



# Annual Report 2021-22

Addictions and related-Research Group, Sangath





# Table of contents

<b>01</b>	<b>About us</b>	
	From the Addictions Research Group to the Addictions and related-Research Group	01
	Message from the Co-Directors	02
	Welcoming the Senior Management Team	04
<b>02</b>	<b>Our projects</b>	05
<b>03</b>	<b>Spotlight: ARG admin</b>	19
<b>04</b>	<b>Outreach &amp; engagement</b>	
	Awareness-building events	20
	Conferences and presentations	21
	Awards	22
	Trainings	23
	Advisory boards	24
	Social media campaigns	25
	Publications	27
<b>05</b>	<b>Our collaborators</b>	29
<b>06</b>	<b>Our staff</b>	30

# About us



## From the Addictions Research Group to the Addictions and related-Research Group

**The Addictions Research Group (ARG) was set up in 2014 by Dr Abhijit Nadkarni and Prof Richard Velleman with the intention to create a world-class research group that works on advancing the research agenda focused on addictions and mental health in low-resource settings.**

Building on Sangath's previous work, the ARG forayed into addictions-research from a public health perspective, which was a relatively less explored domain in India at the time. The goal was simple: to ensure that people have access to good quality care for addictions and related problems, closer to their own communities. To reach this goal, the ARG's vision was to create a sustained group of researchers and health workers championing the field of addictions research in India while placing the needs of the community at the center. While delivering home-based interventions for alcohol use disorders, we recognized the presence of other issues that were closely connected and often co-existed with substance use such as domestic violence, and well-being of families of people with substance use problems. Hence, we responded to this need by expanding the scope of our projects to provide community-based counselling to families of people with drinking problems and to survivors of domestic violence.

As our work and team expanded, so did our ability to develop and incorporate innovative community-led and community-based programs. Over the last eight years, we have researched on addictions-related themes such as alcohol use, tobacco cessation, and substance use prevention, in adolescents and adults. We have also gone beyond to produce research on domestic violence, dating violence, adult depression, telepsychiatry, Covid-19 and mental health, and so much more!

While we look back with pride on what we have managed to accomplish in the past eight years, the diverse themes our programs encompass stand out the most to us. What began as an endeavor to address substance use and addictions-related issues in communities in India has evolved into possibilities that we couldn't have foreseen. Hence, it is time we adequately reflect the full scope of our work in the name of the research group and our logo. Our new logo symbolizes the work we do with, and for different communities, and catering to different age groups.

**The Addictions Research Group will now be called the Addictions and related-Research Group.**



## Message from the Co-Directors

Over the past two years, the ARG (and India and the world) has lived through the Covid-19 pandemic, which threw huge challenges, both personal (for every individual member of the ARG) and professional, as the lockdown and other restrictions caused massive disruptions to our lives. The gutting impacts of Covid-19 on everything around us that we have gotten used to and cherish – our health, our economy, schools, and other social infrastructures and networks – exposed our frailties in the face of nature’s wrath. At the same time, it also energised all of us to reimagine these things that we took for granted and pushed for change in both our personal and professional lives. And we at the ARG did what we do best. We rolled up our sleeves, both literal and figurative, and got to work, more inspired than ever to achieve our vision.

The pandemic appears to have evolved from a raging storm to a gentle breeze. Although we are still far from getting back to our pre-pandemic lives, we are now able to see the proverbial, light at the end of the tunnel. And hence, this is an appropriate time to reflect on our lives (both professional and personal) over the past two years, and also look forward with anticipation to the coming years.

Because of the pandemic-related travel restrictions, one of us ended up spending a lot more time in Goa than usual and the other, spending a lot less time in Goa than usual. But from both our viewpoints, near and distant, we arrive at the same conclusion– that the ARG continues to grow from strength to strength. And we are so proud of what our group has achieved in the last couple of years in the face of enormous challenges.

From great adversity comes great opportunities. Covid-19 threw several challenges and in doing so it also created opportunities for growth.

