Sangath

Annual Report 2025-2026

Advancing Mental Health Across the Lifespan



Healing Minds, Inspiring Lives

TABLE OF CONTENTS

Message from the Leadership 01-02

Organisation Overview 03-04

- About Sangath
- Mission, Vision & Values

Sangath's Year in Review 05-08

- Yearly Highlights

Sangath's Impact 2025-26 09-10

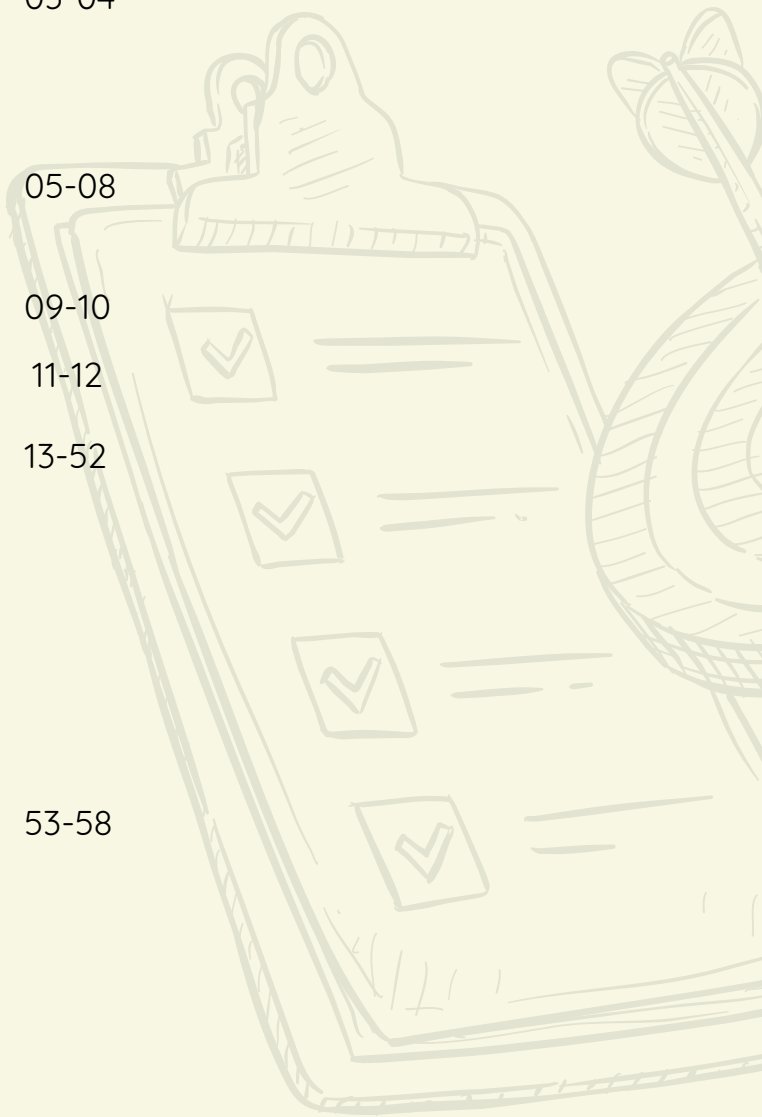
Awards & Recognitions 11-12

Programmatic Achievements 13-52

- Child Development
- Adolescent and Youth Mental Health
- Adult Mental Health
- Addictions and related-Research
- Health Equity
- Tech and Innovations

Capacity Building and Trainings 53-58

- Capacity Building In Action
- Institutional Capacity Building



Public Engagement & Outreach 59-70

- From Evidence to Policy
- Communities at the Centre
- Empowering Young People as Mental Health Champions
- Major events this year
- Building Sangath's Voice

Research and Publications 71-72

Sangath in National Dialogues and Global Arenas 73-74

Sangath in Media 75-76

Beyond The Milestone 77-78

Partners & Collaborators 79-81

Funders & Donors 81-82

Governance & Compliance 83-85

Financial Overview 86

Sangath Team Celebrations 87-88

Sangath Footprint Across India 89-90

Annexure 91-110

MESSAGE FROM THE LEADERSHIP

The past year has been one of growth, transition and reflection for Sangath. Across our programmes and partnerships, we have continued to demonstrate what is possible when rigorous research, innovation and close engagement with partners come together to address the mental health needs of people who are too often underserved. Our work has expanded across the life span and across diverse areas of need, while our collaborations have connected Sangath to partners and audiences nationally and globally.

From early screening for developmental disabilities, to peer-led depression care, to community-designed initiatives for LGBTQIA+ and disability-inclusive healthcare, our programmes share a common ambition - to move mental healthcare beyond specialist settings and into the hands of frontline workers, families and communities. Through our many programmes, this year brought encouraging evidence that this approach can work at scale. These are important milestones and, in an organisation where we are generally quite good at finding the next problem before celebrating the last solution, they deserve to be recognised.

Yet perhaps more important than the milestones themselves is what they tell us about the institution we are becoming. As Sangath has grown in scale, visibility and complexity, we have had to think more deliberately about how we organise ourselves, communicate our work, manage risk and strengthen the systems that underpin our research and programmes. The establishment of a central communications function, stronger governance around our public presence, and continued attention to organisational policies and processes are all part of this evolution. Growth, it turns out, comes with more paperwork!

The year also reminded us that growth does not happen independent of the external environment. Changes in the global funding landscape, including the closure of USAID-supported initiatives, created uncertainty across the development sector and affected some of our own programmes and teams. These experiences reinforced an important lesson - institutional resilience is not simply about securing more resources. It requires diversified partnerships and funding, strong systems, thoughtful planning and, above all, an organisation that can support its people through periods of change. How we conclude programmes and manage transitions matters as much as how we begin them.

Through all these changes, our purpose remains unchanged: to advance accessible, equitable and evidence-based mental healthcare through research, innovation and partnerships. Importantly, we have pushed harder this year to ensure that research does not end with publication, but informs policy and practice. The MoU with the National Health Mission in Madhya Pradesh, the policy draft submitted to NHM Haryana, and the partnership with Delhi's Department of Women and Child Development may seem like modest steps alongside headline research findings, but they are precisely the mechanisms through which evidence can move from a trial or research paper into health systems and, ultimately, reach the people who need it. The journey from "we found something that works" to "the health system is actually doing it" is rarely straightforward, but it is where much of the real work begins.

Looking ahead, our goal should not simply be to do more, but to do what we do better and with greater sustainability. We need to consolidate the systems that support our growing organisation, continue investing in our people, strengthen governance and accountability, diversify our funding base, and build partnerships that enable our evidence to influence policy and practice at scale. At the same time, we must remain grounded in the communities whose experiences give meaning to our work. We also need to retain the curiosity, humility and willingness to learn that have always been central to Sangath.

Sangath's greatest strength has always been its ability to combine ambition with a commitment to evidence, equity and learning. Our challenge now is to preserve that spirit while building an institution capable of sustaining and extending its impact. And, as we grow, perhaps the most important thing is to remember that not every problem needs a new committee, a new acronym or a 47-slide PowerPoint.

We have much to be proud of, a lot still to learn, and plenty left to do. That seems like a good place for Sangath to be.

-Dr. Abhijit Nadkarni

Co-Director, Addictions and related-Research, Sangath



ORGANISATION OVERVIEW

Sangath is a not-for-profit mental health research organisation dedicated to closing the treatment gap for mental health in India and beyond. Founded in 1996 (Goa), Sangath is globally recognised for developing scalable, evidence-based care models grounded in community participation and cross-sector collaboration. Our work drives community-centered mental health impact through rigrous research, strategic partnerships, public engagement, service delivery, and innovative solutions tailored to low-resource settings. With generous philanthropic support from **Charles F. Reynolds III, MD** (distinguished professor in Geriatric Psychiatry emeritus University of Pittsburgh, School of Medicine) and his wife **Ellen Reynolds,** this year Sangath expanded its Goa office with an additional building, creating more space to support our growing team and work.



Photo: Sangath Headquarters Office, Goa

VISION

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

MISSION

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

VALUES

- EQUITY
- INNOVATION
- INTEGRITY
- COMPASSION
- COLLABORATION
- EMPOWERMENT

SANGATH'S YEAR IN REVIEW

ADVANCING MENTAL HEALTH ACROSS LIFESPAN THROUGH INNOVATION, ENEGAGEMENT AND SYSTEMS STRENGTHENING

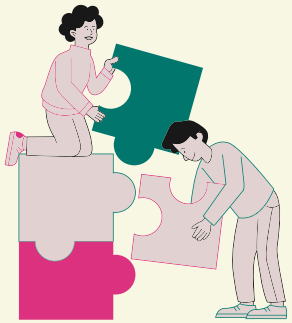
Across the year, Sangath translated evidence into approaches that respond to real-world mental health needs. Our progress spanned delivery innovation, interventions, public engagement, and systems and capacity strengthening—from developing and adapting new models of care, to bringing communities and lived experience into our work, and strengthening the people, partnerships and systems needed to sustain and extend mental health support. Together, these efforts reflect a continued focus on moving from evidence to practice while making mental health approaches more accessible, relevant and responsive..

Delivery  Innovations

We continued to develop new ways of delivering mental health care; using technology, task-sharing, peer support and low-cost approaches to make evidence-based interventions more accessible and scalable.

AI-enabled supervision through **BRIDGE-AI**, mobile tools used through **IMPRESS/PEERS,** and **NAMASTE's** CommCare-based delivery and digital training explored how technology can strengthen the reach and quality of non-specialist care. Alongside this, **CCAP's** WhatsApp-based M-BIT, **PracticePal's** Hindi chatbot for ASHAs, and **SAHARA's** video-based Lalan Palan brought evidence-informed support onto familiar, community-based platforms. Other innovations, including **MeWeSports'** low-cost sport and social-emotional learning model and **CRGAM's** board-game intervention, explored creative ways of delivering mental health and wellbeing support within everyday community settings.

Interventions



From prevention and early identification to treatment and recovery, our teams adapted and tested evidence-based interventions across diverse populations and health systems.

The year saw several interventions move through important stages of development and evaluation—from finalising and testing delivery models, to completing large-scale trials and preparing approaches for wider implementation. **CCAP** completed its 'case series phase across health centres in Goa,' while **IMPRESS** completed recruitment of participants and strengthened the capacity of Community Health Officers to deliver a single HAP session through sub-centres. **OptimizeD** completed its main trial with participants randomised to HAP or antidepressant treatment, with over half experiencing full remission. Alongside this, **NAMASTE** expanded developmental screening and care pathways while building the capacity of caregivers and frontline workers; **SAATHI** advanced its peer-support model through digitised training, peer-supporter training and participant-informed refinement. Under school mental health promotion, Sangath adapted interventions for new contexts- **SEHER,** its flagship school mental health intervention, was adapted for public schools in Japan, the UK and Brazil, while **SMHPP, MeWe Sports, and MHFS** engaged adolescents through school-based mental health promotion, sports and peer-led approaches. Together, these interventions reached thousands of students demonstrating how evidence-informed approaches can be adapted to different contexts while keeping young people at the centre.



Public Engagement

We took mental health beyond research settings; into schools, campuses, communities and public spaces using campaigns, creative formats and partnerships to challenge stigma, encourage help-seeking and bring lived experience into public conversations.

Our public engagement ranged from working with policymakers and health officials to strengthen accessibility and sustain mental health services, to creating platforms where young people, students and families could participate in conversations and activities. Through **Access Matters,** engagement with policymakers and health officials in Goa and Madhya Pradesh contributed to nearly 30 hospital-specific accessibility action plans, while **IMPRESS** brought government stakeholders together through a state-level mental health and wellbeing event focused on sustaining depression care in Goa. **OptimizeD** took mental health conversations into primary health centres across Madhya Pradesh through Mental Health Awareness Month, activities focused on recognising depression early and reducing stigma.

In partnership with the Madhya Pradesh State AIDS Control Society (MPSACS), the team also used public events and street theatre around World AIDS Day to engage young people on HIV, mental health and stigma.
At youth level, **METROPOLIS CONFAB** engaged students through dialogue, performances and interactive activities; **MHFS** led anti-bullying campaigns across 17 schools engaging students, teachers and the larger school community; and **SMHPP** engaged thousands of students from more than 100 schools through annual exhibitions celebrating student creativity. Public platforms such as **Purple Fest** and **Manotsava** further brought conversations around mental health, neurodevelopment and inclusion into wider public spaces through stalls, interactive exhibits and community conversations.



Strengthening Systems & Capacity

Alongside programme delivery, we invested in the people, partnerships and systems needed to sustain and scale our work.

During the year, Sangath invested in building the skills, leadership, partnerships and institutional capacities needed to support mental health work across different settings. This included training and support for community health workers, counsellors, teachers, peer supporters, health professionals and government functionaries. Sangath also invested in developing the next generation of mental health leaders and researchers respectively through the **17th Leadership in Mental Health course** and **Intramural Grants for early-career researchers**. Capacity building extended beyond the formal mental health workforce: in Goa, Sangath supported more than 500 police officers to develop stress-management skills and better navigate occupational stress, through **'Manas Mentor'** initiative.

Strengthening systems also meant creating more inclusive and participatory approaches to mental health. Through **iHEAR,** Sangath worked alongside LGBTQIA+ and disability communities to strengthen participatory research, inclusive healthcare and community leadership. **Partnerships with government and other stakeholders** supported the continuation of evidence-informed approaches, while sustainability planning helped carry learning beyond individual research projects. Together, these efforts strengthened the people, relationships and institutional capacities needed to support more equitable and responsive mental health systems.

SANGATH'S IMPACT 2025-26



302,813

People Outreached

5,906

Health and Care workers/
Non-Specialists/Peer
Supervisors trained











85

Public Engagement activities

39

Research & Publications



14

New Projects & Initiatives

MENTOR, Anchoring iHEAR, BRIDGE-AI, BRZIL, CCI, CRGAM, CRSCH, SUSTAIN, THRIVE, YVAJH, COMPASS LFU, MANTHAN, Youth LEARN, STEER

AWARDS & RECOGNITIONS


CERTIFICATE

OF MEMBERSHIP

THIS IS TO CERTIFY THAT

Sangath

is a member of the WHO Disability Health Equity Network hosted by the World Health Organization

for the period October 2025 - September 2027

WHO Disability Health Equity

World Health Organization

Sangath Joined WHO Disability Health Equity Network!

Sangath was **felicitated by the Secretary, Women and Child Development (WCD), Delhi,** in recognition of its partnership with the Department in implementing the NAMASTE programme


CAF GROUP

VALIDATED ORGANIZATION

CAF GROUP

GLOBAL CHARITY DATABASE

Sangath

has been vetted through our extensive review to ensure against the risk of fraud, money laundering, or other illicit activities.

January 20, 2026

Issue Date

February 28, 2027

Expiration Date

Sangath recognised as a CAF International Validated Organisation!



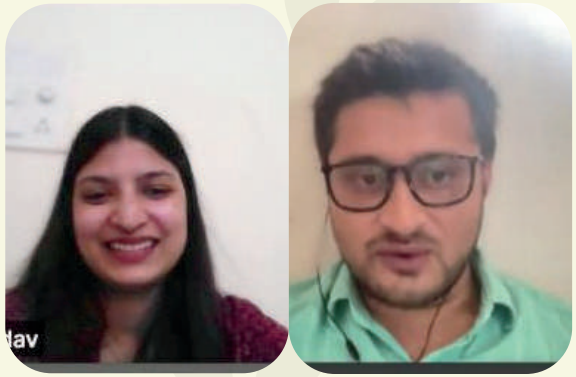
Dr. Satendra Singh, Co-Lead of iHEAR at Sangath, was awarded the **WHO South-East Asia Public Health Champion Award** (Individual Category)



Dr. Gauri Divan awarded the **Asia Pacific Autism Award 2025** for Outstanding Service in the field of Autism at the Asia Pacific Autism Conference, held in Perth, Australia

Bhavya Malhotra and Abhipreet Kaur awarded the **Low/Middle Income Country Travel Award to travel to the International Society for Autism Research (INSAR) Annual Meeting 2025** held in Seattle, Washington, USA





Harshita Yadav and Mrinmoy Gosh were awarded for high quality and relevance for their paper at the **International Congress on Evidence-based Parenting Support (I-CEPS)** hosted by the Parenting and Family Research Alliance (PAFRA)



MeWeSports was awarded 'highly commended' in the Innovative Research, Training or Practice in LMICs category at the ACAMH Awards 2025



Yashi Gandhi and Harikeerthan Raghuram received the **India Health Policy and Systems Research (IHPSR) Fellowship**



Vinda Kavlekar and Godwin Fernandes, were recognised at the '**INPARMA webinar and blog**' call for their reflections on research and grant management in India

PROGRAMMATIC ACHIEVEMENTS

Sangath works towards making mental healthcare accessible and affordable across the lifespan. To reflect the breadth of this work, our programmes are organised across five thematic areas — **Child Development, Adolescent & Youth Mental Health, Adult Mental Health, Addictions and related-Research and Health Equity;** with Tech & Innovation cutting across these areas as an enabler of our work. This section highlights the programmes within each theme and their key milestones during the reporting period.



