct 2025:

Dr. Anup Netravalkar, from NAMASTE, joined Indian Autism Center podcast during the International Purple Fest 2025, and shared valuable perspectives on what it truly means to care for a child with autism—with empathy, patience, and understanding.

What's up Sangath?

Sangath Speaks!



Work-Life Balance: Myth or Real?

Friday, October 10 | 6:30 pm IST | Zoom

KRISH SHANKAR
Former Group Head, HR,
Infosys

APARNA PIRAMAL RAJE
Mental health columnist
and author

URVITA BHATIA
Research Fellow, ARG,
Sangath

Work-Life Balance: Myth or Real?

Online, Oct 2025:

Dr. Urvita Bhatia, from ARG, Sangath joined an online panel discussion on India's evolving work culture, exploring how employers can foster healthier and more balanced workplaces, organised by Asia Society India.

Child Health Department | NHM Haryana, Oct 2025:

Dr. Supriya Bhavnani and Smita Todkar, along with Chaman Lal from the COINCIDE project, were invited by the Child Health Department where they presented updates from the study at the National Health Mission, Panchkula.



T.T. Narasimhan School of Advance Studies, IPH | Bengaluru, Nov 2025:

Smita Todkar participated in the Annual PhD workshop and presented a poster on “Rethinking Fatherhood: A Paternal Involvement Framework in rural Haryana, India.”

ADDICON 2025, 5th Annual National Conference of the Addiction Psychiatry Society of India (APSI) Indore, Nov 2025:

Jaya Katiyar, from CCAP, presented AMBIT (Alcohol use disorders Mobile-based Brief Intervention Treatment) and CAP (Counselling for Alcohol Problems), both delivered by lay counsellors.

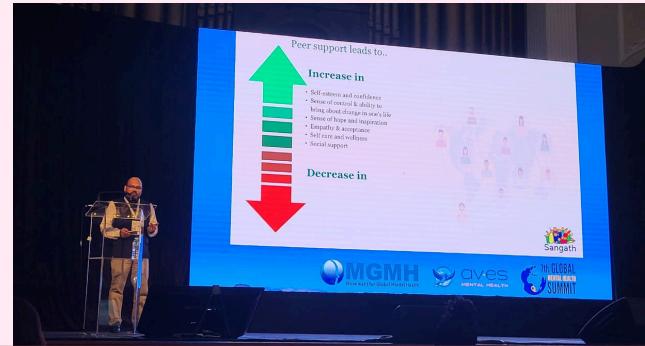


What's up Sangath?

Sangath Speaks!

7th Global Mental Health Summit | Cape Town, Nov 2025

Dr. Ravindra Agrawal, from SAATHI, delivered an insightful oral presentation on building a structured training curriculum for Peer Support Workers supporting individuals with severe mental illness—highlighting a key foundation for scaling peer-led care with both quality and compassion.



Adarsh Ratnakaran, from SAATHI, presented a poster that brought to life the voices and experiences of peer supporters and experts, placing lived-experience leadership at the heart of mental health conversations.

The summit also featured a symposium showcasing collaborative work between Sangath and the Harvard Mental Health for All Lab titled “The EMPOWER Peer Support Initiative: Lessons from Global Co-Creation Efforts to Build the Peer Workforce,” which highlighted learning from global partners and the joint efforts to develop, test, and scale peer support programs.



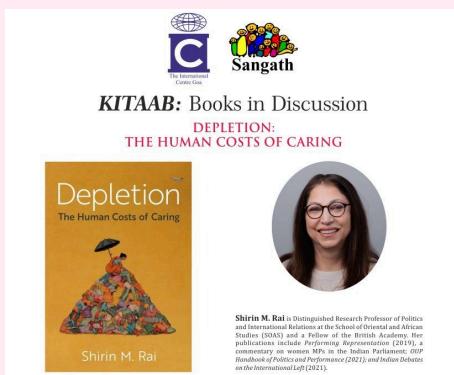
Parth Sharma, from iHEAR, spoke at the Plenary Symposium on “Decolonizing Well-being”. Parth also co-presented work at Aves Mental Health (Global Mental Health Peer Network), in collaboration with the Movement for Global Mental Health, on “From Policy to Practice: Lived Experience Researchers Assess WHO’s Mental Health, Human Rights and Legislation—Guidance and Practice.”

What's up Sangath?

Sangath Speaks!