Over the past few years, we have been exceptionally successful in getting competitive research grants. However, such success is a double-edged sword. When the funding pot across the world shrank, our success rate also went down. On a background of great successes, the inability to get new grants became all the more evident. However, we seem to be turning a corner now and in the recent months we have received some positive news about new funding.

For us, our greatest asset has always been our people. Hence it gives us great pleasure to see the ARG growing, with a great range of both staff and interns joining over the past two years, showing great competence and commitment. Additionally, our ‘senior team’ continues to develop, with members taking up more management responsibilities, writing papers, submitting proposals for research funding (and getting it), registering for higher degrees, etc.

At the peak of the pandemic the big change that we experienced was to our style of working as a lot of activities had to be moved into the virtual world. While the virtual world will not be able to replace the traditional face-to-face interactions, we were quick to embrace it for several of our activities including virtual meetings and data collection. As much as they made some aspects of our working lives easier, we also realised that they do not provide the same in-person experience we all value so much.

Hence, it is hugely to everyone's credit that the ARG responded so positively and actively to these personal and professional challenges, with people managing to arrange working from home (in often far from ideal circumstances) and meeting via video-conferencing, and still managing to get their jobs done. Having said that, it is good to see all of us returning back to work from the office, as there is nothing like in-person interactions to build up a strong sense of community.

Finally, all of this has simply meant that the vision that we as co-directors had from the outset remains unchanged. We wished for the ARG to become one of the key addiction research centres in India, and to develop an international reputation as a major addictions research group; and for us to develop the careers of some of the ARG members so that they could become the next generation of Indian addictions research leaders – and we are well on the way to achieving that vision.

We would like to close with a note of thanks and appreciation to everyone from the ARG. It has been a challenging couple of years, and it has been remarkable to see the continued work and dedication from so many, keeping our group going and contributing to our vision. We are sure that all of us have emerged out of this global crisis as much stronger individuals and it is our great honour to work hand-in-hand with all of our colleagues in the ARG!

–Abhijit and Richard



**Dr Abhijit Nadkarni**

Co-director, Addictions and related-Research Group, Sangath;  
Associate Professor, London School of Hygiene & Tropical Medicine, UK

**A separate note from  
Richard Velleman**

I would like to honour my co-director, Abhijit, for the superb on-the-ground leadership he has provided over the entire course of this pandemic. I am certain that a lot of what has been achieved over this period is down to his inspired and inspiring leadership. My sincere thanks to him for all that he has done, alongside of course all the members of the 'senior team' who have so ably supported him, and all of the ARG members.



**Prof Richard Velleman**

Co-director, Addictions and related-Research Group, Sangath;  
Emeritus Professor of Mental Health Research, University of Bath



# Welcoming the Senior Management Team

In recent times we have made several structural changes to the management and leadership systems in the ARG to enhance efficiency and accountability. One such change is the introduction of a Senior Management Team (SMT). The aim is to develop the second line of leadership in the ARG and introduce a culture of participatory leadership. The expectation is that the greater direct connection of the members of the SMT with all members of the ARG will facilitate decision-making that is responsive to the latter's needs and aspirations.



The senior leadership of the ARG reflects our very ethos, that the decisions we take are democratic and representative of the different voices in our group. I am humbled and grateful to contribute to our Group as an SMT member and am hugely excited to be working together on an ambitious research agenda that positions our group at the forefront of addictions research globally. One of the most valuable aspects of my journey at Sangath has been the role of organisational support in enabling individuals to access the resources needed to reach one's full potential. I look forward to our collective efforts to build on our strengths, which will in effect, take each individual and our Group into a bright and exciting future.



**Urvita Bhatia**

Research Fellow, Addictions and related-Research Group, Sangath and Oxford Brookes University, UK



My transition from an intervention coordinator to being a member of the leadership team is reflective of ARG's aim to include representatives of every vertical in decision-making for the group. My growth and involvement in the Senior Management Team (SMT) display the ARG's ethos that every team member is valuable. My role in the SMT is not only to standardise high-quality research processes in the development of psychosocial interventions across the various projects under the ARG, but also to amplify team members' wellbeing related issues to the leadership. It has been a fulfilling experience so far and I look forward to the experiences to come.