Photo: CDM Calendar distribution - NAMASTE Delhi

Child Development

The early years shape a lifetime of health, learning and wellbeing. Sangath's **Child Development (CDG)** advances research and community-based solutions that enable children to thrive from the earliest stages of life. By combining early identification, evidence-based interventions, caregiver and frontline worker capacity building, and strong partnerships with communities and health systems, we are working to ensure that every child, including those who are neurodiverse, has the opportunity to reach their full potential.



16,994

Total no. of people outreached

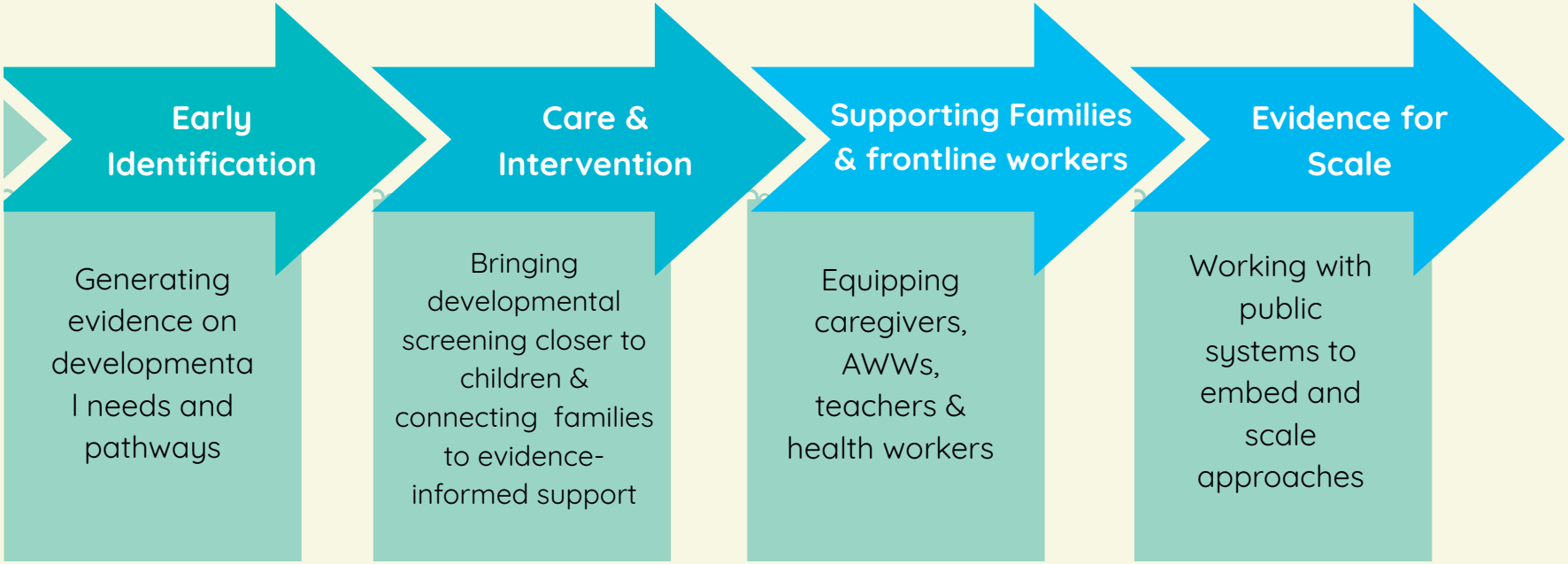
346

Total no. of health and care workers trained

Photo: World Autism Acceptance Day celebration - NAMASTE Delhi

Supporting Children to Thrive: From Early Identification to Inclusive Care

Supporting children to thrive requires more than identifying developmental concerns. It requires responsive families, equipped communities, supportive schools and health systems that can connect children to the right care at the right time. During the year, Sangath's child development work continued to strengthen this continuum—from understanding developmental needs and identifying concerns early, to connecting children and families with appropriate support, strengthening caregivers and frontline workers, and generating evidence for integration within public systems. Across diverse settings, our work brought together research, implementation and community engagement to make developmental support more accessible, responsive and sustainable.

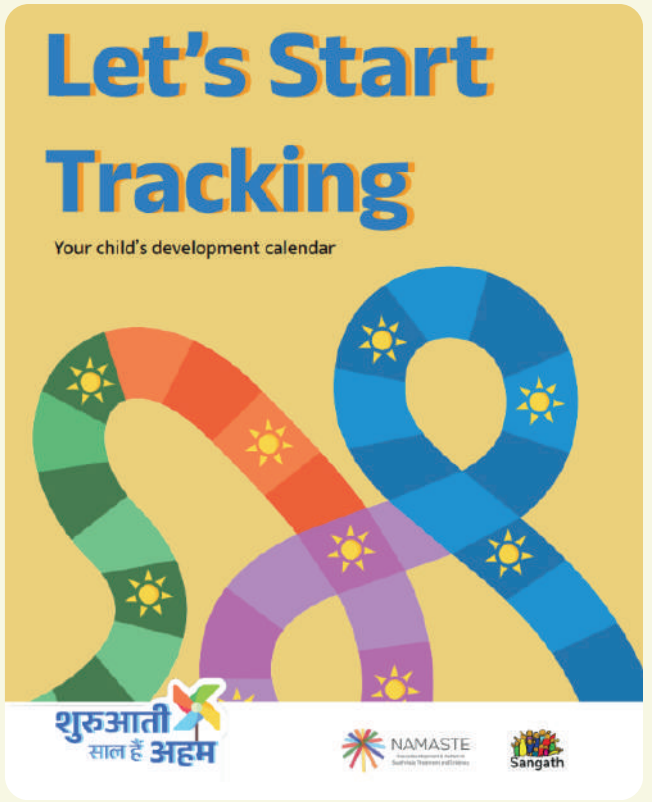


Yearly Highlights

This year, Sangath strengthened both the evidence base and delivery pathways for supporting children with developmental needs. **COINCIDE** completed primary data collection across 1,150 households in Haryana, while **COMPASS LFU** successfully re-engaged around 80% of its original cohort, enabling continued long-term follow-up of children with autism and their families. **STEER** brought lived experience into the research process through a 20-member advisory panel, while digitalisation of the **PASS Plus** intervention supported more consistent delivery and supervision. At the implementation level, partnerships with Anganwadi Workers (AWWs), RBSK mobile teams and Goa Medical College strengthened screening, community outreach and referral pathways.



A performance-based Anganwadi Workers incentive model, piloted in Delhi and subsequently scaled across East Delhi, increased participation in developmental screening. Alongside this, the NAMASTE team developed a nine-component Community Engagement Toolkit to strengthen awareness, early identification and continued engagement with caregivers and frontline workers. To further support caregivers, C.A.R.E. (Creating Awareness and Resources for Education for Caregivers of Children with NDDs) developed a series of culturally relevant, accessible animated videos on Autism, Intellectual Disabilities and ADHD, helping improve understanding of neurodevelopmental conditions, support early identification and reduce stigma.



NAMASTE Child Development Milestone (CDM) Calendar

Photo: Anganwadi Workers, Delhi - NAMASTE



C.A.R.E video series developed for caregivers



Photo: COINCIDE team members visited District Early Intervention Centre (DEIC), Rewari

From Evidence to Reach

NAMASTE

5964 Child Development Milestone (CDM) tracking calendars distributed in the communities across both sites, enabling the caregivers of young children to monitor their child's development.

339 Anganwadi Workers (AWWs) trained in understanding developmental differences and to screen children in the East district of Delhi.

More than **80+ caregivers enrolled in PASS Plus intervention** & **110+ enrolled in WHO CST intervention** across both the sites.

More than **13,673 children** screened for Developmental Delays or Disabilities (DDs) across both the sites in India (East district, Delhi & North Goa).

More than 500 children identified with developmental delays or disabilities across both the sites.

More than 173 baseline evaluations completed across both the sites.

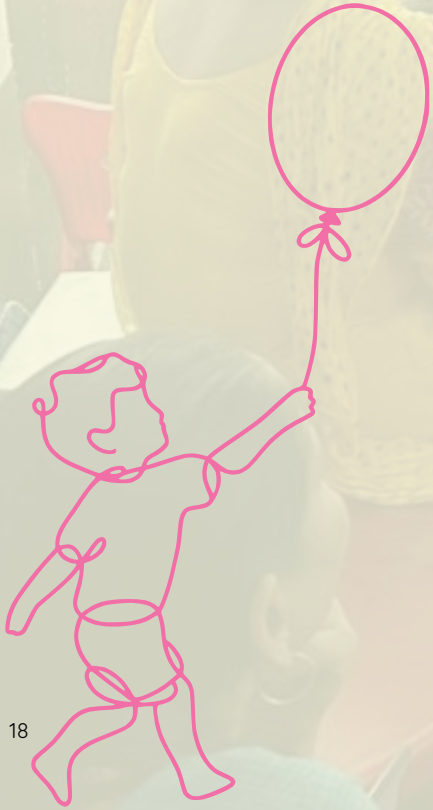


Photo: Community Outreach, Delhi - NAMASTE

VOICES FROM THE GROUND



> The child development milestone calendar has been very helpful and informative, especially for new mothers. Since this is my first child, it was difficult for me to know whether I was caring for my baby properly. After using the calendar, I understood that my child is growing and learning according to age. The calendar has made it easy for me to track my child's development. I also liked the activities included in it and regularly do them with my child - **Mother of a 1.5 year old child from East district, Delhi**

Photo: Delhi Public School Workshop with educators - NAMASTE Delhi

Before coming here (NAMASTE), I have taken my children to many places and till date continue to do so. I wanted my children to start speaking. But after coming here, I learnt something different altogether, which I cannot forget throughout my life. Earlier we used to scold or hit our children and we couldn't undertsand what they were trying to tell us. After coming here, I realised that it was my limitation that I couldn't understand my children and here I learnt multiple strategies to engage with them.

- Father receiving WHO CST, Delhi

The training provided under NAMASTE has enhanced the frontline workers' ability to identify developmental issues in children at an early stage. The addition of incentives has further strengthened their engagement with NAMASTE.

- Child Development Project Officer, Shakarpur Project, East district, Delhi

My child used to speak like other children. Gradually when he stopped speaking, all our relatives said that he is a boy so he will speak late. But I was able to see that my child could not express himself or maybe he wants to convey something but I am not able to understand him. Then I went to the Anganwadi and shared my concern. She (Anganwadi Worker) screened the child and told me about NAMASTE programme. A ma'am from NAMASTE came to our home, she understood what we had to say, and she also understood our child. Today, I have seen a difference in my child. We want to thank the entire NAMASTE team from the bottom of our heart. **- Mother receiving PASS Plus, Delhi**

Adolescent and Youth Mental Health (AYMH)

Adolescence and young adulthood are periods of immense opportunity, growth and change, but also when many mental health challenges first emerge. Sangath's Adolescent and Youth Mental Health programme partners with young people to transform these years into a foundation for lifelong wellbeing. Through research, innovation and community partnerships, we co-create and scale evidence-based interventions that build resilience, strengthen support systems, reduce stigma and expand access to quality mental healthcare.

1,28,385

Total no. of adolescents & young people outreached

299

Total no. non-specialists trained (peer supervisors, counsellors, community coaches etc.)

Photo: Co-design Workshop, Imphal - Youth LEARN

Supporting Young People to Thrive

Sangath's work in adolescent and youth mental health brings together prevention, promotion, early support and care, while recognising young people as active participants in shaping the solutions that affect them. During the year, our work focused on strengthening mental-health promotion in schools and developing accessible, youth-responsive approaches across community, educational and digital settings.



School Mental Health Promotion

Schools are important spaces for promoting mental health and wellbeing, reaching young people during a critical period of their development. Sangath's school mental health work focuses on creating supportive school environments, strengthening students' social and emotional skills, and building the capacity of teachers and school communities to recognise and respond to mental health needs.



170

Total no. of Schools engaged

18

Total no. of Colleges/Universities engaged

Photo: MeWeSports school activity session

Yearly Highlights

Strengthening school-based mental health promotion

Sangath expanded school-based mental health promotion across diverse settings, with **Mental Health for Schools (MHFS)** reaching 17 schools across 8 locations, engaging educators, parents and volunteers through. **Core Capacitiesof young people, adults & systems** was introduced across 21 schools in Pune, while **MENTOR** was implemented across 3 schools in Madhya Pradesh.


Photo: MADAD Training

Building the capacities of schools & educators

Alongside student-focused interventions, Sangath strengthened the ability of teachers and school systems to recognise and respond to mental health needs. **MENTOR** trained 12 teachers as mental health gatekeepers and sensitised 29 others, while the 'Clinic to Community' initiative delivered mental health competency workshops to first-year teacher trainees under the **Core Capacities**. Sangath also supported the Department of Education, PCMC, in the recruitment, training and supervision of school counsellors under the 'Mitra' mental health initiative.

Adapting & extending approaches across contexts

Sangath continued to explore how school mental health approaches can be adapted for different contexts and delivered through accessible, low-resource models. **SEHER,** Sangath's flagship school mental health intervention, was adapted for public schools in Japan, the UK and Brazil, while **MeWeSports** integrated sport, reflection and social-emotional learning into a structured, low-cost model designed for delivery in existing school and community spaces. The work also extended to adolescents in rural schools through the peer-facilitated 'By Your Side' intervention under **MADAD** and to the Child Care Institutes in Pune under **CCIs**, broadening the settings in which young people can access mental health support.



From Evidence to Reach



Photo: SEHER adaptation meet in Tokyo



Photo: Classroom session - SMHPP



Photo: Wall Magazine - SMHPP

37000+ students **1500+** staff
109 schools outreached

SMHPP

12000+ parents **50+** counselors trained
30000+ students engaged in 3 cluster-level annual exhibitions



Photo: PMC Workshop - SMHPP



Photo: Mental Health for Schools session

MHFS

5,500+ people outreached

- **4,920+** students
- **190+** teachers
- **200+** parents sensitised
- **200+** volunteers



Photo: Anti-bullying campaign, MHFS

MeWe Sports

1200+ Adolescent reached across Goa and Bhubneshawar

15+ Community stakeholders engaged

20+ Coaches trained

5 Schools - Goa

4 Schools - Bhubaneshwar

Photo: MeWe Sports session

Youth Mental Health

Young people navigate mental health within a changing landscape shaped by education, relationships, identity, technology and opportunities for participation. Sangath's youth mental health work focuses on developing accessible, evidence-informed approaches that promote wellbeing, strengthen coping and problem-solving skills, reduce stigma and create pathways to support—while involving young people in shaping solutions that reflect their experiences and realities.



Photo: Zubaan-e-dil campaign - IOTT

YEARLY HIGHLIGHTS

Expanding youth-focused mental health support

Sangath continued to develop and test accessible approaches to support young people's mental health in higher education settings. **METROPOLIS** expanded to 9 higher education institutions, screening 841 students and randomising 91 participants into the trial, while peer-led delivery through the **Saathi** intervention was initiated alongside strengthened recruitment, safeguarding and trial processes.