Dr. Abhijit Nadkarni, Co-Director, ARG, Sangath was invited to speak across multiple forums, engaging diverse audiences through a range of thought-provoking sessions:

- **Podcast on 'Unpacking Addiction and Substance Misuse'** for Patients Engage Online, Oct 2025
- **Alcohol Use and Alcohol Use Disorders Seminar | Stockholm, Sweden, Nov 2025**
- **Between Prohibition and Promotion: India's Conflicted Relationship with Alcohol**, a seminar by the Alcohol Policy Forum, Karolinska Institutet | Stockholm, Sweden, Nov 2025
- **IAPSM Young Leaders National Conclave (YLNC) | Goa, Dec 2025**: Participated as a panel member in a session titled "Youth at the Forefront of Tobacco Control: Leveraging Digitalisation and Research for a Tobacco-Free India."
- **Mental Health in Catastrophes and Emergencies | Goa, Dec 2025**: Participated as a panel member for a discussion titled "Access to Services:", speaking on "The Digital Lifeline: Leveraging Technology to Bridge Mental Health Gaps in Crisis."



KITAAB: Books in Discussion Goa, Dec 2025:

Abhijit Nadkarni joined as a discussant, reflecting on the often invisible, undervalued, and deeply personal realities of care work—both paid and unpaid—and how these shape our bodies, relationships, and communities.

Conversations for Change, iCALL Mumbai, Dec 2025:

Sweta Pal, Director – Community Engagement & Involvement, joined a panel discussion to highlight key challenges and emerging solutions in youth mental health and suicide prevention, underscoring the need for accessible, systemic responses that reflect the lived realities of young people in today's digital era.



What's up Sangath?

Trainings / Workshops / Collaborations

School for International Training (SIT) visit | Goa, Oct 2025:

Sangath hosted a 3 days learning & exposure visit for SIT, in its Goa office.

The students had the opportunity to engage directly with our project teams and gaining first-hand insights into Sangath's work, from community-based initiatives to digital innovations and global collaborations advancing mental health equity.

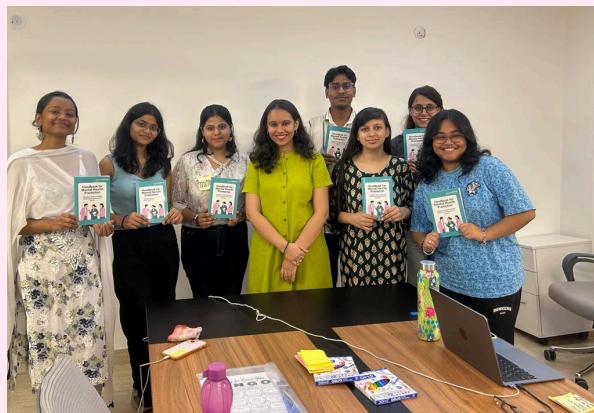


Project CAMPUS, Co-designed workshop with students | Delhi, Nov 2025:

One of Sangath's Intramural Grant initiatives for early-career researchers—Project Campus—successfully completed its two-day in-person training in Delhi. Led by Kriti Sinha, with Sweta Pal as mentor, the programme aimed to equip students to champion wellbeing within their own campus communities.

World Mental Health Day and Poshan Maah (National Nutrition Month) Delhi, Oct 2025:

NAMASTE Delhi conducted five vibrant community outreach sessions in selected Anganwadi Centers in the five Integrated Child Development Services projects in the East district of Delhi bringing together caregivers of preschool-age children and Anganwadi Workers.



Awareness session on General Mental Health & Anger Management

Goa, Nov 2025:

Lalan Madkaiker and Navisha Naik, from ARG, conducted an awareness session on mental health & Anger management for adolescent between 17 to 19 years of age at G.R. Kare College of Law, Goa.

What's up Sangath?

Trainings / Workshops / Collaborations



Therapeutic Theatre & Dramatherapy for Men's Mental Health | Delhi, Nov 2025

Sangath hosted an engaging and thought-provoking theatre workshop on Men's Mental Health, facilitated by Praveen Jain, a dramatherapist and PhD researcher from Kingston University. The workshop, embedded in dramatherapy, explored the themes of gender, masculinity, emotional expression, vulnerability, and psychological recovery, offering Sangath teams a reflective and immersive experience.