**Miriam Sequeira**

Interventions Lead, Addictions and related-Research Group, Sangath



Being a member of the SMT has helped me in strengthening my leadership skills and contribute to the overall growth of the ARG. Over the years, our projects and staff members have expanded rapidly in number, which meant that we had to revisit our existing systems and develop new provisions to address needs within the group. Having a voice in the senior leadership has allowed me to escalate important staff concerns to management, implement structural changes, and ensure a more democratic and smooth-functioning process to address challenges.



**Godwin Fernandes**

Research Group Manager, Addictions and related-Research Group, Sangath

# Our projects





# IMPRESS

Scaling up depression care in Goa

IMPRESS (*IM*plementation of evidence-based facility and community interventions to reduce treatment gap for *deP*ression) is working towards increasing access to depression care in Goa, India. Staff at every primary health care centre (PHC) will be trained to provide counselling. This program will support the implementation of the Ayushman Bharat operational guidelines for mental health.

## Key activities

### 50+ PHC staff trained

to deliver an effective counselling treatment for depression in Goa

### 30+ interviews and 4 workshops

with key stakeholders in Goa to understand ways to integrate a mental health program into primary healthcare

### 7 group discussions

with PHC staff to understand their experience of being trained in counselling

### 3 systematic reviews

to understand strategies to improve help-seeking behaviours and adherence to mental health treatment

### Installed mental health IEC materials in all PHCs

across Goa. These materials are available in English, Hindi, Marathi, and Konkani



## Future steps

We are rolling-out the program by delivering the counselling treatment in the PHCs in a staggered manner. In the future, we plan to develop a program to **train community volunteers** in spreading community awareness about depression.

### Funder

National Institutes of Health (NIH)

### Collaborators

London School of Hygiene and Tropical Medicine (LSHTM), Harvard Medical School, Sinai Health, Directorate of Health Services Goa (DHS)



IMPRESS is the first ever state-wide evidence-based depression care project in India



# PEERS

## Testing digital peer supervision

PEERS (*Promoting Effective Mental Healthcare through Peer Supervision*) aims to test a peer-supervision mobile application and understand the impact of this on the quality of therapy delivered by non-specialist community health care workers, and as well as the impact of improved therapy quality on patient outcomes.

Supervision is particularly relevant for treatments delivered by non-specialist workers. However, the reliance on mental health specialists to supervise them in-person is not scalable because specialists are not readily available and existing in-person methods are expensive, time-intensive and lack generalizable metrics. This project generates new knowledge on digital peer supervision of NSPs to deliver evidence-based psychological care to people with depression.

## Key activities

### Application & e-course

The PEERS e-course and mobile application were launched. The application is the interface used by specialists to rate non-specialist delivered sessions.

### Trained 50+ counsellors

to use the PEERS application, which captures patient data and session audio recordings that can be rated later by specialists

### Funder

Grand Challenges Canada

### Collaborators

Sinai Health; Harvard Medical School, Dimagi



## Future steps

In the coming months, we will be testing the PEERS application and procedures for supervision within the IMPRESS program. For this, we will be conducting qualitative interviews with counsellors and supervisors at various timepoints and adapting the app and procedures based on feedback.



Managing the group dynamics for group supervision is interesting. The group members are from different places, have different designations and duties. But all members were aware of the need for supervision and made great efforts to be present for these. They came prepared for the supervision and were interactive.

- Utkarsha Naik, Counsellor



# Khushee- Mamta

Providing counselling to women with perinatal depression

The Mata Jai Kaur-Khushee Mamta or “Happy Motherhood” program recruits and trains local women in 35BB, a village in rural Rajasthan, as lay (non-specialist) counsellors. The counsellors provide counselling services for expectant and new mothers with perinatal depression and anxiety.

Khushee Mamta is a cognitive behavioural therapy intervention, adapted from the World Health Organization’s Thinking Healthy Programme. In 2018, Mata Jai Kaur and our group began adapting and implementing this community-based, lay counsellor delivered psychosocial intervention for women at risk of perinatal depression in 50 communities in Sri Ganganagar, Rajasthan.

