



Vol. #6

Sangath Samwaad

SANGATH QR NEWSLETTER Apr-Jun 2026

Pride Feature

What's Up Sangath?

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Pride Month 2026





**Joy doesn't start
only in June.**

**Pain doesn't wrap
up by June.**

**And pride doesn't
end with Pride
Month.**

– iHEAR, Sangath

PRIDE PULSE 2026

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

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



THE CONVERSATION

A step back, a call to move forward.

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

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

MILESTONES THAT MATTER



Pride in more places

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



More classrooms, more acceptance

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



Affirming care is growing

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

VOICES FROM THE COMMUNITY

What people are saying this year.

“We are not asking for special rights. We are asking for our rights to be honoured.”

— Trans activist, Mumbai ”

“Pride is where I found my people. It's where I stop explaining myself.”

— College student, Bengaluru



SETBACKS WE CAN'T IGNORE

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

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

CULTURE CORNER

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



Films & Series

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



Books & Poetry

Words that heal, challenge and imagine new worlds.



Music

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

Art helps us dream.

Pride helps us live those dreams.

HOPE FOR THE FUTURE



Stronger solidarity

Communities and allies standing together across identities.



Policy with participation

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



Everyday inclusion

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

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

PRIDE BY THE NUMBERS

20+

Cities hosted Pride marches & events

1000s

Of volunteers, organisations & allies showing up

1

Shared vision: a world where everyone belongs



A SMALL STEP, A BIG DIFFERENCE

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

HOW WILL YOU SHOW UP THIS PRIDE?

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

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



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

What's up Sangath?

Awards & Recognition



Survivor Community Care Award | May 2026

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

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



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



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

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

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



What's up Sangath?



Sangath Speaks!

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

Sangath India's NAMASTE work on strengthening early detection of neurodevelopmental conditions in India was represented at INSAR Annual Meeting.



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

Following papers are selected for poster presentation and presented by:

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

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

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

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

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



What's up Sangath?

Sangath Speaks!

PHFI@20 Symposium | Delhi, Apr 2026:

COINCIDE team members Debarajit Mukherjee, Eunice Lobo, and Deepa R participated in the PHFI@20 symposium.



A Book Reading of 'Tension' | Goa, Apr 2026:

Sangath and ICG Goa hosted a book reading which examines effects of rapid development in the Himalayas on the minds and bodies of the Gaddi community.



Manipal Research Colloquium (MRC) | May 2026:

Smita Todkar participated in the MRC 2026 at Manipal Academy of Higher Education and presented poster upon her PhD findings.

Trainings / Workshops

World Autism Awareness Day | Delhi, Apr 2026:

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



What's up Sangath?

Trainings / Workshops

Sangath Bhopal Hub | May 2026:

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



Institute of Public Health | Bengaluru, May 2026:

Anant Bhan and Salik Ansari from Sangath facilitated a workshop, creating space for reflection, dialogue, and critical engagement with ethics in public health research.



Sports for Mental Health Workshop | Goa, May 2026:

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



What's up Sangath?

Trainings / Workshops

STEER's Lived Experience Advisory Panel (LEAP) | Delhi, May 2026:

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



MeWe Sports Day | Goa, May 2026:

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



Kushal Maa Research Synthesis Meet and Retreat | Bhopal, May 2026:

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



Trainings / Workshops

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



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

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



Trainings / Workshops

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



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

Collaborations

Compos Mentis | Online, June 2026

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



Sangath x Ally x Eleven Labs | AI in Mental Health

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



New Publications

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

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

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

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

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

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

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

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

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

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

The invisible emotional labour sustaining LGBTQIA+ programmes within health organisations

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

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

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

What's up Sangath?

Sangath in Media



All images are hyperlinked for easy access.



International Day of the Seafarer



Beyond the horizon: Hidden cost of life at sea

GOODWIN FERNANDES FOR THE GOAN

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

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

Many of the challenges faced by seafarers' families remain invisible to those outside their close circles. Because seafarers spend months away from home, family life develops in a

social way. Muggle (home changed), whose husband has worked on a cruise ship for the last six years, says, "It is always a happy moment when we know he is coming home. But the moment he arrives, we begin thinking about the day he will leave again. Two months pass quickly. In the last six years, he has spent more time on the ship than with us."

