

Sangath Samwaad

SANGATH QR NEWSLETTER

**World Mental Health
Day 2025**

Image Source: NIMHANS

Access to Services – Mental Health in
Catastrophes and Emergencies

What's inside:

World Mental
Health Day 2025

What's up Sangath?

Projects in
Focus

Sangath Culture Corner

World Mental Health Day: A Global Call for Collective Wellbeing

Established in 1992 by the World Federation for Mental Health (WFMH), World Mental Health Day remains the only annual global awareness campaign dedicated to focusing attention on mental health and mental disorders. **Today, it is commemorated across more than 90 countries every October 10**, through local, regional, and national initiatives that amplify the shared call for understanding, compassion, and action in mental health. As the world continues to face natural disasters, conflicts, pandemics, and humanitarian crises, mental health care often remains one of the most overlooked and underfunded priorities in emergency response. Amid the rubble and recovery, the need to protect psychological wellbeing is more urgent than ever.



In India, the day highlights the importance of ensuring accessible, affordable, and inclusive mental health services for all, particularly in times of crisis. It reinforces the ongoing effort to challenge stigma, encourage open conversations, and build systems that nurture care and connection.

Each year's theme mirrors the evolving understanding of mental health; from workplace wellbeing and youth empowerment to emergency care and universal human rights. These global priorities guide collective action toward a world where mental wellness is recognized, valued, and protected as a fundamental part of health.

At Sangath, this commitment is deeply woven into our work, from advancing mental health research and community-based interventions to strengthening policy advocacy and capacity-building. Through our programmes that engage with youth, caregivers, persons with disabilities, and vulnerable communities, we continue to strive for a future where mental health is everyone's business- supported by systems, driven by evidence, and grounded in empathy.



As we commemorate this World Mental Health Day 2025, let us remember that change begins with awareness, but it **grows through action, empathy, and connection**. In every conversation we start, every initiative we support, and every community we nurture, we take one step closer to a world where **mental health and wellbeing** are realities for all.

What's up Sangath?

Sangath Joins WHO Disability Health Equity Network!



This QR ends with a bang as Sangath joins the WHO Disability Health Equity Network (2025–2027) — a milestone recognizing our leadership in advancing health equity for persons with disabilities.

From iHEAR's work with disability communities to CDG's support for children with autism and initiatives for psychosocial disabilities, our teams are driving impact that matters.

Congratulation to the entire Sangath team for this remarkable achievement and continued commitment to equity and inclusion!!

What's up Sangath?

A Trailblazer in Public Health & Inclusion!



**Dr. Satendra Singh, MD – Co-Lead of iHEAR
at Sangath and Director-Professor of
Physiology at UCMS & GTB Hospital, Delhi –
has been awarded the WHO South-East Asia
Public Health Champion Award (Individual
Category)!**

What's up Sangath?

New Projects in Sangath

MANTHAN- This study aims to develop and evaluate the effectiveness of a Participatory Action Research (PAR) and Theory of Change (ToC) informed Rural Primary Depression Care Implementation Model to integrate depression care into primary care settings.

Location: Shajapur, Madhya Pradesh

Funder: National Institute of Health and Care Research (NIHR)

Partners:

- Partners: National Health Mission (NHM), Madhya Pradesh, India
- Pravara Institute of Medical Sciences, Maharashtra, India
- Harvard Medical School, USA

Youth LEARN- This project aims to bring together young people with lived experience of mental health concerns and neurodivergence through participatory workshops, a year-long fellowship program, and a digital training course for researchers, making mental health research more inclusive, relevant, and led by lived experience.

Location: Madhya Pradesh, Maharashtra, Goa, Tamil Nadu, Manipur, Jharkhand, and Karnataka

Commissioned by: Wellcome Trust

Partners: TISS (Mumbai), Ya_All (Manipur), IYRC, Youth for Mental Health (Delhi), Ekjut (Jharkhand), The Banyan (Chennai), ADHD Queeple (Bangalore), SCARF (Chennai), Much Much Spectrum, and Youth Advisory Network (Goa)

Core Capacities-Schools, Adults and Systems Project- This program aims to strengthen existing School Mental Health interventions by integrating Core Capacities into the school curriculum, while also supporting teachers' wellbeing and preparing future educators with essential mental health competencies.