## Key activities

**1000+** women

were screened for depression

**100+** women

were enrolled into the counselling program

**25 semi-structured interviews and focus group discussions**

with young married men and women and community health workers including ASHAs and Saathins

**10 lay counsellors and 1 local psychiatrist**

were recruited, trained, and deployed



## Future steps

In the next year, the Khushee Mamta team will scale up the intervention across 558 villages in Sri Ganganagar, Rajasthan and conduct large-scale screening for depression during the perinatal period. Our vision is to position the Khushee Mamta program as a women empowerment initiative that allows counsellors to gain the skills and resources to join diverse workforces.

## Funder

The Social Sciences and Humanities Research Council of Canada, The Canadian Institutes of Health Research, and Commcare.

## Collaborators

Mata Jai Kaur Maternal and Child Health Centre, Mount Royal University, Canada; London School of Hygiene and Tropical Medicine



After joining the Khushee Mamta program, I learned what you need to become a good counsellor. I have to be a good listener. When someone used to listen to me, I would like that, but I never cared about listening to anyone properly (laughs). I have really learned this skill here.

-Khushee Mamta counsellor

# Domestic Violence Project

Counselling for women survivors of violence

We developed a counselling intervention, "Pahal: a new beginning", which was a lay-health worker delivered counselling program for women survivors of domestic violence, that we evaluated for acceptability and feasibility in Goa and Mehsana, Gujarat. This was part of a larger multi-country study, working to improve the mental health of survivors of violence against women in resource-constrained settings in India, Sri Lanka, and Afghanistan.

## Key activities

**26 women in Goa and 11 women in Mehsana** participated in the counselling program

**10 community members** were trained to deliver the program in Goa and Gujarat

**80 community awareness meetings conducted** with community members from self-help groups, Mahila Mandals, Anganwadis and Panchayats in Goa

**Launch event conducted** for the counselling intervention, attended by social workers, advocates and activists in the GBV sector in Goa

**3 consultations organised** with organisations across India delivering psychosocial services for women survivors of Gender-based Violence (GBV)

**End-of-project event** was organized to share the findings and achievements of the study with key stakeholders



## Future steps

In the future, we will be applying for funding to evaluate this intervention through an RCT.

### Funder

National Institute for Health and Care Research

### Collaborators

SNEHA Mumbai, Indian Law Society and Centre for Mental Health Law and Policy, University of Colombo, Sri Lanka College of Psychiatrists, Sri Lanka College of Child and Adolescent Psychiatrists, University of Afghanistan, Humanitarian Assistance for the Women and Children of Afghanistan, University College of London, King's College London, London School of Hygiene and Tropical Medicine, St. George's University London



India's first evidence-based counselling program involving non-specialists for survivors of domestic violence

FUNDED BY

**NIHR** | National Institute for Health Research



# Dating Violence Project

Preventing dating violence and improving mental health among young people in India

The aim of this project is to prevent dating violence and reduce the associated mental health effects among young people in India. Dating violence includes emotional, physical, and sexual violence occurring online and offline, and is a topic that is not well explored in India. Using mixed methods, the project is currently developing a conceptual model of dating relationships and dating violence.

## Key activities

### 55 interviews

were conducted with college students, teachers and school counsellors to understand attitudes towards dating relationships

### 2 focus group discussions

held with teachers and school counsellors

### A pan-India survey

collected data from young people about violence in dating relationships and mental health

### Event: 'Mog ani Fog'

Mog ani Fog is Konkani for 'Love and Fireworks'. This was an interactive exhibition on dating violence, organised for college students to create awareness about dating violence among young people



## Funder

International Centre Goa, National Institute for Health and Care Research

## Collaborators

London School of Hygiene and Tropical Medicine



This study expands the prevalent and contextual understanding of Intimate Partner Violence among young people aged 18-24 years in India

FUNDED BY

**NIHR** | National Institute for Health Research



# MeWeSports

Preventing substance misuse in young people

MeWeSports (Mental Wellbeing through Sports) aims to prevent the initiation of substance use and misuse in adolescents (12–14 years) by enhancing substance use knowledge, personal and social competence, and mental health through community sports.