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

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



Children, too, learn to grow up in the absence of a parent and may come to accept a single-parent reality. This can sometimes lead to emotional distance from the remaining parent. Anything adult when father worked at sea is terrible. "The first few days after my dad came home were always fun. He would take me to his favourite things. But the days were short-lived. We were used to knowing him around all the time, so his absence and questions about his well-being."

Spouses and children may also experience anxiety, stress and sleep disturbances, especially during periods of global unrest. For one seafarer in the Middle East, concern over disruptions to shipping routes and reports of war-torn regions have heightened fears among families waiting for loved ones at sea. Such situations add to the emotional burden of prolonged separation.

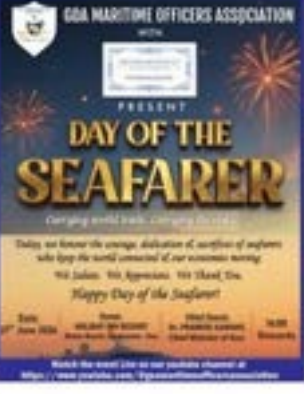
A seafarer is someone's spouse, parent, sibling or child back home. Many speak of the pain of missing important milestones in their children's lives and finding it difficult to connect after months away. Some struggle with feelings of being left out of their children's lives and finding it difficult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

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

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

are spouses, parents and children who hope that the repeated goodbyes will one day turn into a lasting reunion, even as they take pride in their close connection to the ocean.

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



GOA MARITIME OFFICERS ASSOCIATION
PRESENT
DAY OF THE SEAFARER
Celebrating the strength, dedication, and sacrifice of seafarers who keep the world connected at sea.



GOAN SEAMAN ASSOCIATION OF INDIA
CELEBRATING
THE DAY OF THE SEAFARER!
Join us at MARU KUL, BENALIM
18:00 AM - 11:00 PM, 21st JUNE 2024



NUSI MARITIME ACADEMY
(UNIT of NUSI / IIT Trust for Indian Seafarers)
SAILUTES SEAFARERS
"Carrying world trade. Carrying the risks."
HAPPY INTERNATIONAL DAY OF THE SEAFARER 2026



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

Padmasri Prabhu Patil

Mothers, who are mostly the primary caregivers for children with autism, often face immense social stigma, economic mental health challenges, isolation and stress, and a significant lack of emotional support, among others.

A mother, who is emotionally drained by her child's developmental delay, said, "From day one, my mother-in-law, my sister, saying that if I had taken adequate care during pregnancy, my child would have been normal. I know this is not the cause of his condition, but I have stopped talking to anyone except my doctor."

She always hesitates to be held responsible for something beyond her control.

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

Sharing her experience, another mother pointed out to her autistic child being compared by another mother at a social gathering.

"I felt deeply hurt but chose to remain silent."

Mothers who are mostly the primary caregivers for children with autism, often face immense social stigma, economic mental health challenges, isolation and stress, and a significant lack of emotional support, among others.

Parents can benefit from training and counseling, which empower them to support their communication, manage behavior and daily routines more effectively at home.

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

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

"Creating strong support networks such as parent groups and professional referrals help reduce feelings of isolation and emotional stress. Promoting inclusive education and raising community awareness are equally important, as they help acceptance and understanding, enabling children to engage more actively in society."

The NAMASTE Programme

The NAMASTE (Neurodevelopment and Autism South Asia Treatment and Evidence) programme by Sangath-Goa in collaboration with the Directorate of Health Services and Directorate of Women and Child Development focuses on empowering parents and delivering scalable interventions to support children with autism. It also focuses on the identification of children with autism, ensuring they receive the care they need," he said.

telling myself that reaching out would not make me any different."

Monika Vinod, a professional at Sangath-Goa, and her parents caring for children with autism in Goa face numerous emotional, social, and systemic challenges.

"The demands of caring, along with career and personal life, lead to stress, anxiety, and isolation, especially in the early years

Rastriya Bal Swasthya Karyakram

The implementation of Rastriya Bal Swasthya Karyakram (RBSK) by the state government has led to improvements in the identification of children with various developmental delays, including autism. This programme involves screening of children from birth to 18 years of age for four D's - Defects at birth, Disorders, Delays, and Developmental delays, ensuring that common health conditions for early detection and timely treatment and management, including support at tertiary level.

World Autism Month

World Autism Month is celebrated annually in April. It is a time to raise awareness about autism and to celebrate the strengths and abilities of people with autism. The theme for this year is 'Autism is a part of who we are'.

What's up Sangath?