Location: Goa & Pune

Funder: CitiesRISE

Enhancing Mental Wellbeing and Communications among Family Members Through Game Intervention- To foster a stronger parent-child relationship and a supportive home environment for mental wellbeing, the program introduces an engaging and culturally relevant family board game to be played at home by young people and their parents or caregivers.

Location: Goa

Funder: CitiesRISE

Enhancing Mental Health Interventions in 6 Child Care Institutes (CCIs)- The project will be working with Children in 6 Child Care Institutes in Pune to build their mental wellbeing, decision making skills and problem solving skills through Intervention Facilitators.

Location: Pune

Funder: Bajaj Allianz General Insurance Co. Ltd.

Bridging the Treatment Gap with AI-Enhanced Supervision (BRIDGE-AI)- The project will train AI language models to assess therapy quality and provide actionable feedback in Hindi and Pilot the tool with non-specialist counselors to evaluate its feasibility, acceptability, and impact on performance.

Location: Bhopal, Madhya Pradesh

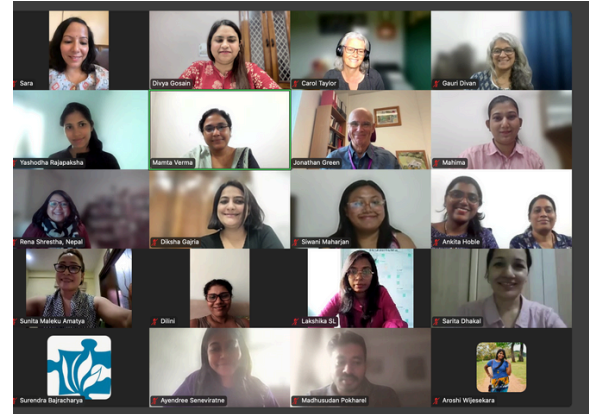
Funder: Neuromatch, Inc. & Supported by Wellcome Trust

What's up Sangath?

Sangath Speaks!

NAMASTE PASS Pluss Seminar:

Gauri Divan, Child Development Group, Sangath with Carol Taylor, Speech and Language Pathologist, Manchester led the seminar, diving deeper into the rationale behind PASS Plus and the adaptation of the PACT intervention to PASS Plus.



MASTER CLASS ON

COMMUNITY-BASED APPROACHES TO EARLY CHILD DEVELOPMENT - LESSONS FROM SANGATH

This session will introduce students to Sangath, India's leading mental health NGO, and its work in advancing early child development through innovative, community-driven interventions. This session will explore how simple, scalable strategies, such as video-based parenting programmes, are transforming the first 1,000 days of life by improving child nutrition, feeding, and responsive caregiving. We will also discuss the NAMASTE programme, which focuses on the early detection of neurodevelopmental disorders (NDDs) and helps families access care. Both initiatives are being implemented at scale by training Anganwadi workers in Delhi and Madhya Pradesh, demonstrating how locally embedded systems can deliver meaningful change.

SPEAKERS



R. ROY
Implementation Scientist,
Sangath

LECTURE'S BRIEF: Roy has dedicated his career to supporting families and caregivers in giving young children the best start in life, with a particular focus on low-resource settings. Since 2007, he has worked across India, Nepal, Sri Lanka, and Bangladesh to develop, implement, and evaluate community-based mental health interventions.



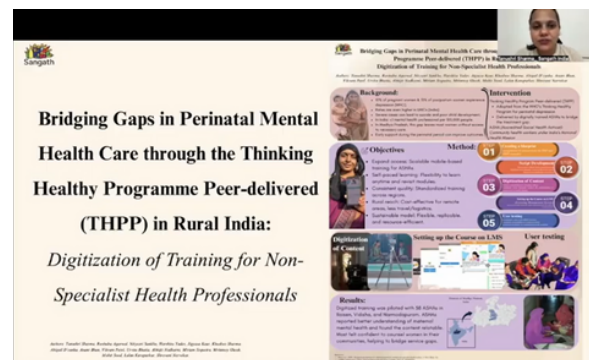
SWETA PAL
Public Engagement
Professional, Sangath

LECTURE'S BRIEF: Sweta Pal is a public engagement professional working in youth mental health and early childhood development. She has experience in co-designing and evaluating community-based interventions with young people and their families.