Pre-training FGD, Shelf Drilling & Co. | Online, Nov 2025

Kedar Mirchandani and Shanu Usgaonkar conducted a Focus Group Discussion with 10 staff member of Shelf Drilling & Co. to understand their mental health needs in a challenging work environment such as oil rigs. This assessment phase will be followed by training workshops for the staff.

Youth-LEARN Co-design workshops with Mental Health researchers and grassroots organisations | Hybrid, Nov- Dec 2025

The Youth LEARN project completed three consultative workshops with mental health researchers and three co-design workshops with the youth with lived experiences from IYRC (Delhi), Ya_All (Manipur), and ADHD Queapl (Bangalore). The participatory sessions fostered honest stories, reflections, laughter, and vulnerability, creating a shared vision: mental health research in India must be shaped with youth, especially those whose voices are often overlooked.



What's up Sangath?

Trainings / Workshops / Collaborations



Substance Use Awareness Session | Goa, Nov 2025:

Kedar Mirchandani and Vartika Jain from ARG, conducted an awareness session pertaining to substance use in adolescents for parents and teachers in Al-Madina High School, Verna.



Aangan Baithak - Strengthening Child Development Together | Delhi, Dec 2025:

The NAMASTE Delhi team organized the 2nd edition of 'Aangan Baithak' with officials from the Department of Women and Child Development (WCD), East District, Delhi.

Couples and Couples Counsellors Workshop | Goa, Dec 2025:

Miriam Sequeira from ARG and Lakshmi Gopalakrishnan, a social & behavioural scientist, conducted a one-day workshop sharing findings from systematic review and formative research with pregnant and postpartum couples, aimed at developing a couples-based intervention to prevent perinatal depression.



SAHARA signs MoU with Indian Institute of Technology, Kanpur | Bhopal, Dec 2025:

This collaboration aims to enhance collaborative efforts for future projects and design, marking a significant step forward in strengthening the delivery of maternal mental health services.



What's up Sangath?

New Publications

Scaling up task-sharing of an evidence-based psychological treatment for depression in rural India: an implementation study:

The paper highlights how Sangath India's EMPOWER program in Madhya Pradesh are transforming access to mental health support demonstrating tasksharing to non-specialist providers (NSPs) to bridge the mental health treatment gap and ensure far reach in low-middle income countries.

Lived Experience Response to Disinformation Campaigns:

The paper highlights key facts surrounding the spread of propaganda in the field of health communication especially on individuals with mental health challenges and neurodivergent conditions.

The Contribution of Digital Treatment to Efforts to Reduce Global Tobacco Use:

An insightful article on how digital technologies are transforming global tobacco cessation efforts, particularly in low- and middle-income countries (LMICs) where access to traditional treatment is limited.

Implementing an Evidence-Informed Teaching Approach for Autistic Students in Bengaluru, India:

The paper highlights the power of adapting evidence-informed practices to local contexts - paving the way for inclusive, high-quality education for children with autism in India.

Interventions for Promoting Resilience Among Adolescents in South Asia: A Scoping Review:

The scoping review synthesis existing evidence on resilience - promoting interventions for adolescents across India, Pakistan, and Nepal with an urgent need to adapt and scale multilevel, community-led interventions beyond schools to strengthen social scaffolding and enhance adolescent wellbeing across South Asia.

A Conversational Agent (PracticePal) to Support the Delivery of a Brief Behavioral Activation Treatment for Depression in Rural India:

The paper outlines how a user-centered design approach helped us create and test this digital companion to boost engagement and support therapy delivery.

iHEAR TransNet: Intersectional experiences of TFGBV among the trans, non-binary and gender diverse communities in India:

An article highlighting TransNET findings of online violence against TFGBV and gender-diverse people.

What's up Sangath?

New Publications

Adapting the WHO BeSD COVID-19 Survey to Examine Behavioral and Social Drivers of Vaccine Uptake Among Transgender, Intersex, and Disability Communities in India:

The paper published under the VaccinEquity 2.0 Project explored what influenced people's decisions to get the COVID-19 vaccine and what their vaccination experiences were really like.

Reparations not remuneration: Redefining the future of lived experience:

The paper traces how lived experience in mental health - once rooted in resistance, survival, and collective struggle - has gradually been absorbed by the very systems that caused harm.

The use of geographic information systems (GIS) in studying mental health service delivery:

This scoping review highlights the potential of geographic information systems (GIS) to strengthen implementation science, inform trial design, and drive equity-focused policy and planning in public health space.