The program content has been designed through our early formative work (qualitative interviews, co-production workshops, and a pan-India survey) with adolescents, families, and experts, where we have synthesised local and global evidence for substance use prevention programming.

## Key activities

### 56 qualitative interviews

with young people and families

### 25 qualitative interviews

with adolescent health, addiction, and sport-for-development experts

### 1 systematic review

on sports-based interventions for adolescent substance use and mental health in low-and-middle-income countries

### 14 consultation workshops conducted

with groups including, i) young people, ii) sports-for-development experts, iii) international addictions and adolescent health experts, as well as iv) local experts including teachers and coaches

### 2 coaches and 1 youth champion trained

to deliver the sports-based program to adolescents in Goa



## Future steps

The pilot will begin in January 2023, with the coaches and youth champion delivering the program to school-going adolescents (12–15 years) in Goa. The program includes teaching young people psychosocial skills such as dealing with peer pressure, boundary setting, and refusal skills that may reduce initiation of substance use. We will also apply for grants to scale up the project to other sports for development organisations as well.

### Funder

Lakshmi Mittal and Family South Asia Institute, Harvard University, Oxford-Brookes University, Global Challenges Research Fund

### Collaborators

Forca Goa Foundation, Pro Sports Development



From ideating the program to developing the toolkit, we have come a long way in the MeWeSports journey. The participatory and collaborative values of MeWeSports have been most appreciated by us at PSD, and it has been a pleasure for us to contribute towards the development of this program. We are keenly awaiting the initiation of the pilot program in Goa with our partners Forca Goa Foundation.

– Suheil Tandon (Director, Pro Sports Development)





# Sangath Surveys

When data collection from the field was stalled during the pandemic due to an unprecedented lockdown, we turned to digital platforms to continue to examine mental health research needs online. The pandemic brought forth an array of global, national, and individual challenges that impacted the mental health and well-being of Indians. To understand the impact of the pandemic on different populations and to support research activities of different projects, we launched 3 national surveys in 2020–2021:

## Young People's Health Survey



The Young People's Health Survey explored the relationship between substance use, physical activity, and mental health among young people between the ages of 18–24 years in India. This survey was a part of the MeWeSports project and the Dating Violence study at the Addictions Research Group, Sangath in collaboration with the Oxford Brookes University, UK.

**3400+** people  
accessed the  
survey  
**1500+** people  
completed  
the survey

The survey was available in English, Hindi, Marathi, and Konkani. Our dissemination strategy included social media outreach, promotional emails, partnerships with youth-led and youth-centric organisations and educational institutions like Krea University, One Future Collective, YLAC, Ya all North East, Its Ok To Talk. We collaborated with a youth media and community engagement organization, Yuva, and received over 900 responses from their networks of youth champions across the country

## My Wellness and Covid-19 Survey

Through this survey, we attempted to gain an in-depth understanding of mental health, and impact of the social isolation due to the ongoing Covid-19 pandemic, in the Indian population. The survey was available in English and Hindi. Dissemination included social media outreach, ads in local newspapers, articles in print media, awareness videos, promotional emails, and collaborations with other NGOs.



**1400+** people  
accessed the survey  
**600+** people  
completed the survey



**600+** people  
accessed the survey  
**170+** people  
completed the survey

## Heal Well India Survey

The Heal Well India Survey explored the impact of the Covid-19 pandemic on health workers' mental health. This survey was available in 9 regional languages including English, Hindi, Marathi, Gujarati, Telugu, Kannada, Odia, Tamil, and Malayalam. Preliminary findings suggested a high rate of burnout amongst healthcare workers who participated in the survey.

# ToQuit

Developing a text messaging program to assist in quitting tobacco

The ToQuit Project developed and tested a text messaging based tobacco cessation intervention delivered to tobacco users over 8 weeks. The content for the SMSs was developed by extracting strategies from three sources and the intervention underwent multiple rounds of testing with tobacco users. We found that 20% of those who received the ToQuit intervention were able to quit tobacco in 8 weeks as compared to 16% of those who were only sent an e-flyer with resources.