Jindal Institute of Behavioural Sciences, O.P. Jindal Global University: NAMASTE senior team members, R. Roy and Sweta Pal delivered a talk on "Community-based Approaches to Early Child Development-Lessons from Sangath."

Digital Health Africa 2025:

Tanushri Sharma presented poster on "Bridging Gaps in Perinatal Mental Health Care through the Thinking Healthy Programme Peer-delivered (THPP) in Rural India: Digitization of Training for Non-Specialist Health Professionals."



Pan India Symposiums 2025:

Dr. Nityasri Sankha Narasimhamurti was invited as part of the HCLTech Grant by the HCL foundation to speak on "From Access to Impact: Aligning CSR investments with measurable impact in the journey towards Viksit Bharat."



What's up Sangath?

Sangath Speaks!

European Psychiatric Association, Madrid, Spain:

Julia R. Pozuelo presented a poster from OptimizedD titled "A Pilot Study of a Precision Trial Comparing Psychotherapy and Antidepressants for Depression in Primary Care in India."

International DOHaD Congress, Buenos Aires, Argentina:

Debarati Mukherjee, Professor, Indian Institute of Public Health Bengaluru, Public Health Foundation of India presented two posters from COINCIDE study and a talk to introduce the DOHaD India Regional Society.

Periodic Project Review, Institute of Public Health, Bengaluru:

COINCIDE Lead PI Prashanth N Srinivas (Director, Institute of Public Health, Bengaluru), along with Debarati (Professor, Indian Institute of Public Health Bengaluru), Eunice Lobo (Senior Research Associate, Indian Institute of Public Health Bengaluru, Public Health Foundation of India), and Smita Todkar (Senior Research Coordinator, Sangath) presented the COINCIDE project to the Periodic Project Review committee, IPH Bengaluru

SYMPSYCH, Symbiosis Centre for Emotional Wellbeing, Pune:

- Miriam Sequeira joined the pre-conference webinar series, as panelist on "Illness to Wellness" webinar, which emphasized on Crisis to Prevention, Symptoms to Root Causes, and Surviving to Thriving.
- Yashi Gandhi joined as panelist, the webinar on "Classroom to Community", speaking on the shift from classroom to community. She highlighted the importance of creating ecosystems where learning, mental health, and social support extend beyond academic spaces and into everyday life.

Annual Centre for Global Mental Health Research Day, London School of Hygiene and Tropical Medicine, U.K.:

Urvita Bhatia and Yashi Gandhi were present at The CGMH Research Day as part of CGMH's efforts to engage Centre staff and students across both LSHTM and King's, celebrate achievements, foster a sense of belonging, and facilitate networking, information sharing, and collaborations, and discuss any topical issues of the day.

Asha Sahyika (Volunteers) training:

Asha Sahayika's are volunteers from the community that help the ASHA workers with screening of perinatal women and delivering MMHA sessions.

What's up Sangath?

Trainings / Workshops/ Collaborations

Mae De Deus High School, Corjuem, Goa:

Vartika Jain spoke on learning differences and disabilities in children for the parents of students in 1st to 10th grade as part of their PTA meeting of the school introducing Sangath's - MeWeSports and NAMASTE.

Santa Cruz Higher Secondary Annual Event, Goa:

Lalan Madkaiker and Saiccha Naik Bandiwadekar presented an in-person session on Mental health wellbeing of teachers & adolescent at their event.



St. Xavier College, Mapusa:

Miriam Sequeira and Lalan Karapurkar held an "Empathy in Action: Building Counselling Skills" workshop with 30 students trained in general counselling skills.

Sangath's SEHER intervention travels to Japan!

Sangath's flagship school-based mental health program, SEHER, is making its way to classrooms in Tokyo, Japan! In July, Dr. Vikram Patel and Prachi Khandeparker from Sangath visited Japan, where the Tokyo Metropolitan Institute of Medical Science is adapting and testing the SEHER model for public schools in Tokyo.

Dr. Patel serves as the Research Advisor, while Prachi leads as the Intervention and Implementation Advisor for the project. During their visit, they met with the local research team, school staff, and students — engaging in rich exchanges to help contextualize SEHER for Japanese schools.



What's up Sangath?

Trainings / Workshops/ Collaborations

Training on Mental Health First-aid:

Kedar Mirchandani, Luanna Fernandes, Seema Sambari, Subhash Pednekar, Miriam Sequeira, Sneha Pednekar, and Rakshanda Paimpari trained 14 participants from the top management of shelf-drilling Mumbai in identifying signs of distress in their colleagues and responding empathetically.