Mobile cognitive remote assessment of schizophrenia: a global multi-site pilot study:

A global multi-site pilot study explores whether everyday smartphone interactions could meaningfully reflect cognitive functioning.

Developing a mental health support package for women survivors of domestic violence and modern slavery in South Asia: a multiple methods design:

Urvita Bhatia, Devika Gupta, Abhijit Nadkarni from Sangath and other contributors developed a core support package and four locally adapted versions for caseworkers and field workers who support women survivors of domestic violence and human trafficking.

Problem Gambling Transmission. An Eight-wave Longitudinal Study on Problem Gambling Among Affected Others:

The paper highlights the distinct roles of family and peer relationships, this study informs future intervention and prevention efforts aimed at mitigating problem gambling risk in affected others.

For more Sangath Publications



What's up Sangath?

Sangath in News



A photograph showing a person's hands writing on a pink notepad with a pen on a wooden table. The notepad has handwritten text on it, and the person is adding more. A pen lies next to the notepad. The background is blurred, showing a dark room.

आशा सुपरवाइजर, कार्यकर्ताओं को प्रशिक्षण दिया

पीपुल्स संवाददाता ● दतिया

विश्व मानसिक स्वास्थ्य दिवस के अवसर पर संगठन संस्था द्वारा स्वास्थ्य विषय के सहयोग से पीएचसी उनाव में अशांति सुरक्षा बैठक और कार्यक्रमों को प्रकाशित दिया गया। इसमें अशांति कार्यक्रमों को मोबाइल के माध्यम से मातृत्व मानसिक स्वास्थ्य यांत्रिकता को संकर कराया गया। इस दौरान उन अशांतियों को समाप्तित किया गया, जिन्होंने अपने-अपने तटियाहियों के 8 परमार्थी सफलताकूपल धूम लिए हैं। उन्हें मेडिकल अफर्मर्स डॉ. सत्यम सिंह यादव एवं आरसी रायकरण ने उपलब्ध एवं प्रयोग पत्र देकर समाप्तित किया। अशांति कार्यक्रमों को भी प्रयोग



पर विविरत किए गए। कार्यक्रम का उद्देश्य समूदाय में मानसिक स्वास्थ्य, विशेषकर मातृत्व मानसिक स्वास्थ्य के प्रति जागरूकता बढ़ाना था। संगत संस्था को टीम ने आज्ञा कार्यकार्ताओं के प्रेरित करते हुए कहा कि मानसिक स्वास्थ्य पर खुलकर बातचीत करना और वातावरण को लायकरक बनाना अन्त अवश्यक है ताकि मानसिक रूप से स्वस्थ समाज का निर्माण हो सके। कार्यक्रम के समाप्ति पर आईटीई (सूचना संचार एवं विद्या) समाजी वितरण की गई, ताकि कार्यकार्ता अपने समुदाय में मानसिक स्वास्थ्य के मूलकों को समझ सके और दूसरों को भी इसके प्रभावों को समझ सके। इनके प्रभाव संगत संस्था से जिता समन्वयक तेजराज बांडेकर, स्पष्टवाजन वार्ता वाया पांडें एवं सरस्वती रावत आदि उपस्थिति रहे।

मातृत्व मानसिक स्वास्थ्य पर आधारित 'रील मेकिंग' प्रतियोगिता का हुआ आयोजन

ज्ञानुआ। मानसिक रसायण को सुनिश्चित करना आज के समय की ज़रूरत है। एक तरफ जान विषय में डिप्रियन (आसाद), एंजाइटीन या सुसाइड की स्थायी लापता बहनी जा रही है, वहीं दूसरी ओर भारत में मानसिक रसायण की लेकर जागरूकता की कमी है। जिसीली जगह से मानसिक रसायण एवं मानसिक समस्याओं को ही समझ एवं पर फेचाना जाता और उसकी रोकथाम की तरफ उपर्युक्त भी नहीं आया तो है।



पुरस्कार से सम्मानित किया गया।
पुरस्कार वितावरण ब्लॉक मेडिकल
ऑफिसर एमएल चौपड़ी द्वारा किया
गया।