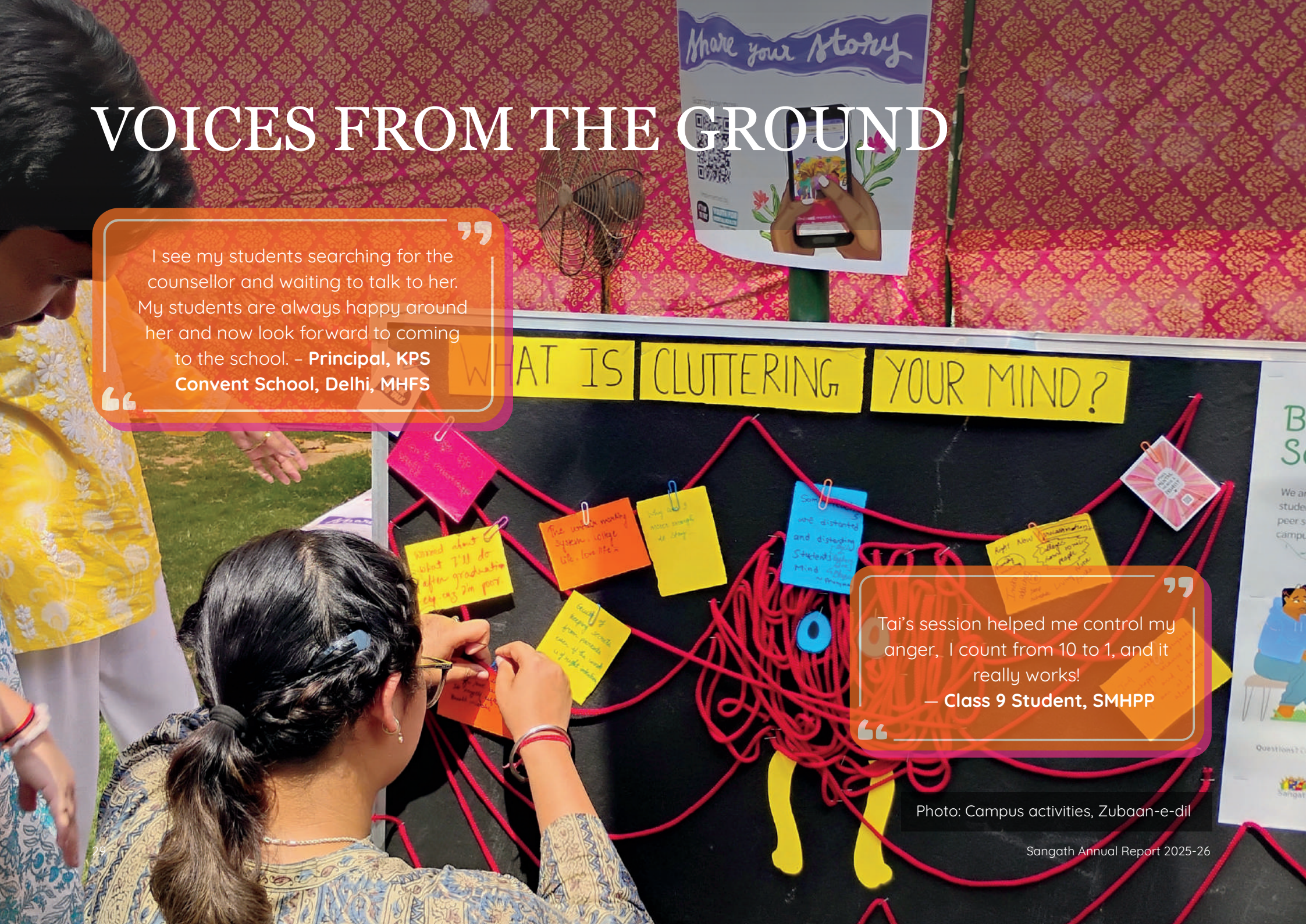
Keeping Young People at the centre

Young people played an active role in shaping Sangath's research and interventions. **Youth LEARN** strengthened partnerships with young people, community organisations and researchers through co-design workshops and consultations, and established a Youth Advisory Group and Steering Committee to bring lived experience and technical expertise into decision-making. Across **METROPOLIS and IOTT (It's Ok to Talk)**, youth advisory groups and student volunteers also contributed to programme design, content and engagement.

Creating Platforms for lived-experience and dialogue

IOTT expanded opportunities for young people to share and engage with lived experiences of mental health through storytelling. Two campaigns across seven colleges generated 32 youth stories, including narratives on student mental health and experiences of young queer people. Zubaan-e-Dil" campaign focused on student mental health challenges, and "Stories Within", highlighted lived experiences and narratives from young queer individuals. 27 new lived-experience stories were published through the It's Ok to Talk youth storytelling platform.

VOICES FROM THE GROUND



> I see my students searching for the counsellor and waiting to talk to her. My students are always happy around her and now look forward to coming to the school. – **Principal, KPS Convent School, Delhi, MHFS**

> Tai's session helped me control my anger, I count from 10 to 1, and it really works!
> — **Class 9 Student, SMHPP**

Photo: Campus activities, Zubaan-e-dil

The resources shared with us during this campaign, helped us identifying the 'bullying. Earlier, I used to get negative towards the ones who would bully but through this campaign, I understood that we need to talk to both - the one who gets bullied and also the one who bullies. We need to make them understand & also ourselves. -**Teacher, KPS Convent, Mahipalpur, Delhi (From Dost Bano Bully Nahi Campaign), MHFS**

Children often get into fights and use abusive language, both verbal and physical. Students need counselling on these issues, which is provided by SHF(School Health Facilitator) in our school and it is helping. Students need proper guidance and factual information which is given by the SHF on various topics. The students and their parents are also showing interest in school, slowly behaviour change is happening. Since the counsellor addressed the parents' meetings, this year we have received good support and cooperation from the parents." **– Headmaster, Secondary School, SMHPP**

I think one of the biggest stressors that we face today is how we are always supposed to be "on", whether it's internships or work or just going out with your friends, you know. But sometimes that just doesn't happen. Being productive is good but it should be mindful. There should be a space to just breathe without feeling guilty. And thankfully for that we have programmes like Saathi Support. I feel like it's very helpful. I like how it's very approachable. And what I also like about it is that you don't have to wait for things to get bad enough before approaching the programme. It's open for everyone. - -
Shovanwita, student campus ambassador, SAATHI Support

The whole series was conducted in an organised manner. Enough prior notice and democratically deciding on dates of Meetings allowed my participation in most of the meetings (if not all). The sharing of Agenda beforehand helped us be better prepared and the post meeting summary/minutes helped keep a track of the deliberations. I was made to feel I belonged to the Project and the SC in person Meeting in Delhi was the most engaging experience among all of these. That is where I felt I could contribute the most, bringing in all my experience as Community Head.
- **Steering Committee Member, Youth LEARN Delhi Consultation Meet**



Photo: Group discussion to co-create a couples counselling program for perinatal depression. - CIPPD

Adult Mental Health

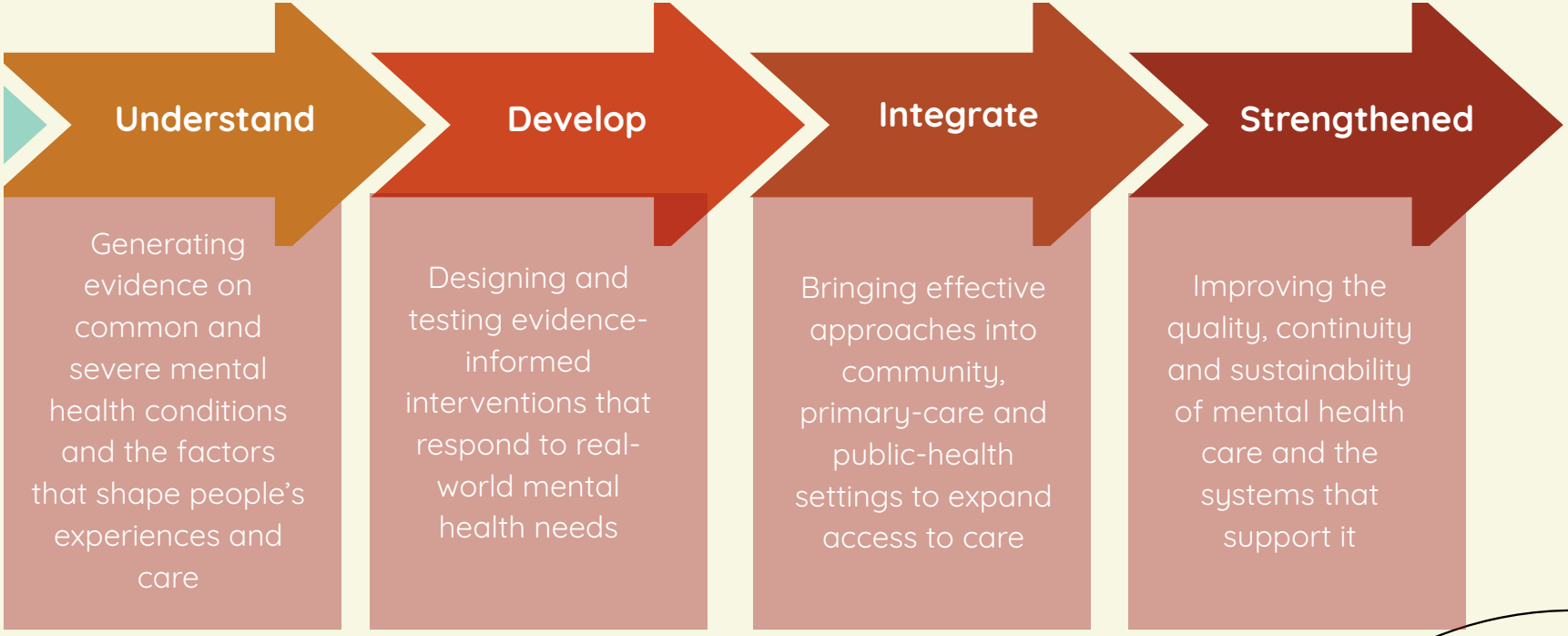
Adult mental health work at Sangath brings together research, clinical practice and public-health approaches to better understand common and severe mental health conditions and develop interventions that work in real-world settings. By working with clinicians, communities and health systems, Sangath seeks to translate evidence into accessible, effective and sustainable care for adults.

1,50,700

Total no. of people outreached

5,077

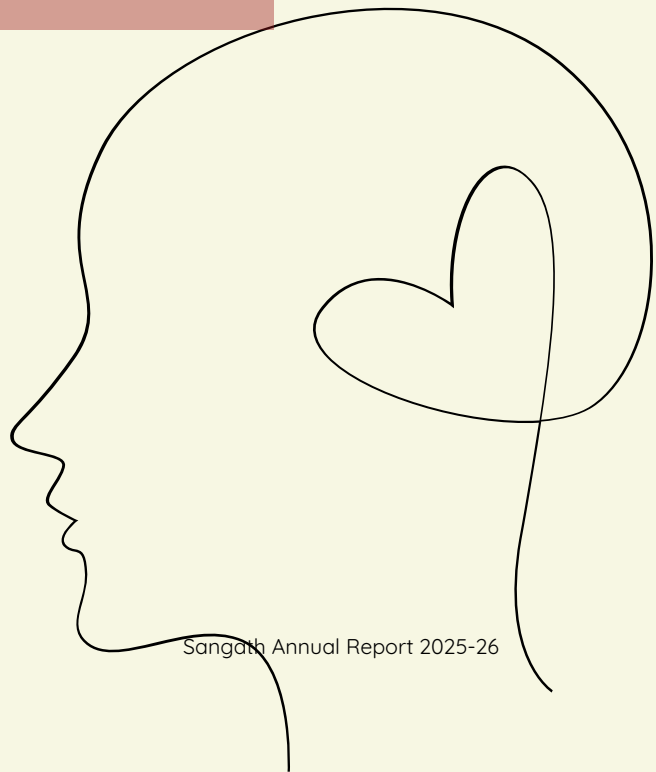
Total no. of health and care workers trained



Yearly Highlights

Deepening evidence and understanding

Sangath continued to strengthen the evidence base for adult mental health through research across depression, couples-based interventions and other mental health approaches. **AANAND** completed its randomised controlled trial, while **Kushal Maa** crossed 90% recruitment. **CIPPD (Couples-based intervention)** brought together clinicians, lay counsellors and people with lived experience through workshops and consultations to refine behavioural strategies and intervention components for couples.



Developing accessible and scalable approaches

Sangath continued to develop brief, evidence-based approaches that can be delivered within real-world health systems. **SAHARA** advanced the development of the Thinking Healthy Programme–Peer delivered (THPP) Single Session Intervention, designed to address implementation constraints and improve scalability within public health systems. **MANTHAN** also formalised collaboration with the National Health Mission in Madhya Pradesh, enabling formative work with frontline health workers.

Bringing care closer to the communities

Sangath continued to explore how evidence-based mental health care can be integrated into primary healthcare and delivered closer to where people live. Through **OptimizeD**, depression care was integrated into primary healthcare centres, with over 19,000 patients screened across primary healthcare facilities, and 1,509 participants randomised to receive either the Healthy Activity Program (HAP) or antidepressant treatment. More than half of treated participants achieved remission. Building on this work, **SUSTAIN** completed its trial with 820 participants and trained 160 Community Health Officers to deliver HAP at sub-centres in Goa. A state-level dissemination event brought together health-system stakeholders to reflect on the findings and the importance of sustaining and expanding depression care through primary healthcare beyond the research phase.

Strengthening quality, peer support and innovation

Work across **SAATHI and BRIDGE-AI** explored new ways to strengthen the quality and reach of mental health support. SAATHI developed and began digitising its peer-support training manual, while BRIDGE-AI piloted AI-assisted supervision for therapy quality, informed by a 10-member Lived Experience Advisory Group and consultations with people with lived experience. The main BRIDGE-AI study also received Wellcome Trust approval, enabling the next phase of this work.

COMMUNITY BASED HEALTH INITIATIVES

Sangath's adult mental health work strengthen community-based approaches that expand access to evidence-based care through task-sharing, digital innovation and partnerships with frontline health systems. These approaches bring mental health support into existing community and primary healthcare platforms, while building the capacity of frontline workers to improve mental health literacy, encourage help-seeking and connect people to appropriate care.

Through **IMPRESS,** trained community volunteers supported awareness, depression screening and referrals across North and South Goa, including through Self-Help Groups, health camps and community events. **SAHARA** strengthened maternal and early childhood mental health support by training ASHAs in maternal mental health awareness and Anganwadi Workers in a parenting intervention, while **Khushee-Mamta** provided ongoing psychosocial support to women experiencing perinatal depression and anxiety.



Photo: ASHAs training - SAHARA

From Evidence to Reach

IMPRESS

32,221 people screened for depression across 30 health care centres in Goa- 4137 were found to have depressive symptoms, counsellors have provided over 266 counselling sessions.

The community volunteers conducted nearly **348 awareness events across 90 villages in Goa**. Nearly 20,364 people were reached through awareness activities.

- **99** primary health care staff trained
- **160** Community Health Officers trained
- **154** community volunteers (Sangathis) trained



Photo: Sangathi Yoga Session - IMPRESS

SAHARA

- **52976** no. of perinatal women screened for depression
- **311 Mothers, 70 Fathers, 452 Grandparents, and 240 Other Family Member** no. of caregivers engaged through Lalan Palan intervention
- **6137** no. of Community members engaged through Public engagement activities





Photo: Lalan Palan Video fecilitation - SAHARA

154
No. of CHOs trained

375
No. of ASHAs trained

3255
No. of AWWs trained

VOICES FROM THE GROUND



> For me, this is not just work. It is a chance to stand beside someone in their hardest moments and remind them that life is still worth choosing. It is about the feeling that in some small way, I've helped someone.
>
> - **Prema Shetverekar, Sangathi/Community Volunteer**

Photo: Community volunteer speaking to a community member - IMPRESS

I hope the Khushee-Mamta Programme continues so that more women can access the support they need. Over the past eight years, we have seen a significant change in how communities understand mental health.

Earlier, women knew about doctors, medicines and ASHA workers, but counselling was unfamiliar. Today, many women come forward and say, 'I want counselling'—something that was unimaginable earlier.