Thinking Healthy Program- Peer delivered Training:

The trainings were focused on providing ASHA workers with knowledge of Maternal mental health, including perinatal depression and how to provide the THPP counselling sessions to a patient.

Maternal Mental Health Training:

The 'Maternal Mental Health Awareness' training is focused on teaching the ASHA workers about the awareness video and the discussion that is to be held with women and their family members regarding the importance of maternal mental health. It also involves teaching them the navigation of the Mindscroll app.

Lalan Palan Training:

The trainings were focused on Early Childhood Development (ECD) and aimed to provide Anganwadi workers with in-depth knowledge related to the overall development of children during the first two years of life.



What's up Sangath?

Trainings / Workshops/ Collaborations

Transforming the Tech: Co-Designing Resistance to Technology-Facilitated Gender-Based Violence (TFGBV):

The workshop centered on participatory engagement to explore the complex realities of Technology-Facilitated Gender-Based Violence (TFGBV) experienced by trans, non-binary, and gender-diverse (TGDNB) individuals in India.



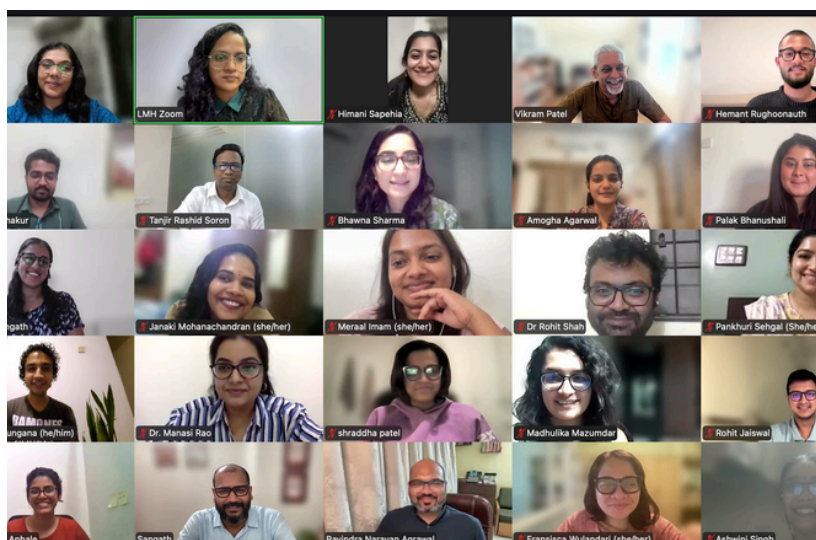
Counselling Relationship Course, Parvatibai Chowgule College of Arts & Science:

The Counselling Course was completed with real-world insights from mental health professionals nurturing compassionate changemakers, this course marked a milestone in building counselling capacity to engage meaningfully in everyday support and professional care.



17th Edition, Leadership in Mental Health Course :

The first phase of the LMH Course 2025 was commenced, in Sept bringing together 64 passionate learners from around the world to strengthen their understanding and practice of mental health leadership.



What's up Sangath?

New Publications / Disseminations

Ningalude Paricharanathile Nirabhedangal, Kerala Guide released:

The guide for medical educators in Kerala on LGBTQIA+ affirmative care – Ningalude Paricharanathile Nirabhedangal, was published on 27th August 2025.

Characterizing modifications to the mental health gap action programme (mhGAP) intervention guide during implementation in low- and middle-income countries using the framework for reporting adaptations and modifications to evidence-based interventions: a systematic review of reviews:

Harikeerthan Raghuram, Mythili Menon Pathiyil, Aakrushi Brahmbhatt, and Anant Bhan contribution to this paper suggested strengthening frameworks to improve documentation and enhance implementation in LMICs settings where Modification plays a vital role in making interventions responsive to diverse community settings

Optimizing treatment for depression in primary care using psychotherapy versus antidepressant medication in a low-resource setting: protocol for the Optimized randomized controlled trial:

The Optimized randomized controlled trial is one of the largest precision mental health studies conducted in a low-resource context, based in Bhopal, India. Aiming to determine whether personalized treatment-through behavioral activation therapy or antidepressant medication-can lead to better outcomes for people with depression in primary care.