संगत संस्था के कार्यों की सारांश की

का सराना का ।

जो अवसर पर स्थाय विभाग
से बॉक्स प्रोग्राम मैनेजर मीनी-
प्रैमि, बॉक्स कम्पनी-ट्रैकर
मोबाइल-ट्रैकर आप, संस्था संस्था
अधिकारी श्री भूसुक, संस्था संस्था
से जिता सामग्री विभाग पंचान
सुविधाएं कर्तव्य कर्तव्य आदि भी
जीता एवं प्राप्त संलग्नों के अद्वितीय
उत्तमता श्री अधिकारी ने कामकाज-
कामकाजों के मार्गान्तर स्थानान्तर
पर चढ़ कर श्री कामकाज में संस्थानी
कार्यकारी द्वारा श्री कामकाज
संस्था द्वारा जारी आ रहे कामों की
संक्षेप की।

दैनिक प्रखर उजाला

लालन पालन कार्यक्रम से सुधरेगा बच्चों का भविष्य

ओबेदुल्लाहगंज। बच्चों के समग्र विकास को सुनिश्चित करने और उनके उच्चतम भवित्व की नींव रखने के लिए यह से संगत संस्था की सहाय परियोजना के तहत है। जनपद सभा काल, ओबेदुल्लाहगंज में महिला एवं बाल विकास विधानी के संस्थानों द्वारा से एक विशेष प्रशिक्षण कार्यक्रम का आयोजन किया गया। इस कार्यक्रम का मध्यम विषय परापर्याप्त बाल विकास, देखभाल, गर्भावत्त्व में



देखभाल, संवेदनशील देखभाल, पोषण एवं सीखने के अवसर रहा। इस प्रशिक्षण सत्र के मुख्य प्रशिक्षक श्री प्रसात शर्मा थे, जिन्होंने आगामी कार्यक्रमों को शुरूआती वच्चे के महल से अवतार कराया। उन्होंने बताया कि किस प्रकार उचित देखभाल, संतुलित पोषण और सही शैक्षणिक मार्गदर्शन एक बच्चे के शारीक, मानसिक और चौंडिक विकास की आधारशिला रखते हैं। कार्यक्रम को सफल बनाने में श्री गौरीशंकर द्विवेदी एवं वृंग सुमी प्रतीक्षा शर्मा ने विशेष सहयोग प्रदान किया। उनके सहयोग से आयोजित इस प्रशिक्षण ने प्रतिकार्यों को न सिर्फ ज्ञानवाचक जानकारी दी, बल्कि बच्चों के संवर्गीण प्रतिकार्यों के लिए एक नई दिशा प्रदान की। इस अवसर पर परिवेशजन अधिकारी श्री मान गिरिश चौहान जी उपस्थित हो एवं आवश्यक मार्गदर्शन प्रदान किया। इस पहल का ऊर्ध्वशय समुद्र व कस्तर पर जायसूक्ता लाकर यह सुनिश्चित करना है कि प्रत्येक बच्चा एक स्वस्थ, सुधारित और शिशा-सम्पूर्ण बातावरण में मैल-बद्धकर अपने भवियों को उच्चल बना सके।

What's up Sangath?

PUBLIC ENGAGEMENT



The Metropolis Youth Mental Health Festival – Confab 2025 – brought together young people, educators, and mental health advocates on 8th October 2025 at the Little Theatre Group, Delhi.

Organised by Sangath and the Youth for Mental Health Foundation, this year's theme —Peer Power: Stories, Support, and Student Well-being—celebrated the strength of shared experiences.



As part of the festival, Sangath's Metropolis project hosted a special session, "Stronger Together: The Saathi Support Way", spotlighting the Saathi Support Programme — a peer support initiative that equips college students with skills to listen, empathise, and guide peers through everyday mental health challenges.



Across two vibrant days (8–9 November 2025), Sangath, in collaboration with the Centre for Mental Health Law & Policy, ILS Pune, and Restless Development, engaged audiences at Manotsava through a powerful Lived Experience Stall.

The space invited individuals to share their stories—of mental health challenges, coping, and resilience—serving as a powerful reminder that lived experiences matter, voices matter, and every story plays a role in breaking stigma.



What's up Sangath?

PUBLIC ENGAGEMENT



Sangath set up an exhibition stall at the prestigious International Purple Fest 2025. The stall showcased stories, resources, and innovations from Sangath's projects that advance health equity and empowerment for persons with disabilities in India and beyond, through:

- **iHEAR** initiatives focused on strengthening public health infrastructure and services through inclusive care.
- **NAMASTE**'s community-based support for children with neurodivergent disabilities (NDDs).

Harikeerthan Raghuram, from **iHEAR**, joined as a moderator on the Purple Think Tank, sharing insights alongside fellow panellists on “The Missing Piece: Disability in India’s Health Insurance Puzzle?”.