PUBLIC ENGAGEMENT

World Autism Acceptance Month | Delhi & Goa, Apr 2026

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



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



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

Projects in Focus

Coordinated Care for Alcohol Problems (CCAP)

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



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

12% Hazardous alcohol use



Brief intervention



5.2% Harmful alcohol use / Alcohol dependence



Eligible for counselling by Sangath counsellors

Remaining referred to the District Hospital

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

CCAP team drinking measurement session



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



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

DID YOU KNOW?

Looking ahead in 2026



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

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



READ MORE



Voices from the ground....

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

- Lalan K, lay counsellor, CCAP

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

- Outcome Assessor, CCAP



New Joiners in Sangath family

Welcome

NAMASTE



Padi Taaro
Research Associate



Sarita
Community Facilitator



Harshita Goswami
Research Associate



Sumit Rathore
THPP & ECD Supervisor



Poornima Pagare
Research cum Data Entry Officer

METROPOLIS



Noyonika Gupta
Research Coordinator



Priyansal Goyal
Data Officer



Pravishiti
Assistant Research Coordinator



Krati Dixit
Assistant Research Coordinator



Ajeet Singh C
Community Facilitator



Md. Saharukh
Community Facilitator



Charul Rawat
Research Associate



Riya Mitra
Research Associate



Shreyashree M
Research Associate

COMPASS



Geetanjali N
Field Researcher



Bhavya G
Lay Health Worker



Madhumati N
Lay Health Worker



Nabiya Khan
Lay Health Worker



Nagaveni G
Lay Health Worker



Nayana N
Lay Health Worker



Shilpa T
Lay Health Worker



Vijaylaxmi K
Lay Health Worker



Nanda P
Lay Health Worker

THRIVE



Sayali Bangar
School Health Facilitator



Pallavi Awachar
School Health Facilitator



Bhavna Vilas B
School Health Facilitator



Devika Ghate
School Health Facilitator



Bharati Jadhav
School Health Facilitator



Pallavi Phopse
School Health Facilitator



Priyanka B
School Health Facilitator



Pratiksha G
School Health Facilitator



Pranali K
School Health Facilitator

SMHPP

Sangath Culture Corner



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

TEAM

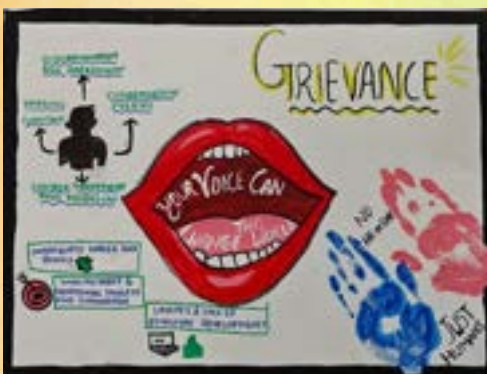
Omkar Dhadam (Health Assistant/Screenener, CCAP) performed in a natak (play) with his fellow staff members at Pernem CHC, North Goa