“Common Definitions” in Mental Health Science: Sangath India, together with the Global Mental Health Peer Network (GMHPN), and commissioned by the Wellcome Trust, has developed “Common Definitions in Mental Health Science” towards building a shared, inclusive, and globally relevant language for mental health science-one that honors lived experiences, bridges research, and makes care more equitable worldwide.

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

The paper demonstrated how ASHAs were trained and supported to deliver the Healthy Activity Program (HAP) adding to the growing evidence that task-sharing approaches in mental health can bridge treatment gaps make quality mental health care accessible and bring effective care to underserved communities.

A Conversational Agent (PracticePal) to Support the Delivery of a Brief Behavioral Activation Treatment for Depression in Rural India: Development and Pilot-Testing Study:

The pilot study was conducted in Raigarh district of Madhya Pradesh, with 30 patient participants receiving the Healthy Activity Program (HAP). The chatbot PracticePal was designed as a therapy-aid to be used alongside HAP treatment by patients.

What's up Sangath?

Public Engagement/ Campaigns

SAHARA project launched a Reel-making competition across 8 districts of Madhya Pradesh with THPP-trained ASHAs. The activity required ASHAs to develop short reels (30 seconds to 1 minute) on maternal mental health and related topics.

The objective was to encourage knowledge dissemination through creative formats and assess the engagement of ASHAs with key project themes.



The ceremony was attended by the Chief Medical and Health Officer (CMHO), District Immunization Officer (DIO), District Community Mobilizer (DCM), and the Sangath team.

The top three reels were adjudged winners, and prizes were awarded through a formal distribution ceremony. The 1st prize winner received a mobile phone, the 2nd prize winner received a cooler, and the 3rd prize winner received a mixer grinder. This initiative served both as a capacity-strengthening and motivation-building exercise for the participating ASHAs.



Learn more about the project here: [SAHARA](#)

What's up Sangath?

Sangath in News



राज एक्सप्रेस

स्वास्थ्य विभाग और संगत संस्था द्वारा रीत मेकिंग प्रक्रियाओं आशा कार्यक्रमों को किया गया पुरस्कर्त



सीएमएचओ डॉ. तर्मा ने सामुदायिक स्वास्थ्य केन्द्र बसई का किया निरीक्षण

सीएमएचओ डॉ. तर्मा ने उत्कृष्ट कार्य के लिए 3 आशा कार्यकर्ताओं को किया पुरस्कर्त



प्रशिक्षण: बच्चों के लालन-पालन में पिता की भूमिका भी महत्वपूर्ण



गर्भवती महिलाओं के लिए शिविर आयोजित किया



प्रकाश पाटीदार

घटिया। गर्भवती महिलाओं के लिए घटिया नरवर सी एच सी व एच आर पी में विशेष शिविर का आयोजन किया गया जिसमें 100, गर्भवती महिलाओं की मानसिक शारीरिक स्वास्थ्य की जांच की गई शिविर में डॉ नवीन परिहार ने बताया कि जब भी गर्भवती महिलाओं की जांच सी एच सी, पी एच सी पर होती है तो उनके मानसिक स्वास्थ्य की स्क्रिनिंग करना भी जरूरी है इसके लिए पी एच क्यू 2 और पी एच क्यू 9, टेस्ट किए जाते हैं डॉ परिहार ने कहा कि गर्भवती महिलाओं में तनाव के लक्षण जैसे

उत्साह की कमी, नींद में परेशानी नकारात्मक विचार आत्महत्या संबंधी विचार निराशा उदासी और धकान को नजराना नहीं करना चाहिए समय से पहचान कर काउंसलिंग कर माताओं को राहत दी जा सकती है हर महीने होने वाले एच आर पी शिविर और पी एम एस एम ए शिविर में मातृत्व मानसिक स्वास्थ्य की जांच को शामिल करना बेहद जरूरी है ताकि माताओं का सम्पूर्ण स्वास्थ्य बेहतर हो इस अवसर पर डॉ खुशबू एम ओ, डॉ नीतु सी एच सी, हीना खान, संगीता शर्मा, आशा कार्यकर्ता, केशव गुप्ता, शुभारिका खरे सिमरन आदी उपस्थित थे यह जानकारी संगत संस्था जिला समन्वयक समन्वयक माधुरी जैंगते ने दी।