Mamta Verma, from **NAMASTE**, spoke on wellbeing and understanding mental health in everyday contexts with individuals with lived experience at the National Workshop for Leprosy Champions, organised by The Leprosy Mission Trust India.



Projects in Focus

Khushee Mamta (Happy Motherhood)



Khushee Mamta (Happy Motherhood) is a community-based initiative focused on women's empowerment and maternal mental health in the district of Sri Ganganagar, Rajasthan. The initiative is by Mata Jai Kaur Maternal and Child Health Centre (MJK), a local grassroots non-profit organization committed to delivering maternal and mental health services to vulnerable women living in a remote and rural region, bordering Pakistan.



Community Wellbeing Grant- Lululemon Centre

Received a Community Wellbeing grant of 50,000 USD by Lululemon Centre for Social Impact, for the Scale-Up Project in Rajasthan

Mentorship Fellowship by Ember Mental Health

Khushee Mamta & MJK together won 6,000 GBP Mentorship and Capacity Building Fellowship by Ember Mental Health

4th QR Highlights

Looking ahead in 2026



- The team is developing a psychometric tool to measure the empowerment of non-specialized counsellors, with plans for publication to support future research and practice.
- Active fundraising efforts and exploration of grant opportunities are underway to enable long-term growth.
- Ongoing manuscript writing and secondary data analysis aim to contribute meaningful insights to the wider mental health field.

For more information on Khushee Mamta, write to Ravindra.agrawal@sangath.in

Projects in Focus



iHEAR

Initiative For Health Equity, Advocacy and Research

The TransNET project by iHEAR Sangath is a participatory research study examining how transgender, non-binary, and gender-diverse (TNBD) people across India experience and respond to technology-facilitated gender-based violence (TFGBV), with attention to how intersecting identities such as caste, religion, and ethnicity shape these experiences. The project was funded by the Feminist Internet Research Network, Association for Progressive Communications.



14 TNBD persons from across India were interviewed to understand their experiences with tech-facilitated violence. The findings were summarised in a [research paper](#).



Digital Citizen's Summit



PRIA Workshop



Looking ahead in 2026



- The complete research paper & a community-facing toolkit, designed to translate research findings into practice, will be released in January 2026.
- Plans are underway to expand the study beyond urban, English-speaking communities.
- The dissemination of toolkit & the findings will inform policy recommendations and advocacy with relevant stakeholders.

For more information on TransNET, write to ihear@sangath.in

New Joiners in Sangath family

Welcome

Kushal Maa



Shivani Lodhi
Research Assistant



Neha Jhawar
Research Assistant



Megha Pathak
Research Assistant

MENTOR



Tanya Nelson S
Research Assistant



Deepika Choure
Research Assistant

SAHARA



Vishal Singh
Project Secretary

Youth LEARN



Nikhil N
Asst. Project Coordinator

METROPOLIS



Prerna Verma
Public
Engagement Officer

iHEAR



Angela Rego
Project &
Communications Officer

OptimizeD



Priyanka Rajput
HAP Supervisor



Meghna Singh
Research Associate

NAMASTE



Suyash S
Community
Facilitator



Sikha S
Research
Associate

EMPOWER



Divya Raikwar
THPP-ECD
Supervisor



Mohd Tanveer
Research
Assistant/Supervisor

MHFS



Taru Maheshwari
School Counselor/
Facilitator



Shiristi Prasad
School Counselor/
Facilitator

COMPASS LFU



Rajendra Singh
Community Facilitator



Rashi Pal
Research Associate

New Joiners in Sangath family

MANTHAN



Priyanka Gogoi
Asst. Research
Coordinator



Phool Singh
Intervention
Assistant



Rabjot Kaur
Liasioning Officer



Ritesh Saxena
Intervention
Assistant



Vrushali Vithnali
Research
Assistant



Aparna Dubey
Research
Assistant



Prateek Namdeo
Intervention
Assistant



Shatarupa Shaw
Research
Assistant



Sejal Chaudhary
Research
Assistant



Keerti Shekhar
Intervention
Assistant

MeWe Sports



Bhatkamohan S
Senior Facilitator



Hemalata Bhuyan
Junior Facilitator



Sunita Sethi
Junior Facilitator



Phyllis Fernandes
Youth Champion

STEER



Renu Dhankar
Community
Engagement Officer



Snigdhaa
Program Director



Shruti G
Doctoral Student

Voices from the Ground...