This change came through years of conversations and community engagement. Women now understand that while physical health, nutrition and medical care are important, mental wellbeing also affects their health, relationships and their children's wellbeing. They are able to recognise stress in themselves and others, and encourage fellow community members to seek support. Although we now reach many families, I know there are still women who need help. I hope this work continues so that no one is left without support. - **Khushee-Mamta Counsellor**

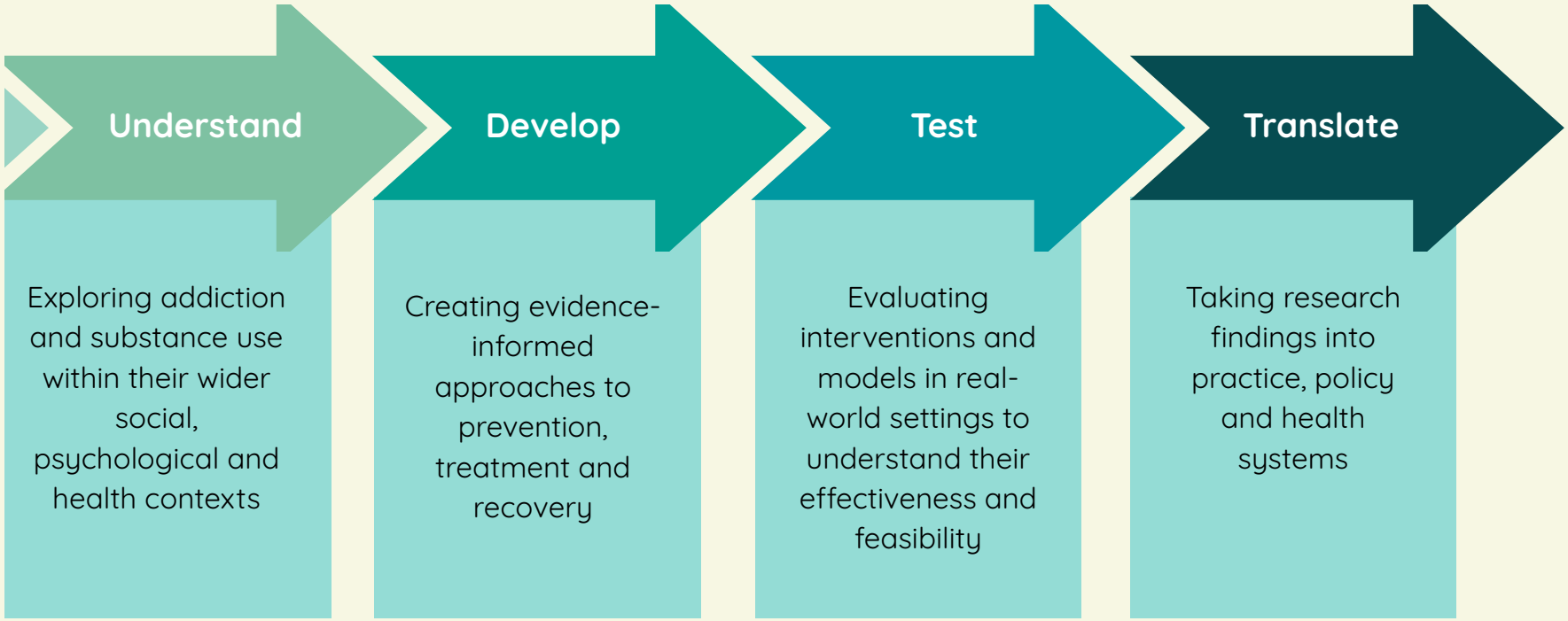
I was in a difficult state and came out of it. Now, I'm able to go out of my house and keep a calm mind because my stress level has reduced. I hope this programme continues and those who are experiencing depression can avail it, overcome depression and get better. school. – **Geeta Naik, IMPRESS service user turned Sangathi/Community Volunteer**

Addictions and related-Research

Substance use and addictive behaviours have profound impacts on individuals, families and communities, yet access to evidence-based prevention and treatment remains limited. Sangath's Addictions and related-Research (ARG) develops and evaluates innovative, scalable interventions that strengthen prevention, early identification, treatment and recovery in community and primary care settings. Through implementation research, digital innovation and strong partnerships with health systems and communities, we are advancing equitable, person-centred approaches to addressing addictions and their wider social and mental health consequences.



Photo: CCAP Clinical Training



ARG Across Themes: The Addictions and related-Research (ARG) is one of Sangath's largest interdisciplinary research groups. While this report organises projects by their primary thematic area, ARG's expertise spans addictions, adolescent and adult mental health, digital innovation, implementation science and health systems research. As a result, several ARG-led projects are featured throughout this report under the themes where their primary impact is demonstrated.

Projects led or co-led by ARG featured across this report include: **IMPRESS, SAATHI, SUSTAIN, MADAD, MeWeSports, Khushee Mamta, THRIVE, CIPPD**

For complete list of Sangath projects, see the annexure 1.1

YEARLY HIGHLIGHTS

Sangath strengthened the foundations for integrating care for alcohol-related problems within primary healthcare in Goa, through **Coordinated Care for Alcohol problems (CCAP)**. During the year, the work moved from intervention development and workforce preparation towards field implementation across 12 primary health centres, with Medical Officers trained to identify and manage severe alcohol use problems. This marked an important step towards generating real-world evidence on how alcohol-related care can be delivered through routine health systems, while ensuring the intervention is supported by standardised protocols, trained teams and appropriate ethical and research processes.

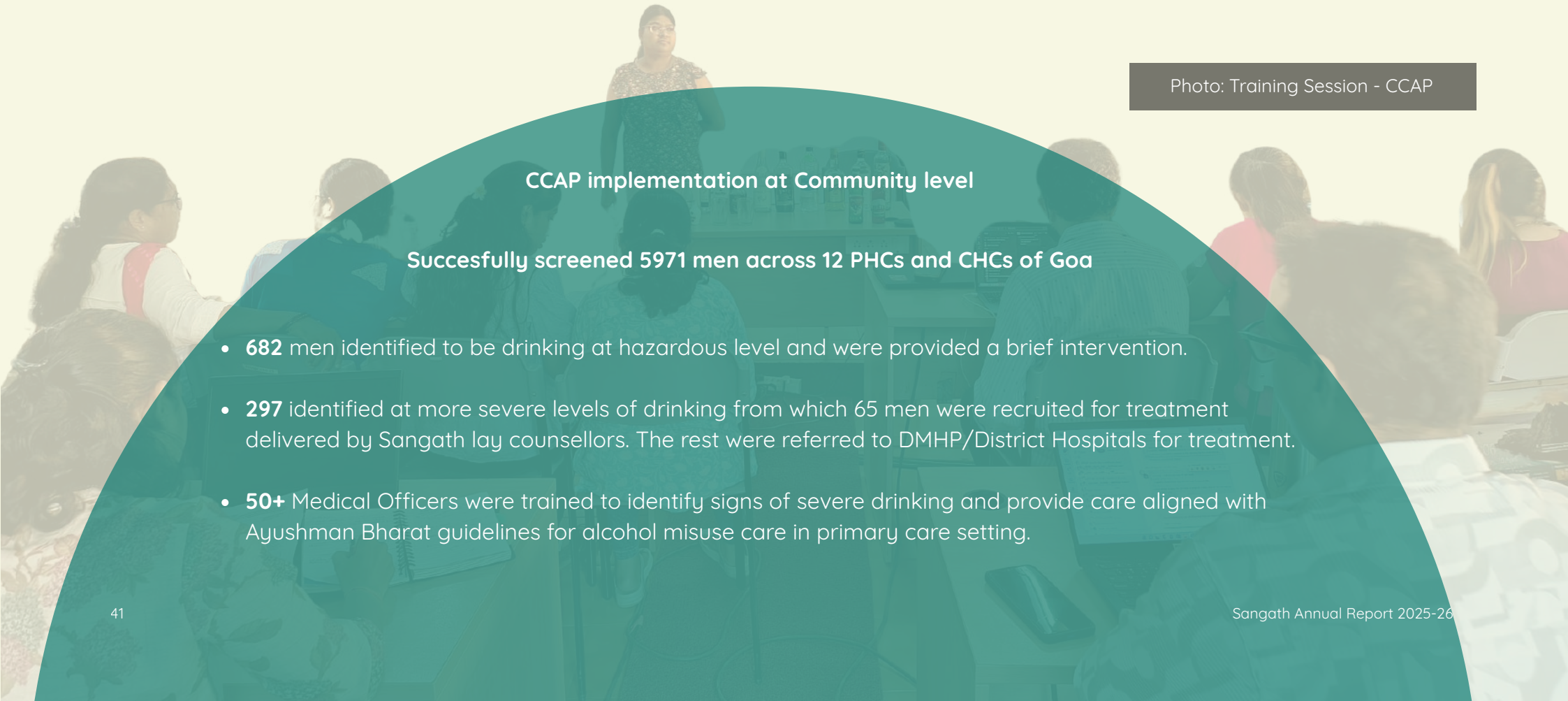


Photo: Training Session - CCAP

CCAP implementation at Community level

Succesfully screened 5971 men across 12 PHCs and CHCs of Goa

- **682** men identified to be drinking at hazardous level and were provided a brief intervention.
- **297** identified at more severe levels of drinking from which 65 men were recruited for treatment delivered by Sangath lay counsellors. The rest were referred to DMHP/District Hospitals for treatment.
- **50+** Medical Officers were trained to identify signs of severe drinking and provide care aligned with Ayushman Bharat guidelines for alcohol misuse care in primary care setting.

VOICES FROM THE GROUND

Enjoy working with CCAP patients because helping them recover and improve their lives is highly rewarding. Seeing patients stop drinking, reunite with their families, and express gratitude for the support provided gives me great satisfaction. Their positive progress motivates me to continue supporting them on their recovery journey. - **Lalan K, CCAP lay counsellor**

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**



Photo: Training Sessions - MADAD



Photo: Co-design and Community Consultation Workshop - TransNET

713

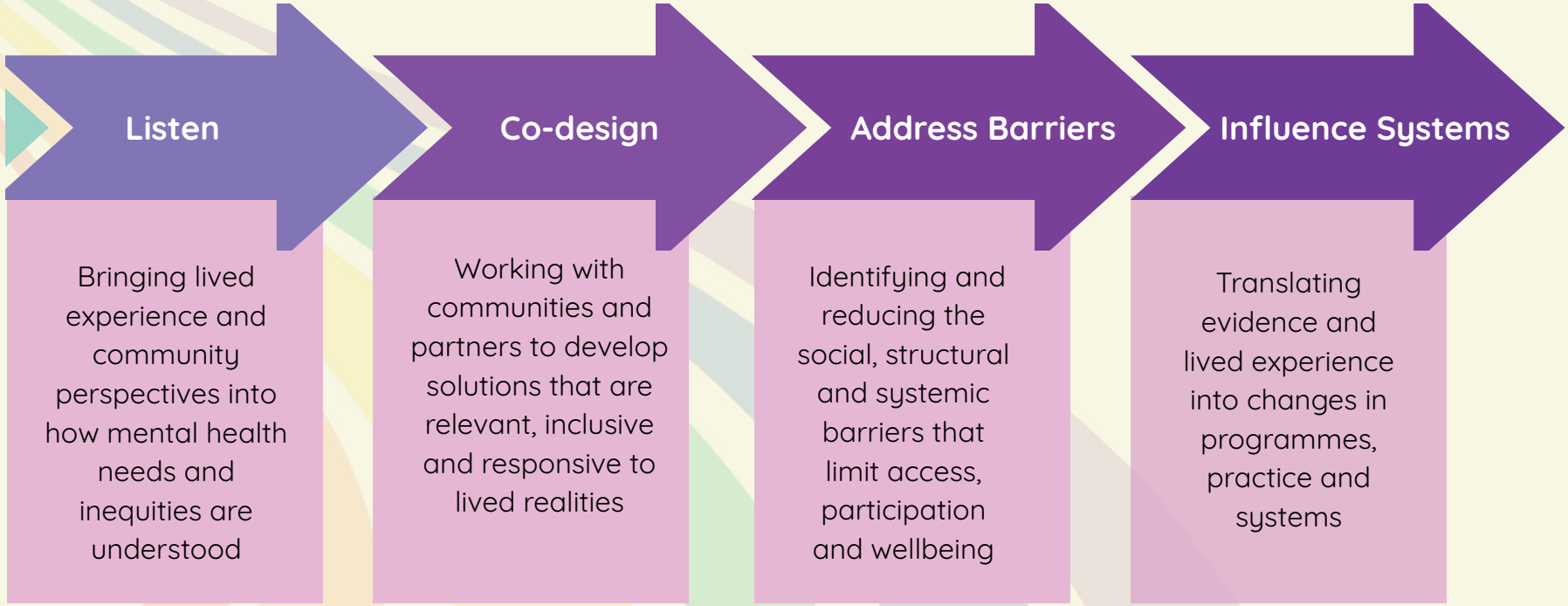
Total no. of people outreached

134

Total no. of health and care workers trained

Health Equity

Everyone deserves equitable access to healthcare, regardless of who they are or where they come from.
Health equity lies at the heart of Sangath's vision for inclusive and accessible healthcare. Through Sangath iHEAR, we partner with LGBTQIA+ communities, persons with disabilities, community organisations and other stakeholders to co-create solutions that address systemic barriers to health and wellbeing. Using participatory research and community-led approaches, iHEAR advances more equitable healthcare, medical education and public health systems, while championing the voices and lived experiences of communities, historically excluded from decision-making.



YEARLY HIGHLIGHTS

Listening and co-designing with communities

Sangath continued to centre lived experience and community perspectives in understanding inequities and shaping responses. **TransNET** brought community members into the interpretation of findings and co-development of a practical toolkit, while **Youth LEARN** engaged 110 young people with lived experience, researchers and community stakeholders through co-design workshops across eight states.



Photo: Co-deign workshop, Delhi - Youth LEARN

These processes helped ensure that research and programme development remained grounded in people's experiences and priorities.

Addressing barriers to inclusive care

Sangath worked to identify and address barriers that can prevent people from accessing safe, inclusive and responsive healthcare. **AffirmCare** engaged more than 230 medical educators and students across 5 health professional colleges in Kerala through eight capacity-building workshops, alongside community consultation and development of a practical guide for LGBTQIA+-affirmative care. **Access Matters** supported state- and district-level dialogue with government stakeholders and helped initiate accessibility improvements in participating hospitals based on audit findings.



Strengthening disability-inclusive systems

Sangath continued to strengthen its organisational and programme-level commitment to disability inclusion, including through joining the WHO Disability Health Equity Network. This work brought together learning across iHEAR, Child Development and psychosocial disability programmes, supporting a broader focus on more inclusive health systems and practices.



Photo: Access Matters Dissemination - iHEAR

Access Matters

Participatory disability accessibility audits across 35 hospitals with around 150 government officials across Goa and Madhya Pradesh

14 persons with disabiliies trained in conducting disability accessibility audits

Around 120 public health engineers and hospital managers informed of the study findings and action plans co-developed



Photo: Access Matters Dissemination - iHEAR

VOICES FROM THE GROUND

Dr. Jayasree A.K., Professor & Head, Community Medicine, Govt. Medical College Kannur on AffirmCare, highlighted that this is the right moment to integrate LGBTQIA+ health into India's Competency-Based Medical Education, supported by proper faculty training.

I have been isolated from social media. I thought I was alone. Coming here, I felt a sense of community and that this (TFGBV) didn't just happen to me. - **Participant, regional consultation for TFGBV-TranNET**

Kerala has led the way in policy, but medical education has not kept pace. This guide is a step towards closing that gap and shaping an affirming future for healthcare - **Harikeerthan Raghuram, Associate Director, iHEAR.**



Photo: Disability Conclave - iHEAR

TECH AND INNOVATIONS



Photo: Redcap & Mindscroll training of ASHAs- THPP SAHARA

Innovating for care that reaches further

Technology and innovation continued to strengthen Sangath's ability to deliver high-quality, evidence-based mental healthcare that is accessible, scalable and person-centred. Across our programmes, we harnessed digital platforms, artificial intelligence, mobile technologies and innovative delivery models to improve care, strengthen health systems, support frontline workers and generate new evidence. Together, these innovations demonstrate how thoughtful technology, combined with community-centred design, can transform mental healthcare in low-resource settings.



INNOVATION

AI & SMART SUPERVISION: Using artificial intelligence to strengthen quality of care



Through **BRIDGE-AI and PEERS/IMPRESS,** Sangath is exploring AI-enabled and mobile tools to strengthen supervision, fidelity and quality of care delivered by non-specialist providers, supporting more consistent and scalable mental health services.