बच्चों के लालन- पालन में - पिता की भूमिका भी महत्वपूर्ण

स्वतंत्र इडिया, गुलाबगंज

महिला बाल विकास एवं संगत संस्था के संयुक्त कार्यक्रम के तहत आंगनवाड़ी कार्यकर्ताओं का प्रशिक्षण गुलाबगंज शासकीय स्कूल में संगत संस्था द्वारा आयोजित किया गया जिसमें बच्चों के लालन पालन में शुरूआती 1000 सुनहरा दिवस में किस तरह परिवार को बच्चे के शारीरिक, मानसिक विकास, पोषण, और संवेदनशील देखभाल आदि में महत्वपूर्ण भूमिका निभाना है, खासकर पिता की भूमिका पर संस्था द्वारा छोटे छोटे विडियो बनाए गए हैं और विडियो के माध्यम से आंगनवाड़ी कार्यकर्ता घर घर



जाकर परिवार खासकर पिता को दिखाएंगी ताकि बच्चों के लालन पालन में पिता का भी सहयोग मिल सके संगत संस्था विदेशी का एड्रेसी डॉ निक्किता पाठक द्वारा बहुत रोचक और बेहतर तरीके से प्रशिक्षण प्रदान किया गया प्रशिक्षण में गुलाबगंज की सुपरवाइजर अनिता गुप्ता, स्कूल की प्राचीय तथा संगत संस्था विदेशी का एड्रेसी डॉ निक्किता जी सुपरवाइजर वंदना गर्ग एवं श्रेता दुवे का पूर्ण सहयोग रहा।

बच्चों के लालन-पालन में डिजिटल प्लेटफॉर्म का उपयोग



संगत संस्था की पहल
महिला प्रशिक्षण • टाउन्स
गुड़ी ग्राम पंचायत कार्यालय में संगत संस्था द्वारा बच्चों के शुरूआती 1000 सुनहरा दिवस पर केन्द्रित एक प्रशिक्षण कार्यक्रम आयोजित किया गया। इस प्रशिक्षण में बताया गया कि बच्चों के शुरूआती वर्षों का सबसे महत्वपूर्ण होता है, उनके विकास में कोन-कोन से प्रतिक्रिया देनी चाहिए और डिजिटल प्लेटफॉर्म के माध्यम से लालन-पालन को किस तरह प्रभावी बनाया जा सकता है। मास्टर ट्रेनर डॉ. निक्किता पाठक और अशिका खत्री ने विडियो आधारित सत्रों और साज सामान के जरिए प्रशिक्षणों को बच्चों की देखभाल के जुड़े विभिन्न पहलुओं को समझाया कार्यक्रम में ग्राम पंचायत

बच्चों के प्रारंभिक बाल विकास और देखभाल के लिए लालन पालन कार्यक्रम से सुनिश्चित होगा सुनहरा भविष्य- प्रशांत शर्मा

अटल स्तंभ संवाददाता
शोभित जैन संगत संस्था द्वारा विकासखंड सिरोंज के जनपद



पंचायत कार्यालय सभा कक्ष में महिला एवं बाल विकास विभाग के साथ सहारा परियोजना के तहत लालन पालन कार्यक्रम के अंतर्गत आंगनवाड़ी कार्यकर्ताओं को एक

दिवसीय प्रारंभिक बाल विकास एवं देखभाल विषय पर डिजिटली विडियो प्रशिक्षण आयोजित



किया गया। इसका प्रमुख उद्देश्य शिशु के प्रारंभिक बाल विकास पर कार्य करना है और शिशु की सही देखभाल सुनिश्चित करना है। मास्टर ट्रेनर प्रशांत शर्मा ने विस्तार से

Projects in Focus

MeWe Sports

Preventing adolescent substance use initiation through community sports

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

The first pilot program was conducted in Goa, where the intervention was delivered by coaches and youth champions to adolescents aged 12-14 years in a school-based sports setting.