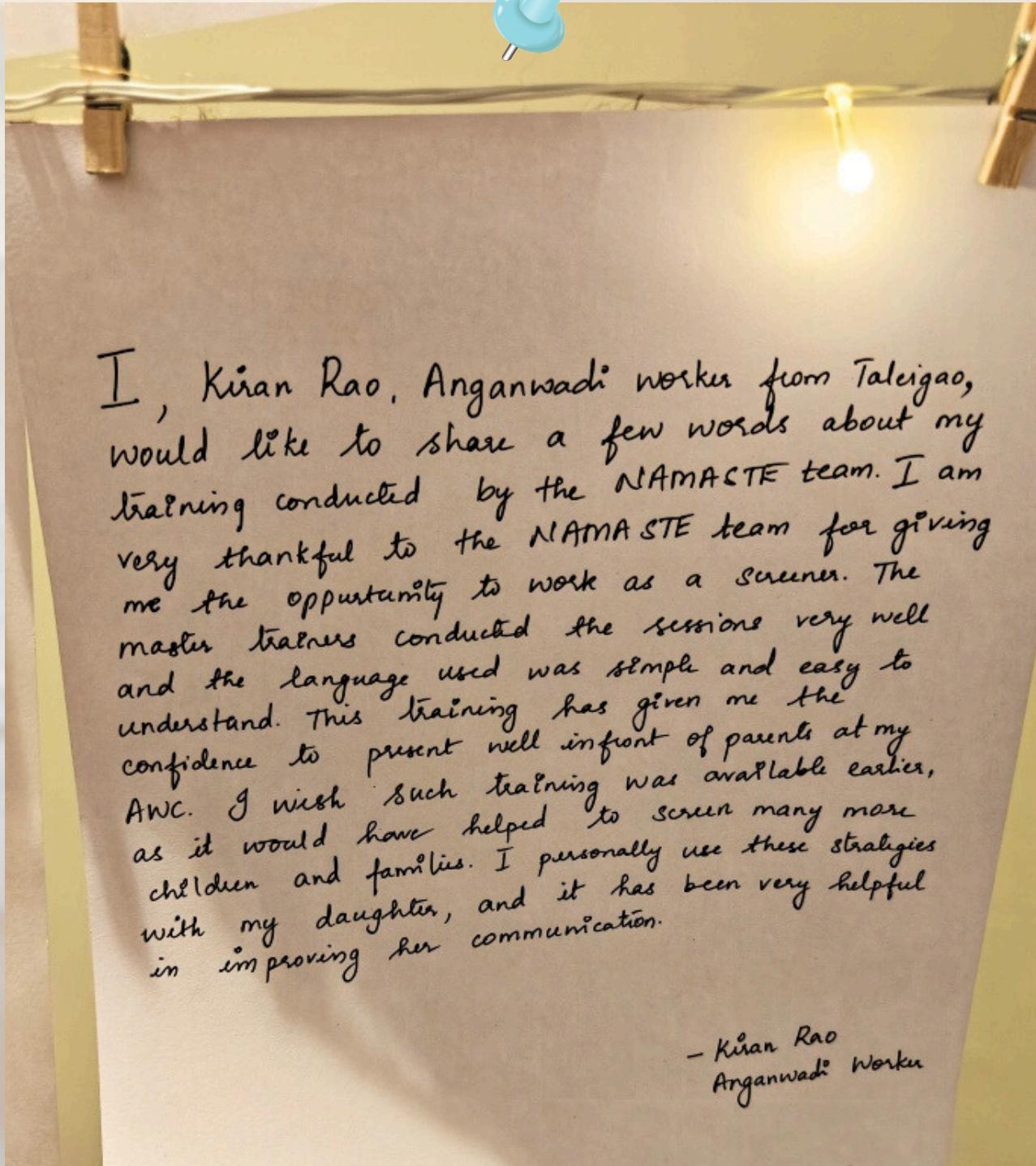
Early screening and identifying children are important as it helps in early interventions, providing a good scope of improvement in the development of child's milestone which is otherwise left to be identified only when time slips off from our hands. The NAMASTE team is working for a cause and as a doctor especially working for a prospective and it feels great that it is taking us even closer to the core of this RBSK program and lending the helping hand to the children and parents in need. There are many moments that stand out, but the satisfaction on the parents face and their faith in us are the most precious things we can look for.