Sangath Culture Corner

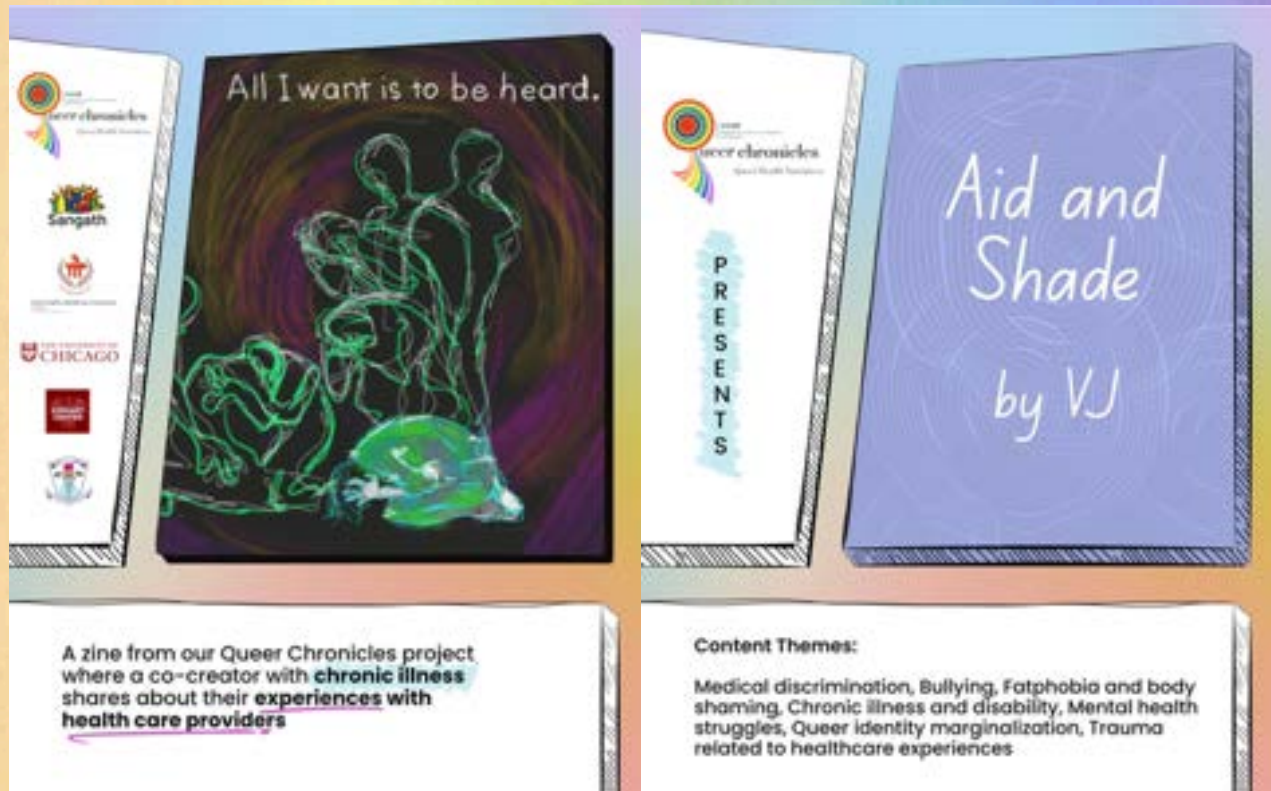
Sangath Goa Quarterly staff meeting

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



Sangath Culture Corner

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



Sangath Culture Corner

What does the Pride Month mean to us?

Reflections from iHEAR team ...

**Building
consensus
on what we
are proud of**

**Showing up
for my queer
fam and
spending
time with
them**

**Believing in
queer love
and accepting
myself**

**Small acts of
protest
against
cisheteronorm
-ativity**

**Rights for all of
us, not just
some of us**

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

**World
peace**

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

**Amplifying
queer voices
and
narratives**

CULTURE CORNER

FIND YOUR Pride Style!

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

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

1	2	3	4	5
When a friend tells you about an experience of discrimination, you...	Your ideal weekend includes...	When you see injustice, you...	Your friends would describe you as someone who...	You want to make the world more inclusive by...
A Listen without interrupting. B Speak up if someone dismisses their experience. C Ask if they'd like to share more so you can better understand. D Think about how their story could inspire others. E Ask how our community could be more supportive.	A A deep chat over chai or a long listening session. B Attending a rally, open mic or speaking up for a cause. C Reading, watching documentaries or attending a workshop. D Writing, creating art, sharing posts or telling stories. E Planning an event, volunteering or bringing people together.	A Make space for people to share their feelings. B Call it out and support those impacted. C Learn more about why it happens and how to help. D Use your voice or creativity to shed light on it. E Collaborate with others to find collective solutions.	A Is a great listener and super empathetic. B Is brave, outspoken and stands up for others. C Is curious, open-minded and always learning. D Is expressive, imaginative and thought-provoking. E Is warm, inclusive and brings people together.	A Being present, listening and offering support. B Challenging inequality and advocating for change. C Educating yourself and encouraging others to learn. D Sharing stories that inspire understanding and empathy. E Building safe spaces and strong communities.



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

A	B	C	D	E
THE LISTENER You create space with empathy and understanding.  Your strength: You make people feel seen, heard and valued.	THE ALLY You stand up for what's right and show up for others.  Your strength: You use your voice and actions to create a more just world.	THE LEARNER You stay curious, reflect and keep learning.  Your strength: You seek knowledge and inspire growth in others.	THE STORYTELLER You express, imagine and inspire through your creativity.  Your strength: You bring stories to life and spark meaningful change.	THE COMMUNITY BUILDER You bring people together and create belonging.  Your strength: You build connections and strengthen our communities.



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





Healing Minds, Inspiring Lives

Sangath QR Newsletter is prepared by Sangath Communications.
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