06

Goa



12

Odisha

Community coaches & youth champions trained on delivering the program

524

Students



05

Schools

Students outreached through schools collaboration in Goa



MeWe Sports Sessions



Training in Bhubaneswar



MeWe Introduction Sessions



Looking ahead in 2025



- Expand the outreach to community and child-care centres as well
- Completing over 20 MeWeSports sessions with the students
- Engaging the parents and teachers in awareness sessions

For more information on MeWe Sports, reach out to Urvita.Bhatia@sangath.in

Projects in Focus

SAHARA

SAHARA (Supporting All mothers And childRen universAlly) is a program

SAHARA promotes 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, by integrating **Maternal Mental Health, Thinking Healthy Programme Peer-delivered & Lalan Palan**.



3183

ASHAs in
THPP



2630

ASHAs in
MMHA

Nos. of ASHA Workers completed trainings under THPP & MMHA till Sept 2025

2371

AWWs



No. of Anganwadi Workers completed training under Lalan Palan



MMHA training Session



THPP training session



Lalan Palan Training Sessions



Looking ahead in 2025

- Complete training of 3300 ASHA workers in THPP intervention by October 2025
- Complete training of 3300 ASHA workers in MMHA session by October 2025
- Complete Training of 3150 Anganwadi workers in Lalan Palan intervention by October 2025

For more information on SAHARA, reach out to Ravindra.Agrawal@sangath.in

New Joiners in Sangath family

COMPASS LFU



Rambir Singh
Data Analyst



Govind Kumar
Senior Data Analyst



Kainat Hussain
Research Associate

Welcome

Central OPM



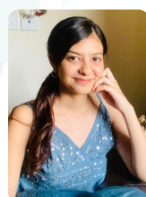
Sneha Naget
Junior Officer



Telang A Avinash
Asst. Research Coord.



Srijoni Sircar
Clinical Coordinator



Aditi Dhoundiyal
Asst. Research Coord.



Anmol Tyagi
Asst. Research Coord.



Nitesh S Madkaikar
Senior Officer

METROPOLIS

Central IT

MADAD



Dipali A Suryvanshi
Intervention Associate



Anjali S Vadd
School Health
Facilitator



Archana R Javanjalkar
School Health
Facilitator

SMHPP

MeWe



Pratyush Kumar Jit
Project Supervisor



Saidutt Rajendra V
Community Coach

NAMASTE



Rahul R Sawant
Sr. Account Officer

EMPOWER



Rashmi Rani
Research Assistant



Simran Agarwal
THPP-ECD Supervisor

MHFS



Fareena Ambreen
Asst. Project Coord.



Kamal Preet Kaur
School Counselor/
Facilitator



Abhinaya Sridhar
School Counselor/
Facilitator



Vivixa Rajesh Jain
School Counselor/
Facilitator

CCAP

YOUTH LEARN



Yukta Rohidas L
Community
Health Woker



Munia Tamim E
Youth Champion



Aakash Kumar
Office Support Asst.



Anuradha Jha
Community Facilitator



Sudarsana Barkataki
Research Associate



Mahika Pilai
Research Associate

COMPASS

Sangath Culture Corner



NAMASTE Delhi celebrated the training completion of 564 Anganwadi Workers from the East District of Delhi



1st Annual Implementation Review Meeting 2025



Navaratri Celebrations at Goa Office



Sangath HR hosted the very 1st Central Team Retreat at Farm 33, Bicholim



Exclusive in-house premiere of **"ACECAO"** (Ancessao) starring our very own Prashanti Talpankar (Sangath MC member) as lead actor at Training Hall, Sangath, Goa



Sangath Culture Corner



Podcast /

Episode 5: Problem-solving therapy – the answer to youth depression?

8 October 2025

Across the world, young people face a growing mental health crisis, but effective treatments remain limited. Could problem-solving therapy be part of the answer? Alisha and Professor Vikram Patel explore a school-based trial in India testing POD (Problem Identification, Option generation and Do it), a practical approach helping students tackle problems head-on. With counsellor Bindiya Chodankar and researchers adapting the model for universities, this episode asks: can simple, accessible tools reshape youth mental health?



Your Mental Health Today Test / Quiz

Most people struggle with mental health challenges at some point in life, whether due to circumstances or underlying vulnerabilities and psychiatric conditions.

PT Psychology Today



Sangath

Healing Minds. Inspiring Lives

Sangath QR Newsletter is prepared by Sangath Central Communications
For any comments, feedback or queries, please write to us at
communications@sangath.in



Sangath Headquarter:
House no. 451 (168), Bhatkar Vaddo, Socorro, Porvorim, Bardez,
Goa – 403501, +91-95525 30557