As a RBSK doctor, it definitely helped us with the core of RBSK program that is early screening and identifying of 4D's from which developmental delays is one of the things. And as a medical professional it also gives me satisfaction that the children are getting these interventions or counselling which sometimes are delayed due to the undue pressure of clients at government facilities.

— Dr. Ridhi Velgudekar
RBSK Doctor, UHC Panaji

RBSK Doctor, NAMASTE Delhi

Voices from the Ground...



Anganwadi Worker, NAMASTE Goa

Voices from the Ground...



Closing the Gap carries a powerful story of what it takes to make mental health care reachable and accessible where it is needed the most.

This documentary celebrates Sangath India's rooted commitment to advancing community-centred mental health care, while also honouring our long-standing

partnership with the London School of Hygiene and Tropical Medicine (LSHTM), University of London. Through the lens of the IMPRESS project in Goa, this inspiring initiative strengthens the foundations of care - by training primary health care workers, empowering community volunteers, and building vital bridges between communities and service providers.

Sangath Culture Corner

Closing the Year 2025 together

As 2025 comes to a close, we reflect not only on what we did, but on how we moved through the year together.

Between meetings and milestones were quieter moments that shaped our days—shared cups of chai, familiar voices checking in, laughter amid serious conversations, and small, often unspoken acts of care.

Here's to the moments that made the year feel human!

Sangath in Small Moments: Because culture lives in the
in-between

A meeting
ending five
minutes early

Familiar faces—on
screen and in
corridors

Someone saying,
“Please take a
break”

Chai appearing at
the right
moment

Laughter sneaking
into serious
conversations

A driver
remembering
your usual drop

Small moments. Shared days. This is Sangath, too.

Sangath Culture Corner- Closing the Year 2025 together

How many boxes can you tick?

SANGATH BINGO 2025

"Can you hear me?"	"Let's add this to the agenda"	A power cut mid-meeting
Chai/Coffee debates	"Let's take this offline"	A long silence after a big question
"We'll circle back"	Birthday wishes mid-meeting	Meeting runs over—but feels worth it
"You're on mute"	Multitasking quietly	Mic accidentally left on

If you smiled reading this, consider it a full house

Two Truths & a Sangath Myth: Can you spot the myth?



A meeting that unexpectedly turned into a birthday celebration



A dog becoming an unofficial (and much-loved) office regular



A Sangath hub going an entire day without chai

(Answers may vary... but some truths feel universally believable)

Sangath Culture Corner- Closing the Year 2025 together



Years of Sangath India: Celebrating Compassion in Action

This year, Sangath celebrated its 29 yrs. anniversary with the [Joy of Giving Month](#). Across our hubs, teams celebrated by giving back—through gestures of gratitude, generosity, and care. Together, these moments reflected what truly defines our journey: the people we walk with, learn from, and are inspired by every day.



NAMASTE Delhi team donated groceries and others essential to a local home for elderly



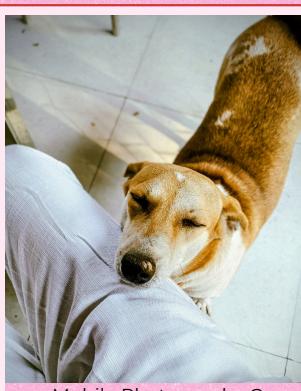
Delhi teams contributed to purchase 70 chairs for a local NGO, that runs education programs for underprivileged children



The Bhopal Hub crowdfunded and donated play materials to a local Anganwadi Centre



Goa team volunteered for a beach clean-up drive at Coco beach, North Goa



Mobile Photography Competition on the theme 'Acts of Kindness'- winning entries





Sangath Culture Corner- Closing the Year 2025 together

Diwali Celebration across Sangath Hubs



Images 1. COINCIDE Team, Delhi ; 2. SAHARA Team, Bhopal ; 3. NAMASTE Delhi Team ;
4-6 Sangath Goa Team



SANGATH SAMWAAD Oct-Dec 2025

Sangath Culture Corner- Closing the Year 2025 together



Christmas at Sangath



Bhopal Hub Annual Gathering



Christmas Celebration at Sangath Goa



Sangath Central Team QR Meet-up & Lunch





Healing Minds, Inspiring Lives

Sangath QR Newsletter is prepared by Sangath Central Communications

For any comments, feedback or queries, please write to us at

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