Digital Research & Implementation : Strengthening research through smarter systems



Using digital systems to strengthen research, follow-up and implementation, with **COMPASS LFU** supporting participant tracking, **METROPOLIS** using REDCap, dashboards and digital engagement, and **COINCIDE** advancing digital child development assessment through the DEEP tool.

Digital Training & Capacity Building : Expanding learning beyond geographical boundaries



Expanding learning and implementation beyond geographical boundaries through **NAMASTE's PASS Plus** digital training programme and the CommCare App, which supports intervention delivery and supervision with technical support from Dimagi.

PILLARS

Community-led Innovations : Designing interventions that work in real-world settings

Developing practical, community-responsive approaches that work in real-world settings, including **MeWeSports'** WeAct–WeReflect–WeLearn model integrating sport and social-emotional learning, and **METROPOLIS'** peer-delivered Saathi model for university mental health.

Digital Resources & Community Education: Making evidence accessible for families and communities

Making evidence and practical mental health resources more accessible to families and communities through **MHFS's** adaptation of the POD counselling model for schools and **NAMASTE's C.A.R.E. video** series for caregivers.

Digital & Mobile HealthCare : Bringing care closer through accessible digital platforms

Bringing mental health support closer through accessible digital platforms, including **CCAP's** WhatsApp-based Mobile Brief Intervention (M-BIT) and **Kushal Maa's** use of Zoom and WhatsApp to extend maternal mental health support.

CAPACITY BUILDING AND TRAININGS



Photo: Lalan Palan Training Session - SAHARA

Strengthening the people who strengthen communities

Sustainable change depends not only on evidence, but on people. Across Sangath, we invest in strengthening the knowledge, skills and confidence of those who deliver care, influence systems and champion change. From community health workers, teachers and counsellors, to peer supporters, researchers, caregivers and policymakers, our capacity-building initiatives equip diverse stakeholders with the tools to improve mental health and wellbeing in their communities. By embedding learning within programmes and partnerships, we are helping create a skilled workforce capable of sustaining impact well beyond individual projects.

WHO WE BUILD CAPACITY FOR



CAPACITY BUILDING IN ACTION

Strengthening Community Health Systems

SAHARA • IMPRESS • CCAP • OptimizeD • Khushee-Mamta • NAMASTE • SUSTAIN

Across multiple programmes, Sangath strengthened the capacity of ASHAs, Anganwadi Workers, Medical Officers, counsellors and other frontline providers to identify, prevent and manage mental health conditions. Training focused on evidence-based psychological interventions, maternal mental health, developmental care, alcohol use disorders and community-based screening, supported by ongoing mentorship and supervision to promote high-quality service delivery.

5430

No. of frontline workers trained

Building Supportive Learning Environments

METROPOLIS • MHFS • MENTOR • MeWe Sports • MADAD • SMHPP • BRZIL • YVAJH • CRGAM • CRSCH

Teachers, peer supporters, student ambassadors, coaches and university volunteers were equipped to recognise emotional distress, provide early support, promote wellbeing and strengthen referral pathways. These efforts embedded mental health within existing educational environment, while through SEHER adaptation, peer leadership and supportive school/ campus ecosystem were strengthened across India, UK, Japan and Brazil. In Maharashtra, Sangath supported the Department of Education Pimpri-Chinchwad, in recruiting, training, and supervising the cousellors appointed under its Mitra-mental initiative for prevention, promotion and redressal, while also stregthened capacities of master trainers (D.I.E.T Principals).

170

No. of schools

18

No. of Colleges/ Universities

Advancing Clinical Practice & Quality of Care

Bridge-AI • PEERS • IMPRESS • SUSTAIN • OptimizeD

Sangath continued to strengthen the clinical workforce through competency-based training, digital supervision, AI-enabled quality improvement and structured mentorship. These initiatives enhanced counsellor confidence, improved treatment fidelity and supported the delivery of high-quality psychological interventions at scale.

954

No. of Counsellors /Medical Officers Supervised

Empowering Communities & Caregivers

Youth LEARN • NAMASTE • SAHARA • TransNET • iHEAR • IOTT • METROPOLIS • NAMASTE • SUSTAIN • MeWe Sports • CCI • CRGAM • CIPPD

Caregivers, parents, community volunteers and people with lived experience participated in workshops, consultations and co-design processes that strengthened awareness, built leadership and promoted meaningful community participation. These initiatives recognised communities as active partners in improving mental health rather than passive recipients of services.

3614

No.of caregivers/ community members /youth engaged

Advancing Equity, Inclusion & Participatory Practice

iHEAR • AffirmCare • Access Matters • TransNET • EQUIP • Youth LEARN • METROPOLIS

Sangath strengthened the capacity of healthcare professionals, researchers, community organisations and people with lived experience to advance equitable and inclusive health systems. Through participatory workshops, accessibility audits, community consultations, LGBTQIA+ inclusion training, disability rights engagement and co-design processes, these initiatives fostered more responsive services while amplifying the leadership of historically marginalised communities.

74

No. of Community Consultations & Co-design Workshops

MANAS MENTOR

A Stress Management program for Goa Police

Sangath conducted in-person workshops for Goa Police personnel, equipping them with practical tools and technique to manage stress. With over participants from all across Goa, Manas Mentors addressed the growing occupational stress faced by law enforcement.
The month-long series of workshops equipped officers with practical tools to manage stress and enhance resilience.

500+

No. of Goa Police Personnels trained

Photo: Goa Police Personnel training - MANAS MENTOR

INSTITUTIONAL CAPACITY BUILDING

Sangath Intramural Grants: Nurturing the Next Generation of Researchers

Sangath's Intramural Grants (IMGs) Programme continued to invest in early-career researchers by providing seed funding, mentorship and opportunities to lead independent research. The initiative enables emerging investigators to develop innovative ideas, strengthen research leadership and contribute to Sangath's culture of scientific excellence and collaborative learning.

10

IMG Awardees 2025-26

Leadership in Mental Health (LMH) Course: 17th Edition

Building Global Mental Leaders

Sangath's flagship Leadership in Mental Health (LMH) course continued to strengthen global mental health leadership by bringing together professionals from diverse disciplines and countries. Through immersive learning, mentorship and interdisciplinary exchange, participants enhanced their understanding of evidence-based mental healthcare, implementation science and leadership, building a growing network of future mental health leaders committed to improving care worldwide.

100

Participants

14

Countries

Photo: Bootcamp LMH 17th edition cohort



Photo: Shri Vishwajit Rane, Goa's Health Minister along with the Sangath team, DHS Goa, GMC faculties, IMPRESS Counsellors

PUBLIC ENGAGEMENT AND OUTREACH

Bringing people, evidence and lived experience into conversations that shape mental health

Beyond generating evidence, Sangath is committed to ensuring that knowledge reaches the people, systems and communities it is intended to serve. Throughout the year, our teams translated research into action by influencing policy, engaging communities, championing inclusion and strengthening public dialogue around mental health. At the same time, a rejuvenated communications function amplified Sangath's institutional voice, enabling us to tell our stories more effectively, reach wider audiences and build a stronger, more recognisable public identity.

From Evidence to Policy

Sangath's policy engagement this year focused on bringing evidence and lived experience into conversations with government systems and translating these into actionable changes in public health. Through **COINCIDE**, government consultations and policy dialogues with the National Health Mission, Haryana, culminated in the submission of a policy draft focused on strengthening child development and mental health services. **NAMASTE** worked with the Department of Women & Child Development (DWCD), Delhi, to strengthen government officials' awareness and capacity around the early identification and intervention of autism.
In the area of disability inclusion**, iHEAR–Access Matters** worked with state governments in Goa and Madhya Pradesh to translate findings from participatory accessibility audits into nearly 30 hospital-specific action plans to improve accessibility and inclusion in public health facilities.

Sangath also worked with health systems to strengthen the sustainability and integration of mental health care. At the State-Level Mental Health and Well-being Dissemination Event in Goa, policymakers, researchers and health professionals came together to review evidence on depression care, with the Health Minister of Goa publicly endorsing its continuation and expansion beyond the project's funding period. Building on this momentum, **SUSTAIN** partnered with the Directorate of Health Services, Goa, to develop a roadmap for sustaining depression care within primary healthcare.



Communities at the Centre

Photo: Nukkad Natak - SAHARA

OptimizeD took mental health conversations into primary health centres across Madhya Pradesh through Mental Health Awareness Month, combining community sensitisation with workplace wellbeing activities focused on recognising depression early and reducing stigma. The team also partnered with the Madhya Pradesh State AIDS Control Society (MPSACS) for World AIDS Day, using public events and street theatre to engage young people around HIV, mental health and stigma.

Through **NAMASTE,** community engagement around neurodevelopment extended across caregivers, frontline workers and government stakeholders. Activities included autism awareness sessions, parent wellbeing workshops, Poshan Maah and World Mental Health Day outreach, alongside the dissemination of a co-designed Community Engagement Toolkit and the C.A.R.E. video series, making information on neurodevelopment more accessible to families and communities.

SAHARA used community-based formats such as street plays, wall paintings and mobilisation activities to engage pregnant and postnatal women through ASHAs and Anganwadi Workers. In Goa, **IMPRESS** Sangathis led awareness drives, health camps and suicide prevention campaigns in collaboration with the Directorate of Health Services, creating community-level pathways for conversations around mental health and care.

Empowering Young People as Mental Health Champions

Sangath created opportunities for young people to move beyond being participants to becoming active voices and leaders in mental health. Through **METROPOLIS,** student ambassadors led campus outreach, peer engagement and the conFAB youth mental health festival, creating spaces for dialogue around emotional wellbeing and help-seeking. **MHFS** engaged students, educators and school leaders through school-wide campaigns such as World Mental Health Week and 'Dost Bano, Bully Nahi', using interactive activities to challenge stigma, promote kindness and encourage help-seeking. Through its annual exhibitions, **SMHPP** further enabled students to use creativity and expression to raise awareness around issues including bullying, mental health and gender.



Photo: CONFAB Youth mental Health festival - METROPOLIS

Major events this year

IMPRESS State Mental Health & Well-being Event, Goa: Sharing evidence with policymakers and reaffirming Goa's commitment to sustaining depression care.













NAMASTE International Meet, Goa: NAMASTE annual collaborators meet, bringing together collaborators from India, Nepal & Sri Lanka.













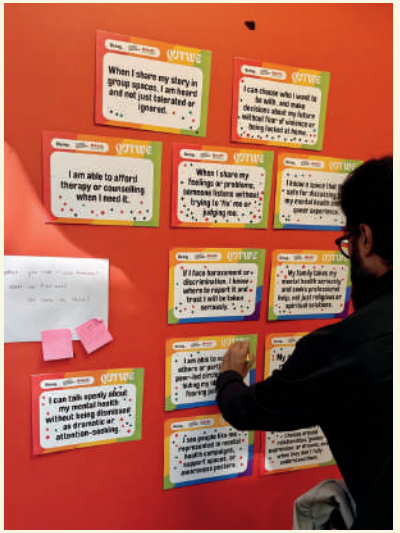




MANOTSAVA, Bengaluru: Engaging students, practitioners and the wider public in conversations around mental health at the third edition of National Mental Health Festival, Bengaluru.







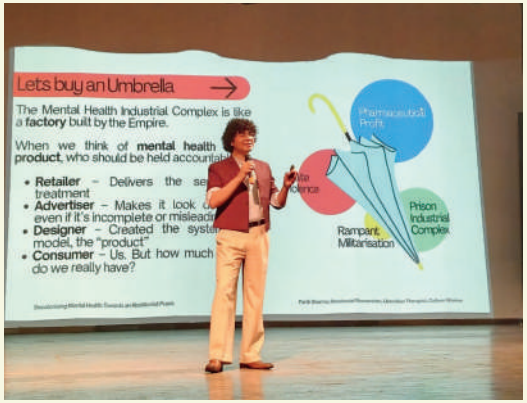


METROPOLIS CONFAB, Delhi: A youth-led Mental Health festival engaging 400+ students through dialogue, performances and peer support.









Access Matters Dissemination event, Goa : Advancing disability-inclusive healthcare through government engagement.











PURPLE FEST, Goa: Promoting inclusion and neurodevelopment awareness through interactive exhibits and conversations.











THRIVE Annual Collaborators Meeting, Goa: Bringing together Principal Investigators, collaborators and research & intervention team in Goa for the trial.







SMHPP Annual Exhibition and Dissemination Event, Pune: An open dialogue held among the SMHPP team, school heads and school management committee upon the learnings, achievements and challenges, while also demonstrated students' creativity through annual exhibition.







Mental Health for Schools Dissemination Event, Delhi: Celebrating impact and launching the MHFS Impact Report 2025-26.





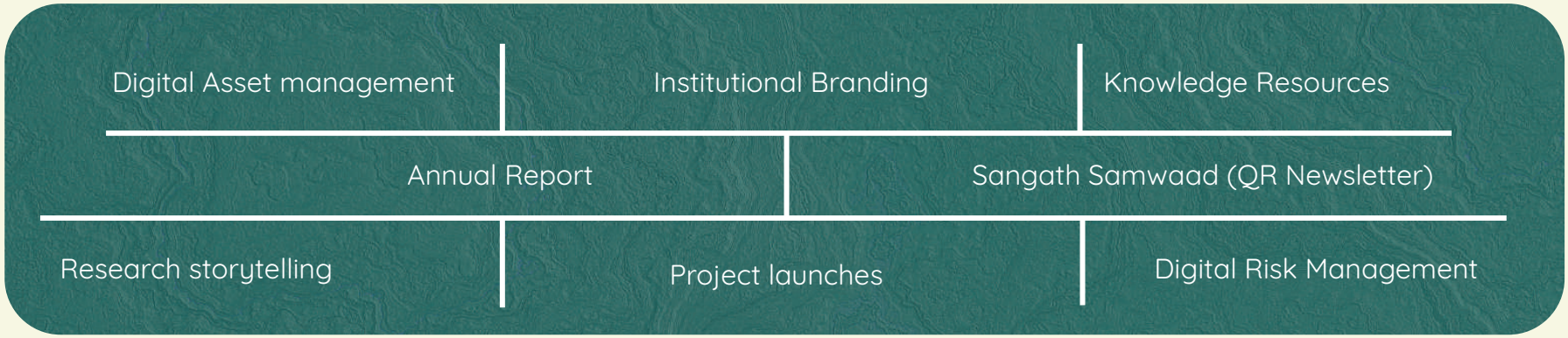
OptimizeD: Observed World AIDS Day 2025 in collaboration with Madhya Pradesh State AIDS Control Society



BUILDING SANGATH'S VOICE

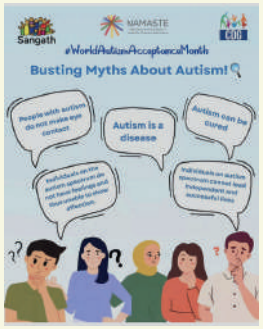
This year marked a turning point for Sangath's communications journey to strengthen its institutional voice. With the establishment of a dedicated Central Communications team, we invested in strategic storytelling, visual identity, digital engagement and knowledge translation to ensure that our research and community impact reached wider audiences. From coordinated social media campaigns and multimedia storytelling to internal communications, organisational branding and the development of communication systems, Sangath took significant steps towards becoming a more connected, recognisable and accessible organisation. As Sangath's digital footprint expanded, the organisation also invested in strengthening governance and safeguarding its public identity.

INTERNAL & EXTERNAL FACING COMMUNICATIONS



DIGITAL CAMPAIGNS

Reaching diverse audiences through coordinated digital storytelling & celebrating International days of relevance throughout the year, building a digital community for Sangath and echoing its relevance across platforms.

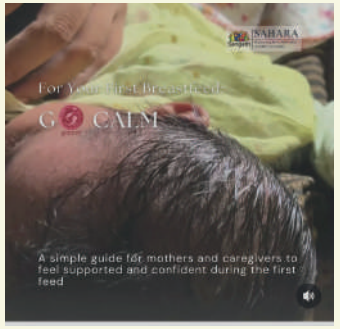


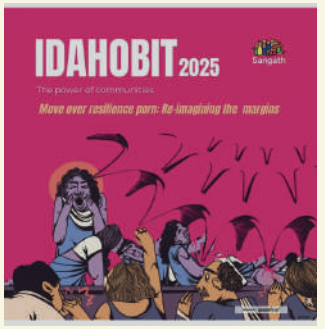












KNOWLEDGE MOBILISATION



Sangath depression care program, IMPRESS x LSHTM



Blog series featuring the people behind our work



School Mental Health Impact Stories, MHFS



iHEAR Queer Chronicles centered lived experiences in bridging the education gap in health professional training

Starving for Love - Decolonising Maternal Depression in Rural India: A documentary on maternal mental health care in rural Rajasthan





Early Childhood Development digital series- Lalan Palan

RESEARCH AND PUBLICATIONS



Photo: Consortium Meeting - STEER

Researching What Works, for Whom and in What Context

Research at Sangath explores how mental health support can be made more accessible, effective and responsive to real-world contexts. **During the year, research spanned scalable and task-shared care, child development and autism, maternal and perinatal mental health, adolescent and youth mental health, health equity and lived experience, alongside work on substance use, psychosis, suicide, help-seeking and digital approaches.** Across these areas, studies examined prevention, early identification, care delivery, community engagement, implementation and system strengthening in low-resource settings. Together, the research and publications reflect Sangath's focus on generating evidence that can inform more inclusive, practical and sustainable approaches to mental health.

Upholding Ethical Research

Sangath's Institutional Review Board (IRB) supports the ethical conduct of research, with a focus on protecting the dignity, rights, confidentiality and well-being of individuals and communities involved. Through principles of integrity, transparency and accountability, the IRB helps ensure that research is conducted responsibly and with due regard for informed participation and ethical safeguards. The composition of Sangath's IRB is provided in the annexure 1.2.1

For the complete list of research and publications for this reporting period, see annexure 1.2

Scan the QR code to access our publications for the reporting year



SANGATH IN NATIONAL DIALOGUE AND GLOBAL ARENAS



Photo: Dr. Gauri Divan at Asia Pacific Autism Conference 2025

Sangath's work featured in national and global conversations on mental health, child development, health equity and community-based care. Across scientific conferences, academic forums, policy dialogues and sector convenings, researchers, practitioners and lived-experience partners shared evidence and field insights from diverse areas of work. These engagements supported knowledge exchange, collaboration and wider dialogue on making mental health care more accessible, equitable and responsive.

Global Scientific Forums

Research and implementation learning shared at forums including INSAR, SRCD, GACD, the Global Mental Health Summit, Asia Pacific Autism Conference and others.

India-wide Knowledge Exchange

Sangath contributed to national conferences, academic forums and sector convenings spanning addiction, public health, digital health, child development and mental health.

Beyond Research Dissemination

Sangath team members also contributed as plenary speakers, panellists, lecturers and workshop contributors, bringing practice-based and lived-experience perspectives into wider conversations.

Building Connections Across Contexts

Engagements across India, the UK, USA, Australia, Africa, Europe and Asia created opportunities to exchange learning and strengthen collaborations around scalable, context-responsive mental health approaches.

For the complete list of Sangath public appearances, see annexure 1.3

SANGATH IN MEDIA



Advancing autism care in Goa

Implemented by Sangath in collaboration with the Directorate of Health Services and the Directorate of Women and Child Development, the NAMASTE programme has been working on training anganwadi workers to aid in early intervention in cases of autism

DR. ANUP SETHUMADAN

Early signs of autism

Common myths about autism

The NAMASTE Programme



Nearly 600 Goa police personnel undergo stress management sessions

Staff Reporter
Panaji

Nearly 600 Goa Police personnel have undergone stress management sessions under the Manas Mentors, an initiative to address the mental well-being of Goa police personnel.

"The programme began due to the need to address the mental well-being of the police so that they are psychologically fit to make effective decisions at work," said Aresh Naik, chairperson of Sangath and Assistant Professor (Psychology), Parvatibai Chowgule College of Arts and Science.

Launched by Chief Minister Pramod Sawant in December last year, Manas Mentors is an initiative by IMA-Bicholim, Sangath and the Vianaar group.

"In the first phase, a statewide survey was conducted to understand the current health status of the personnel. These results were analysed and presented to Goa Police for their reference. The current sessions on stress management are the second phase of the initiative. The feedback collected during this phase will be analysed so that the next phase can be planned," Naik said.

During these sessions, the focus is on improving the audiences' understanding of stress, its effects on one's health and the imparting of breathing techniques for its effective management. The sessions are held across multiple venues.

Manas Mentors is an initiative by IMA-Bicholim, Sangath and the Vianaar group.

What the US Withdrawal from WHO Means for Global Health

How will the US' exit from the WHO impact funding, programmes, and the future of international health collaboration?

MANJUNATH SHANKAR & ANANT BHAN Published: 31 Jan 2026, 9:53 AM IST

OPINION



THE HINDU

ASHA'S MENTAL HEALTH PARADOX

They are being trained to spot depression and prevent suicides, but who cares for the ASHA worker's well-being?



आत्महत्या को कैसे रोके हर हाथ मददगार, हर नजर सतर्क

मानसिक स्वास्थ्य की ओर एक कदम और: आशीष दूत, वरिष्ठ मनोवैज्ञानिक

रावतं की दुनिया



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

अटल स्तंभ संवाददाता

शोधित जैन संगत संस्था द्वारा विकासखंड सिरोंज के जनपद

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

कार्यक्रम के बारे में कार्यकर्ताओं को जानकारी दी और बताया कि किस तरह बच्चों के लिए प्रारंभिक बाल

पाँचित है विभाग से सेक्टर सुपरवाइजर , संगत से जिला समन्वयक प्रशांत शर्मा, वरिष्ठ



Audit finds gaps in accessibility at 11 government hospitals in Goa

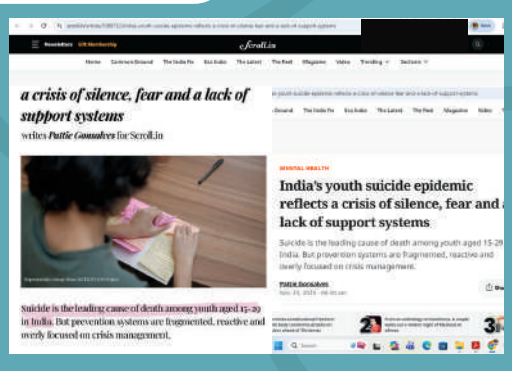
iHEAR initiative highlights urgent need for inclusive healthcare design

NT Reporter
Panaji

The event served as a sensitisation and capacity-building platform for hospital administrators and key stakeholders, and saw interactive discussions with members of the disability community who shared their personal challenges navigating the healthcare system



आत्महत्या की बात करने से आत्महत्या के विचार आ सकते हैं यह बात मिथ्या है: निष्कला



a crisis of silence, fear and a lack of support systems

writes *Pattie Gonsalves* for Scroll.in

India's youth suicide epidemic reflects a crisis of silence, fear and a lack of support systems

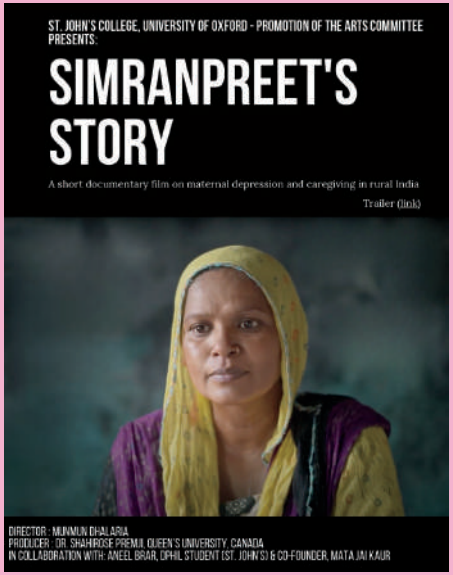
Suicide is the leading cause of death among youth aged 15-29 in India. But prevention systems are fragmented, reactive and overly focused on crisis management.

The Indian EXPRESS
JOURNALISM OF COURAGE

Why a young Indian dies every 8 minutes and the 'communicative act' behind the crisis; insights from 'Young Lives Matter' project

The project interviewed young survivors at YCM Hospital, Pimpri. Less than half the young survivors had clinically significant depressive or anxiety symptoms; instead, socio-cultural norms and interpersonal conflicts were dominant.

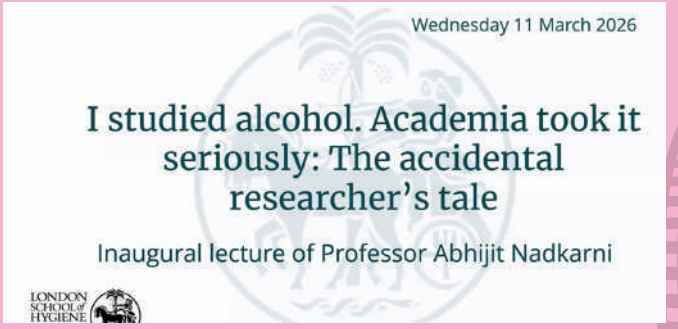

NIHR | National Institute for Health and Care Research
PODCAST
Engaging and involving disabled people
From the series – Spotlight on community engagement and involvement (CEI): Leaving no one behind


ST. JOHN'S COLLEGE, UNIVERSITY OF OXFORD - PROMOTION OF THE ARTS COMMITTEE PRESENTS:
SIMRANPREET'S STORY
A short documentary film on maternal depression and caregiving in rural India
Trailer (link)
DIRECTOR : NIVAMUN BHALARIA
PRODUCER : DR. SHAHROSE PREMJI, QUEEN'S UNIVERSITY, CANADA
IN COLLABORATION WITH: ANEEL BRAR, DPHIL STUDENT (ST. JOHN'S) & CO-FOUNDER, MATA JAI KAUR


Dr Gauri Divan | Hello Dotor | Prudent | 180...
IS YOUR CHILD'S DEVELOPMENT ON TRACK?
DR GAURI DIVAN
Director, Child development group, Sangath
www.prudentmedia.in
listen on


Re:Orient
Dalberg
EPISODE 5
Good health for all: How do we build equitable healthcare systems?
Host
Gaurav Gupta
Global Managing Partner, Dalberg Advisors
Balkrishna Korgaonkar
Associate Director – GDI South Asia, Global Development Incubator
Diwakar Mitta
Senior Director, Corporate A
Novo Nordisk
Vikram Patel
Paul Farmer Professor and Chair of Global Health and Social Medicine, Harvard Medical School


IA AUTISM CENTER
Sangat
How To Become An Ideal Autism Caregiver For Your Child?
Dr. Anup Netravalkar | India Autism Center


Wednesday 11 March 2026
I studied alcohol. Academia took it seriously: The accidental researcher's tale
Inaugural lecture of Professor Abhijit Nadkarni
LONDON SCHOOL of HYGIENE


BECAUSE MENTAL HEALTH THAN JUST MENTAL
THE CURIOUS CASE OF...
NO RISK VS LOW RISK
ft. Abhijit Nadkarni
with Ira Khan

BEYOND THE MILESTONES: CHALLENGES, LEARNING & STRENGTHENING SYSTEMS

Alongside significant milestones, this year also presented opportunities to reflect, adapt and strengthen the way we work. As Sangath continued to grow in scale, visibility and complexity, we invested in strengthening organisational systems, refining governance processes and building greater resilience. These experiences have informed not only how we respond to emerging challenges, but also how we prepare for the future.

Photo: Field visit, WHO-CST Goa

- **Navigating Digital Risk in a Growing Public Presence**

As Sangath's visibility continued to grow, so did the complexity of managing its digital identity and safeguarding institutional reputation. This year prompted us to strengthen governance around digital engagement through clearer social media policies, brand guidelines, coordinated communication processes and proactive approaches to managing reputational risk, reinforcing the importance of responsible digital stewardship in an increasingly connected world.
Learning: Institutional visibility must be matched by strong governance, clear processes and collective responsibility.

- **Adapting to a Changing Global Funding Landscape**

The global funding environment shifted significantly during the year, with changing donor priorities and international funding uncertainties, including the closure of several USAID-supported initiatives, creating challenges across the development sector. While some projects concluded earlier than anticipated and teams navigated periods of uncertainty, Sangath remained committed to supporting its people, maintaining continuity where possible, and pursuing new partnerships to sustain its mission.
Learning: Long-term impact requires resilience, adaptability and a diversified funding ecosystem.

- **Supporting People Through Change**

Transitions in funding and programme cycles inevitably affected not only teams but also the communities we serve. Recognising these realities, Sangath prioritised transparent communication, responsible programme transitions and efforts to minimise disruption for participants, frontline workers and collaborators, while continuing to place people at the centre of organisational decision-making.
Learning: How programmes conclude is as important as how they begin — requiring care, empathy and accountability to both communities and colleagues.

PARTNERS & COLLABORATORS

Our work is shaped by the many organisations, institutions, communities and individuals we collaborate with across research, implementation, learning and advocacy. We are grateful to our partners and collaborators for their knowledge, commitment and shared efforts in advancing more accessible, equitable and community-centred mental health care.

1. ADHD Queeple, Bangalore
2. Ashoka University, Sonipat, Haryana, India
3. All India Institute of Medical Sciences, Bhopal
4. Autism Care Nepal Society
5. Autism Speaks, New York, US
6. Aves Mental Health
7. Banyan
8. BIDMC, Boston
9. Bipolar India
10. Brighton and Sussex Medical School (UK)
11. Bhim Rao Ambedkar College
12. Caring From Distance Centre for Reserch and Community Development
13. Carneige Hall
14. Centre for Brain and Mind (CBM), NIMHANS, Bangalore
15. Chrysallis, Chennai
16. Cooj
17. Centre for Mental Health Law & Policy (CMHLP), Pune
18. Directorate of Health Services, Goa
19. Directorate of Health Services, Goa
20. Department of Women and Child Development, Delhi & MP
21. Director of Public Education (DPI)
22. Dimagi
23. DesignBridge Foundation
24. Department of Health, Uttara Kannada
25. Department of Education, PCMC & PMC
26. Ekjut, Jharkhand & Chakradharpur
27. Forca Goa Foundation
28. Harvard Medical School, USA
29. Harvard University
30. Harvard T.H. Chan School of Public Health, USA
31. IIT Bombay
32. Ideal Youth for Revolutionary Changes (IYRC) - Delhi
33. IPH Bengaluru
34. IIPH, Bengaluru
35. Intituto Illumine, Brazil
36. Indraprastha Institute of Information Technology, New Delhi
37. Jumbish Foundation - Indore

38. Jamia Millia Islamia
39. Jana Seva Foundation
40. Keele University
41. Krea University Sapien Labs, Institute for Financial Management and Research
42. King's College London, UK
43. Loma Linda University, USA
44. La Trobe University, Victoria, Australia
45. London School of Hygiene and Tropical Medicine (LSHTM)
46. Lok Nayak Hospital
47. Manorathi Foundation
48. Maharashtra University of Health Sciences, Nasik
49. Massachusetts General Hospital, USA
50. Mata Jai Kaur Maternal and Child Health Care Centre
51. National Health Systems Resource Center (NHSRC), Govenment of India
52. National Health Mission, MP
53. National Institute of Urban Affairs, Delhi
54. NIMHANS, India
55. Nirmala Institute of Education, Goa
56. O.P. Jindal Global University (India)
57. Pro-Sports Development
58. PHFI, Delhi India
59. Post-Graduate Institute of Medical Education and Research, Chandigarh
60. Pravara Institute of Medical Sciences, Maharashtra
61. Pravara Institute of Medical Sciences and Research India
62. Quicksand, Delhi, India
63. Queerbeat
64. Rainbow Foundation
65. Ramanujan College
66. Rashtriya Kishor Swasthya Karyakram (RKSK)
67. Stanford University
68. Schizophrenia Research Foundation (SCARF) - Chennai
69. Sinai Health System
70. Sri Venkateswara College
71. Srishti NGO
72. Slam Out Loud, Punjab
73. State Commissioner for Persons with Disabilities, Goa
74. Symbiosis Institute of Health Sciences, Lavale, Pune
75. Sri Lanka College of Paediatricians
76. JRI, Bangalore
77. Social Action Mobilisation
78. The Brigham and Women's Hospital, USA
79. Teach for India
80. UCLA, USA
81. University of Utah
82. University of Toronta
83. Ummeed Child Development Center, Mumbai, Maharashtra
84. University College London
85. University of Lucerne
86. University of California, San Francisco
87. University College of Medical Sciences, Hindu College

88. University of Manchester
89. University of Milano-Bicocca, Milan, Italy
90. Vanderbilt University
91. Vivekananda College
92. Viklang Manch
93. WHO Department of Mental Health and Substance Use, Geneva, Switzerland
94. Ya_All - Imphal
95. Youth for Mental Health Foundation (YMHF, India)

FUNDERS & DONORS

We gratefully acknowledge the funders and donors whose support makes our work possible. Their commitment enables us to pursue research, strengthen health systems, support communities and develop approaches that can contribute to lasting improvements in mental health care and wellbeing.

1. Association for Progressive Communications (APC)
2. Azim Premji University
3. Australian Consulate General, Chennai
4. Bajaj General Insurance Co. Ltd.
5. Bajaj Finance Ltd
6. Beth Israel Deaconess Medial Centre INC
7. citiesRISE
8. Charities Aid Foundation (CAF), America
9. Comic Relief
10. Grand Challenges Canada (GCC)
11. Greencliffe Foundation
12. Health Systems Transformation Platform (HSTP)
13. HCL Tech Grant
14. Human Capability Foundation
15. India Alliance/DBT Wellcome Trust
16. Infosys Foundation
17. Instituto Illumine, Brazil

18. International Society for the Study of Behavioral Development
19. KPMG Global Services
20. London School of Hygiene & Tropical Medicine
21. Lululemon Centre for Social Impact (Charities Aid Foundation America, Inc.
22. Medical Research Council, U.K
23. National Institute of Health (NIH), USA
24. National Institute of Health (NIH) through UCSF
25. National Institute for Health and Care Research (NIHR), UK
26. Neuromatch
27. Pinterest Foundation
28. President and Fellows of Harvard College
29. Public Health Foundation of India
30. Rural India Supporting Trust (RIST)
31. Rohini Nilekani Philanthropies Foundation (RNPF)
32. Sabin Vaccine Institute
33. Science For Africa, Being Initiative
34. Stavros Niarchos Foundation (SNF) Global Centre for Child and Adolescent Mental Health, Child Mind Institute
35. Sinai Health System
36. Swiss National Science Foundation
37. Templeton World Charity Foundation (TWCF), Nassau, Bahamas
38. The Eunice Kennedy Shriver National Institute of Child Health and Human Development (National Institutes of Health, USA)
39. The Regents of the University of California San Francisco
40. UK Aid
41. University College London
42. University of Manchester
43. University of Reading
44. Vanderbilt University and National Institute of Mental Health, USA
45. Wellcome Trust
46. Youths Union For Voluntary Action, (YUVA), Jharkhand

DONORS

1. Amar Pratap Bhullar
2. EMCO Goa Pvt. Ltd.
3. Graham John Room
4. Panna Patel
5. Prakriti Abel
6. Shailendra Patel
7. Shyam Divan
8. Suresh Mallya
9. Suresh Mangalgi
10. The UK Online Giving Foundation
11. World Learning India Pvt. Ltd

GOVERNANCE AND COMPLIANCE

Sangath Leadership:

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

Sangath Managing Committee

Aresh Naik- Chairperson
Nazneen Sarosh Rebelo- Vice Chairperson
Monica Bariya- Treasurer
Prashanti Talpankar- Secretary
Prof. Abhijit Nadkarni- Jt. Secretary
Prof. Vikram Patel- Member
Dr. Soumitra Pathare- Member

Sangath Executive Council

Sharin D'Souza
Nishant Bajpai
Jayesh Wable
R Anutam
Prof. Abhijit Nadkarni
Robinson Issac
Dr. Devika Gupta
Kedar Mirchandani
Deepak Tugnawat
Harikeerthan Raghuram
Prachi Khandeparkar

Compliance:

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

- **FCRA (Foreign Contribution Regulation Act)** : Sangath holds a valid FCRA registration, enabling us to lawfully receive and utilize foreign contributions. All reporting obligations have been duly met.
- **80G Certification** : Donations to Sangath remain eligible for tax exemption under Section 80G of the Income Tax Act, further strengthening donor confidence and encouraging philanthropic giving.
- **12AA Registration** : Sangath continues to maintain registration under Section 12AA of the Income Tax Act, affirming our not-for-profit status and adherence to statutory obligations.

- **Institutional Review Board (IRB)** : Sangath's IRB plays a pivotal role in safeguarding ethical standards across all research research initiatives. The IRB rigorously reviews and monitors ongoing and new studies to ensure that research upholds the principles of dignity, safety, and rights of participants, in compliance with both national and international guidelines.

Policies:

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

Key policies in Sangath:

Safeguarding & Ethics

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

Workplace Inclusivity & Well-being

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

Sangath Mental Health Policy

In January 2026, Sangath launched its Mental Health Policy, reaffirming its commitment to creating a workplace that supports mental wellbeing, reduces stigma and promotes a culture of care, inclusion and psychological safety. The policy provides a framework for strengthening mental health support across the organisation and encouraging healthier, more supportive work environments.

Adherence and Oversight:

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

General Information:

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

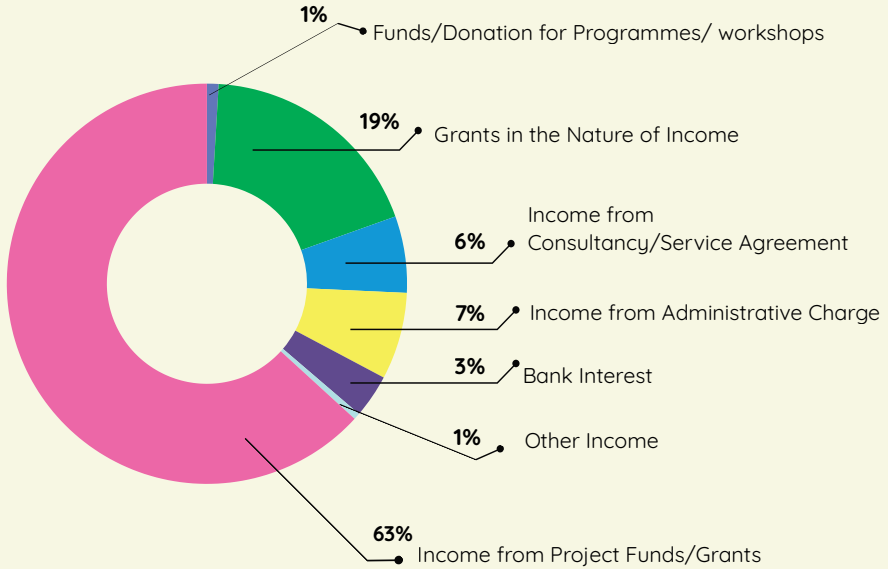
Registrations:

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

FINANCIAL OVERVIEW

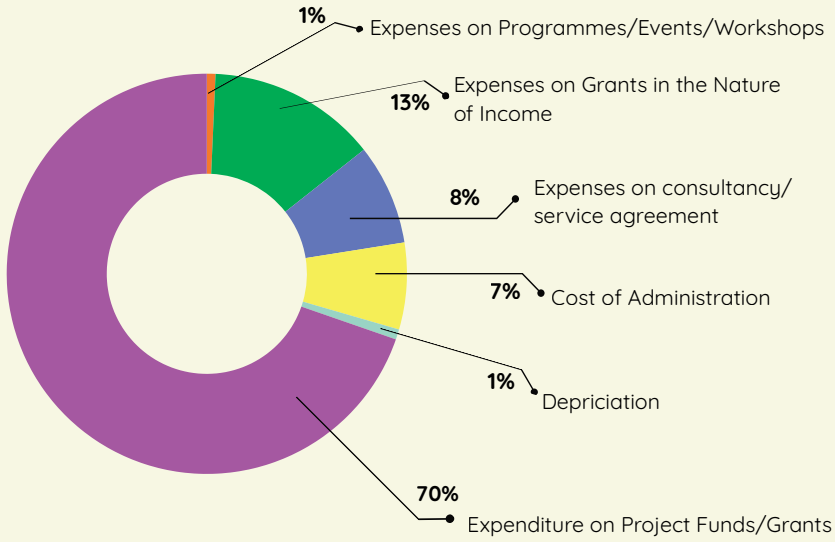
Sangath Income for FY 2025-26

Income	FY 2025-26	FY 2024-25
Funds/Donation for Programmes/Workshops	4322140.20	5531959.35
Grants In the Nature of Income	85500000.00	83036701.00
Income From Consultancy/Serivce Agreement	2842409.19	24131468.52
Income From Administrative Charge	3234735.47	2988149.12
Bank Interest	16110320.02	14085736.88
Other Income	2397069.84	489060.26
Income from Project Funds/Grants	290533207.00	333407760.24
Total	**459,633,881.72**	**490,562,835.37**



Sangath Expenditure for FY 2025-26

Expenditure	FY 2025-26	FY 2024-25
Expenses on Programmes/Events/Workshops	3006070.15	359409.17
Expenses on Grant In the Nature of Income	58752643.80	49812662.87
Expenses on Consultancy/Serivce Agreement	34967270.29	13122564.80
Cost of Administration	30112915.51	18793733.35
Depriciation	3549515.00	2374421.00
Expenditure on Project Funds/Grants	29970819.42	333568530.00
Total	**430,094,234.17**	**421,263,321.19**



SANGATH TEAM CELEBRATIONS



COINCIDE celebrates Women's Day & 500 Assessments completion



Bhopal Hub Annual Gathering



First Quarterly Staff Meeting of the year - Sangath Goa









Sangath's Joy of Giving Month: left to right a) Goa Hub b) Delhi EOK Hub c) Bhopal Hub





1st Annual Implementation Review Meeting 2025



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



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



Christmas Celebration at Sangath Goa













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

SANGATH FOOTPRINT ACROSS INDIA





Photo: Gratitude tree - SMHPP

Be A Part of What Comes Next

For 30 years, Sangath has worked with communities, health systems, researchers and partners to make mental health care more accessible, equitable and responsive to people's lives. As we look ahead, there is more to learn, more to build and more to do together.

Connect with us

Whether you are a researcher, practitioner, student, community organisation, institution or someone who believes in better mental health for all, there are many ways to be part of the journey.

Collaborate with us

Learn with us

Support our work

Explore our work : visit **sangath.in** to learn more about our programmes, research, learning opportunities and ways to engage with Sangath.

Annexure

1.1 Sangath projects across themes

Child Development

- **COINCIDE** : Nutritional, psychosocial, and environmental determinants of Neurodevelopment and Child Mental Health.
Location: Delhi, Rewari, Haryana Funders: India Alliance/DBT Wellcome Trust

- **COMPASS LFU:** The largest trial of its kind for autism in any low-and middle-income country setting, evaluating long-term outcomes of a community-based non-specialist delivered parent mediated autism intervention.
Location: National Capital Territory, Delhi Funder: Medical Research Council (MRC)

- **NAMASTE** (Neurodevelopment and AutisM in South ASia Treatment and Evidence) addresses the gap in early identification and care for children with developmental disabilities, particularly autism, in South Asia.
Location: East Delhi, North Goa, Godavari district in Nepal, Colombo district in Sri Lanka
Funders: NIHR, UK Aid, University of Manchester

- **STEER:** Stressors of Anxiety and Depression in Young People : A cohort study to identify how psychosocial stressors contribute to children and adolescent well-being.
Location: Rewari District, Haryana, India and Quoc Oai, Hanoi, Vietnam
Funders: Science For Africa, Being Initiative

Adolescent & Youth Mental Health

- **BRZIL:** Adapting and implementing the SEHER intervention within the local schools in Brazil.

Location: Brazil Funder: Instituto Ilumine, Brazil

- **CRSCH (Core Capacities of Young People, Adults and Systems):** Integrating Core Capacities into the school curriculum, supporting teacher wellbeing, and equipping future educators with essential mental health competencies.

Location: Pune Funder: citiesRISE

- **CCIs (Enhancing Mental Health Interventions in Child Care Institutes):** promote mental wellbeing, decision making and problem-solving six Child Care Institutes.

Location: Pune Funder: Bajaj General Insurance Co. Ltd.

- **CRGAM (Enhancing Mental Wellbeing and Communication among Family Members Through Game)** promotes adolescent mental wellbeing by strengthening parent–child relationships through a culturally relevant family board game.

Location: Pune Funder: citiesRISE

- **IOTT (It's Ok To Talk)** is a culturally adapted, co-designed digital storytelling intervention for university students in India aged 18–24 years.

Location: Delhi NCR Funders: SNF Global Center Research Fellowship & Wellcome Trust

- **YVAJH** provide technical support, expertise and experience to the local partner (YUVA) to adapt and implement Mental Health services in Schools and Communities

Location: Jharkhand Funder: Youths Union For Voluntary Action, (YUVA), Jharkhand

- **METROPOLIS:** MEchanistic TRial Of Problem sOLving and BehavIoural Activation for DepreSsion

Location: Delhi NCR Funder: Wellcome Trust

- **MeWeSports:** A community-based programme that uses sports to promote adolescent mental health and prevent substance use.

Location: North Goa, and Bhubaneshwar, Odisha Funders: Greencliffe Foundation and Comic Relief

- **MADAD:** Mobilising for Anxiety and Depression in Adolescents

Location: Goa, Pune, Jharkhand Funder: Medical Research Council, U.K.

- **SMHPP (School Mental Health Promotion Programme):** A whole-school initiative that promotes mental health and wellbeing, reproductive and sexual health, gender equity, and violence prevention in government and low-cost private schools.

Location: Pune Funder: Bajaj Finance Ltd

- **MENTOR:** A school mental health promotion study that aims to reduce depression, anxiety and suicidal behaviours among adolescents aged 13–17 years.

Location: Bhopal and Sehore, Madhya Pradesh Funder: Rohini Nilekani Philanthropies Foundation (RNPF)

- **MHFS (Mental Health for Schools):** A school-based implementation programme that promotes prevention and early intervention by strengthening mental health literacy, coping skills and help-seeking among students in grades 6–12 and educators in low-income schools.

Location: Delhi, Gurugram, Noida, Bengaluru, Hyderabad, Uttarakhand, Mumbai, and Pune
Funder: KPMG Global Services

- **Youth LEARN:** Youth Lived Experience and Research Network to strengthen youth participation in mental health research in India.

Locations: Delhi, Manipur, Bangalore, Goa, Chennai, Indore, and Jharkhand | Commissioned by Wellcome Trust, UK

Adult Mental Health

- **AANAND:** Evaluating a positive psychology-based coaching intervention to improve the wellbeing of ASHAs in rural India.

Location: Madhya Pradesh Funder: Templeton World Charity Foundation (TWCF), Nassau, Bahamas

- **BRIDGE-AI:** A pilot study that aims to strengthen the supervision of non-specialist counsellors delivering the Healthy Activity Program (HAP) by adapting an artificial intelligence (AI)-enabled therapy quality assessment tool for the Indian context.

Location: Bhopal, Madhya Pradesh Funders: Wellcome Trust and Neuromatch

- **Couples-Based Intervention to Prevent Perinatal Depression:** Adapation and testing of a couples-based intervention to prevent perinatal depression in rural India.

Location: Rajasthan Funder: National Institute of Health (NIH) Through UCSF

- **IMPRESS:** Reducing the treatment gap for depression by addressing both, supply and demand side barriers

Location: Goa Funder: National Institute of Health (NIH), USA

- **Kushal Maa:** Effectivenss of maternal health interactive education and social support intervention for improving post natal health.

Location: Sehore, Madhya Pradesh

Funder: The Eunice Kennedy Shriver National Institute of Child Health and Human Development (National Institutes of Health, USA)

- **Khushee-Mamta:** A lay-counsellor delivered treatment for perinatal depression in rural India.

Location: Rajasthan Funder: Lululemon Centre for Social Impact (Charities Aid Foundation America, Inc.)

- **MANTHAN:** Integrate depression care into rural primary healthcare in India, using participatory action research, a Theory of Change approach, and implementation science frameworks.

Location: Madhya Pradesh Funder: Institute of Health and Care Research (NIHR)

- **OptimizeD (Optimizing Depression):** Improving outcomes in depression in primary care in a low-resource setting.

Location: Madhya Pradesh Funders: Vanderbilt University and National Institute of Mental Health, USA

- **SAATHI:** Aims to co-develop a digital, rights-based training curriculum for peer support workers assisting individuals with severe mental illness.

Location: Goa Funder: Pinterest Foundation

- **PEERS:** Promoting effective mental healthcare through peer supervision.

Location: Bhopal, Goa Funder: Grand Challenges Canada (GCC)

- **SUSTAIN:** Builds on the IMPRESS project to strengthen and sustain community-based depression care through digital and social media platforms.

Location: Goa Funders: Charities Aid Foundation (CAF), America and Health Systems Transformation Platform (HSTP)

- **SAHARA:** Supporting All motHers And childRen universAlly promotes perinatal psychosocial wellbeing and nurturing care from pregnancy through early childhood.

Location: Madhya Pradesh Funders: Infosys Foundation & HCL Tech Grant

- **SHARP:** Scalable Digital Phenotyping of Momentary Cognition in Early Course Psychosis

Location: Madhya Pradesh Funder: Wellcome Trust

- **THRIVE:** Transformative Health and Recovery Initiative through Economic aid

Location: Karnataka Funder: Swiss National Science Foundation

Addictions & related-Research

- **CCAP (Coordinated Care for Alcohol Problems):** A research programme that aims to develop and evaluate a scalable, coordinated model of care for people experiencing hazardous, harmful and dependent alcohol use in primary care and community settings.

Location: Goa Funder: National Institute for Health and Care Research (NIHR), UK

- **Couples-Based Intervention to Prevent Perinatal Depression:** Adapation and testing of a couples-based intervention to prevent perinatal depression in rural India.

Location: Rajasthan Funders: National Institute of Health (NIH) Through UCSF

- **IMPRESS:** Reducing the treatment gap for depression by addressing both, supply and demand side barriers

Location: Goa Funder: National Institute of Health (NIH), USA

- **MeWeSports:** A community-based programme that uses sports to promote adolescent mental health and prevent substance use.

Location: North Goa, and Bhubaneshwar, Odisha Funders: Greencliffe Foundation and Comic Relief

- **MADAD:** Mobilising for Anxiety and Depression in Adolescents

Location: Goa, Pune, Jharkhand Funder: Medical Research Council, U.K.

- **PEERS:** Promoting effective mental healthcare through peer supervision.

Location: Bhopal, Goa Funder: Grand Challenges Canada (GCC)

- **SAATHI:** Aims to co-develop a digital, rights-based training curriculum for peer support workers assisting individuals with severe mental illness.

Location: Goa Funder: Pinterest Foundation

- **SUSTAIN:** Builds on the five-year IMPRESS project to strengthen and sustain community-based depression care through digital and social media platforms.

Location: Goa Funders: Charities Aid Foundation (CAF), America and Health Systems Transformation Platform (HSTP)

- **THRIVE:** Transformative Health and Recovery Initiative through Economic aid

Location: Karnataka Funder: Swiss National Science Foundation

Health Equity

- **AffirmCare:** Promotes LGBTQIA+ inclusion in medical education by strengthening the knowledge and competencies of medical educators and students.
  Location: Kerela Funder: Supported by the Australian Consulate General, Chennai

- **Access Matters:** A participatory action research project that works to improve the accessibility and inclusion of government hospitals for persons with disabilities.
  Location: Goa, Madhya Pradesh Funder: Azim Premji University

- **Anchoring iHEAR:** A one-year initiative that builds on iHEAR's work to advance participatory approaches to addressing health inequities in India.
  Location: Pan India

- **EQUIP:** Promotes the integration of ethics, equity and meaningful community engagement into health research and programmes.
  Location: Pan India

- **TransNET:** A participatory research project that explores how transgender, non-binary and gender-diverse (TNBGD) individuals navigate digital technologies, with a focus on safety, access to support, and experiences of technology-facilitated gender-based violence.
  Location: Bhopal Funder: Association for Progressive Communications (APC)

- **Youth LEARN:** The project sits at the intersection of youth mental health and health equity. Bringing together young people with lived experience of mental health challenges and neurodivergence alongside researchers, the project builds capacity through participatory workshops, a fellowship programme and a digital training course.
  Location: Delhi, Manipur, Bangalore, Goa, Chennai, Indore, and Jharkhand
  Commissioned by Wellcome Trust, UK

1.2 Research & Publications

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

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

3. A guide for medical educators in Kerela on LGBTQIA+ affirmative care

4. Analyzing trends in Suicidal Thoughts Among Patients With Psychosis in India: Exploratory Secondary Analysis of Smartphone Ecological Momentary Assessment Data

5. A non-specialist worker delivered digital assessment of cognitive development (DEEP) in young children: A longitudinal validation study in rural India

6. Building LGBTQIA + Afrmative Health Professional Education Spaces in India Through Student-Led Advocacy: The TransCare Queer Ambassador Model

7. Building trust and equity in vaccine communication through community engagement

8. Beyond a seat at a table: Embedding lived experience in mental health ethics commitees

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

10. Co-design in mental health prevention: Collaborative work with end users to inform needs assessment, measurement, and program design and delivery

11. "Common Definitions" in Mental Health Science – Landscaping report

12. 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

13. Correlates of suicide attempts in young people in India – a case control study of persons admitted to a hospital in Pune

14. Cross-Cultural Adaptation of Measures of Childhood Functioning for Low- and Middle-Income Countries: A Process Description in a Northern Indian Context. Focus on Autism and Other Developmental Disabilities

15. Couples-based intervention for perinatal depression and anxiety: A global systematic review

16. Designing smartphone-based cognitive assessments for schizophrenia: Perspectives from a multisite study

17. Effectiveness of Kushal Maa, a group-based mhealthinteractive education and social support intervention for maternal and neonatal health outcomes: study protocol for a multisite randomised controlled trial in India

18. 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

19. Ethics in processing research participants' payments: navigating institutes' finance and administrative mandate

20. Examining characteristics of father-child relationship among diverse settings: A qualitative scoping review protocol

21. Explanatory models and coping with alcohol misuse among conflict-affected men in Ukraine

22. Families Affected by Addiction: A Hand Book

23. Help-Seeking for Illicit Drug Use in Adolescents

24. Humanizing AI in Health: the ethics challenges Outcomes of stakeholder engagements in India

25. Intersectional experiences of TFGBV among the trans, non-binary and gender diverse communities in India: A summary report from iHEAR TransNET

26. Interventions for promoting resilience among adolescents in South Asia: A scoping review

27. Interventions to improve mental health help-seeking attitudes, intentions and behaviors: A systematic review of recent advances

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

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

30. Prioritising mental health research areas for India: A modified delphi-based exercise by the Indian Council of Medical Research

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

32. Scaling up the task-sharing of psychological therapies: A formative study of the PEERS smartphone application for supervision and quality assurance in rural India

33. The art of Medicine: a death foretold

34. The Competencies and Implementation of Peer Support Interventions for People with Serious Mental Health Challenges: A Systematic Review

35. The effectiveness of a community-based video-facilitated parenting intervention for child development integrated into routine maternal and child care services in India

36. The role of intersectionality in shaping experiences of technology-facilitated gender-based violence among transgender, non-binary and gender-diverse persons in India

37. The use of geographic information systems (GIS) in studying mental health service delivery: A scoping review

38. Unmasking the professional doctor archetype

39. Updates to the Cost of Illness Inventory (COII) for Children with Autism Spectrum Disorder in South Asia: Development of the Children and Adolescents Economic Resources Questionnaire (CAER-Q) for use in LMICs

1.2.1 Sangath IRB Composition

Dr. Raj Vaidya Master of Pharmacy	—	**Chairperson**
Dr. Urvita Bhatia Doctorate in Psychology, Health & Professional Development	—	**Scientific Member & Alt-Member Secretary**
Dr. Amit Dias MD in Preventive and Social Medicine	—	**Basic Medical Scientist**
Dr. Abhijit Nadkarni Diploma in Psychological Medicine (DPM) and PhD in Epidemiology	—	**Clinician**
Dr. Anant Bhan MHSc in Bioethics	—	**Social Scientist and Bioethicist**

Prashant Agrawal Master of Laws (LL.M.)	—	**Legal Expert**
Larissa Rodrigues M.Sc (Home Science) Human Development	—	**Community Representative and Lay Person**
Salik Ansari BSc and MSc (Research Ethics)	—	**Member Secretary**
Dr. Supriya Bhavnani PhD in Genetics	—	**Scientific Member**
Mr. Fredric Azariah MSc Public Health	—	**Scientific Member**
Milan Athanikar Bachelors in Commerce	—	**Administrative Assistant**

1.3 Sangath in National Dialogue and Global Arenas

- **International Society for Autism Research (INSAR) Annual Meeting held, Seattle, USA, April 30- May 3 2025:** Sangath had a huge presence at the meeting with multiple presentations & speaking engagements:

-**Dr. Gauri Divan** delivered an oral presentation titled, 'A randomised controlled trial of the PASS Plus intervention for young children with autism spectrum disorder in New Delhi, India: Findings from the COMPASS trial'.

-**Dr. Gauri Divan** presented as a panellist on 'Building Capacity to Implement and Evaluate Early Intervention for Young Autistic Children in underserved Communities globally'.

Posters presentations by NAMASTE, STREAM and COMPASS LFU:

- Navigating through Diagnosis: A Meta-Synthesis of Parental Experiences in Low- and Middle-Income Countries during the Neurodevelopmental Disabilities Diagnostic Journey for Children.
- Early Evaluation of a Community Engagement Toolkit's Effectiveness in Facilitating Engagement with a Community Based Detection-Care Pathway in India.
- Community Engagement With Individuals With Lived Experience of Autism and Intellectual Disability to Promote Awareness and Service Utilisation for Early Identification and Intervention: A Systematic Scoping Review.
- Caregivers' experiences with autism diagnosis and accessing services in Nepal and insights into their support needs.
- Implementation of Classroom Pivotal Response Teaching (CPRT) for autistic students in India.
- The feasibility of non-specialist health workers delivering a social communication intervention in New Delhi (India) in a community setting.
- Voices from the field: Non-specialist workers' experiences of delivering a parent-mediated autism intervention in the community in urban India.

- Globalizing the BOSCC: Adaptation, training, and implementation in India's low-resource context.
- Acceptability and feasibility of a community-delivered, digital tool for neurodevelopmental profiling.
- Using mobile technology to assess age and sex differences in a phenotypic measure of autism in a large cohort of children from India and Malawi.

- **Nothing for Us Without Us: Designing for Lived-Experience Involvement in Mental Health, Quicksand, April, 2025**

Dr. Pattie Gonsalves joined the Webinar as a panellist.

- **Society for Research in Child Development (SRCD) Conference, Minneapolis, USA, May 2025**

Dr. Supriya Bhavnani presented a research poster titled "Nutritional, Psychosocial and Environmental Determinants of Neurodevelopment and Mental Health: The COINCIDE study.

- **Birth Cohort Consortium Meeting organized by the Advanced Research Unit on Metabolism, Development and Aging (ARUMDA) at the Tata Institute of Fundamental Research (TIFR), Hyderabad, May 2025**

PhD student **Smita Todkar**, along with Dr. Debarati Mukherjee, Dr. Deepa, and Dr. Poornima Prabhakaran, presented the SPRING cohort and COINCIDE project.

- **Parenting and Culture: Cross-cultural and International Migration Perspectives, Department of Psychology, University G. d'Annunzio, Chieti, Italy, May 2025**

PhD Student **Smita Todkar** presented scoping review findings on paternal engagement titled, 'Examining characteristics of father child relationship in early and middle childhood among diverse settings: A qualitative scoping review.'

- **The Thrive Conference, London, UK, in June 2025**

Dr. Supriya Bhavnani presented an abstract titled 'A Non-Specialist Worker Delivered Digital Assessment of Cognitive
Development (DEEP) in Young Children: A Longitudinal Validation Study in Rural India'.

- **International Congress on Evidence-based Parenting Support (I-CEPS), June 2025 (online)**

-**Divya Gosain** presented a paper - 'Strengthening Caregivers' Wellbeing for Children with Neurodevelopmental Disorders in LMICs: A Systematic Review'.

-Abhipreet Kaur presented a paper- 'Enhancing Access to Care: Exploring Family Perspectives on Non-specialist Health and Care Worker Screening for Neurodevelopmental Disorders in Delhi'.

-Divya Gosain, Abhipreet Kaur and Ayendree Seneviratne participated in a round table discussion on 'Promoting wellbeing of caregivers of children with neurodevelopmental disorders within LMICs'.

- **GACD Annual Scientific Meet, Rwanda, June 2025**

Miriam Sequeria presented the IMPRESS community intervention toolkit and e-course showcasing practical, community driven approaches for mental health intervention.

- **Non-Binary Asia Convening , Bangkok, September 2025**

Joshua Mark George and **Sharin D'Souza** from iHEAR team shared findings from the TransNet study to inform the charter on the inclusion of non-binary people in the queer-feminist movements, with specific focus on digital stakeholders.

- **17th Asian Oceanian Congress of Child Neurology, September 2025**

Dr. Gauri Divan did a presentation on 'Empowering Families, Transforming Care: Scalable Interventions for Autism in Low-Resource Settings', highlighted approaches to strengthening accessible and scalable care models in low-resource settings. Dr. Divan also contributed to a pre-conference workshop on autism.

- **3rd International Conference on Public Health and Nutrition (ICPHN 2025), October 2025**

'From Silence to Support: How Digital Storytelling Can Improve Mental Health for Young People' - A talk by **Dr. Pattie Gonsalves** where she highlighted the power of digital spaces to amplify youth voices and create more supportive, inclusive online communities.

- **12th Nonprofit Sector Development Forum, King Fahd University of Petroleum and Minerals, Dhahran, Saudi Arabia, October 2025**

Dr. Pattie Gonsalves delivered a plenary session on on co-designing youth leadership solutions exploring how participatory methods can empower young people to lead change in their own communities.

- **Critical and Sociocultural Perspectives in Psychology, Ashoka University, November 2025**

Dr. Pattie Gonsalves joined the seminar series as a lecturer.

- **Indian Hepatitis Summit, 2025**

The **VaccineEquity team** presented the project dissemination.

- **Digital Health Africa 2025**

Tanushri Sharma Presented a 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.

- **Representation at Asia Pacific Autism Conference, November 2025, Perth, Australia**

Dr. Gauri Divan invited as symposium speaker, delivered the talk: 'Thinking out of the box: A model of autism care for low resource settings'.

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

Jaya Katiyar presented AMBIT (Alcohol use disorders Mobile-based Brief Intervention Treatment) and CAP (Counselling for Alcohol Problems).

- **Wellcome Trust and Neuromatch, November 2025**

Dr. Ryan Christopher Louie and **Mimansa Khanduri** presented posters on Bridge-AI study.

- **Digital Citizen Summit, Hyderabad, November 2025**

Sharin D'souza disseminated the TransNET study findings.

- **Global Mental Health Summit, Cape Town, South Africa, Nov 2025**

Dr. Ravindra Agrawal delivered an 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 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.

- **PhD Annual Workshop 2025, T.T. Narasimhan School of Advanced Studies (TTN SoAS), Institute of Public Health, Bengaluru, November 2025**

PhD Student **Smita Todkar** presented a poster on the design and adaptation of the “Paternal Involvement Framework” for rural Haryana, India.

- **PMH PGR Seminar, January 2026 (online)**

Abhipreet Kaur presented on 'Navigating Diagnosis: A Meta-synthesis of Caregiver Experiences of Neurodevelopmental Conditions Diagnostic in Low- and Middle-Income Countries'.

- **Ethics, Values and Human Dignity in Healthcare:Psychological, Literary, Artisiticand Medical Perspectives Conference in Goa, February 2026**

Pranali Gaonkar presented a paper titled ‘We are too busy’ – Lessons from Integrating a Depression Care Programme (IMPRESS) in a Public Healthcare Setting in Goa, India.

- **Human Sciences Research Council, South Africa in March 2026**

Dr. Supriya Bhavnani presented ‘Life Stressors and Youth Mental Health in Low- and Middle-Income Countries: Evidence, Trends and Implications’ and highlighted the Stressors of Anxiety and Depression in Young People (STEER).

- **I Studied Alcohol, Academia took it serioursly- Accidental Researcher’s Tale, LSHTM, London, March 2026**

Prof. Abhijit Nadkarni delivered an inaugral lecture at LSHTM, blending research insights with self-reflection on a candid account of how academic careers actually unfold.

Sangath

Healing Minds, Inspiring Lives

Sangath Annual Report 2025-26 is prepared by the Sangath Communications.
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