## Key activities

### 22 tobacco users and 13 tobacco cessation practitioners

were interviewed as part of the formative phase of the study

### 30 Behaviour Change Techniques

from 30 other research studies were extracted. This along with the contextual inputs from the formative interviews formed the SMS content

### 2 rounds of testing

A preliminary test (with 26 tobacco users) and a pilot study (with 100 users) was completed

### A systematic review

was conducted to explore behavioural interventions for tobacco cessation in low- and-middle-income countries

### A meta-analysis

was conducted to understand the effectiveness of the various behavioural strategies reported in the eligible studies post the systematic review



## Future steps

Findings from the study are being written up to be published. We intend to apply for a grant to test the intervention with a larger group.

### Funder

Medical Research Council, UK

### Collaborators

Felix Naughton, Pratima Murthy, Department of Public Health Dentistry, Goa Dental College



Earlier I did not know that all these things happen because of chewing tobacco. Your messages told me about it. I have learned that we should have confidence in ourselves. That it is harmful to our body and it reduces our lifespan.

-27 years, Smokeless tobacco user



# Umeed II

Counselling for people living with HIV/AIDS

Umeed II aimed to adapt a counselling program for people living with HIV/AIDS in Goa by improving their linkage to care (access to HIV/AIDS treatment) and decreasing their symptoms of depression. Through the Umeed II program, we aimed to address the mental healthcare gap in HIV services in Goa. The program was tested in a case series and was delivered by peer counsellors from 3 collaborating NGOs.

This program was tested with a small group of people living with HIV/AIDS and the findings from this study will be used for the development of a definitive Randomised Controlled Trial protocol to test its effectiveness in reducing depression and improving linkage to care.

## Key activities

### 37 interviews

with key stakeholders such as, people living with HIV/AIDS, their caregivers, and service providers

### 2 Theory of Change workshops

with participants ranging from people living with HIV, caregivers, village council members and NGO staff

### Expert advisory meeting

with local and international experts who had expertise on working with people living with HIV and their mental health concerns

### Workshops and awareness events

for children and adolescents in collaboration with Human Touch foundation and on HIV and substance use in collaboration with Lifeline foundation



### Funder

Psychiatry Research Trust, UK

### Collaborators

King's College London, Zindagi Goa, Human Touch Foundation Goa, Lifeline Foundation Goa



6 people living with HIV/ AIDS were trained to deliver the Umeed II program



# IMPACT-T

Telepsychiatry and counselling program for Tibetan refugees

IMPACT-T (IMProving ACcess through Telepsychiatry – Tibetan) is implementing a telepsychiatry and counselling program across 4 Tibetan settlements in Karnataka, to bridge the care gap for mental health problems in the refugee community. Through facilitation of psychiatric consultations online, and by providing psychological support, the nurses in 4 settlements of Bylakuppe, Mundgod, Hunsur, and Kollegal are aiming to treat this under-resourced community in an acceptable, feasible, and impactful manner.

## Key activities

**30 medical practitioners trained**

to identify mental health issues so that patients can be referred to the IMPACT-T program

**600+ assisted telepsychiatry sessions**

were facilitated for 170+ patients across 4 settlements

**Mental health awareness programmes**

were conducted by The Tibetan Voluntary Health Association with camp leaders, NGO members, youth leaders and monastery secretaries

**500+ people participated**

in a camp held for residents of Kollegal and Bylakuppe to observe World Suicide Prevention Day

## Funders and collaborators

Department of Health, Central Tibetan Administration



## Future steps

The IMPACT-T team will begin data collection to assess acceptability and feasibility of the Telepsychiatry intervention in early 2023. The team has also received further funding, to implement the community (Sangathi) arm of the IMPRESS study in the 4 settlements.



This has been helping a lot of people from letting the beneficiaries be open about their mental health problems to a number of conveniences for mental healthcare providers and their patients, which motivates us to do our best in being a healthcare workforce of mental health.

–Sangmo, Bylakuppe Nurse



# Green Tape

Standardizing operational procedures at Sangath

Green Tape project's main aim is to re-imagine Sangath's current operational processes and to make them more apt for the effective utilization of funds provided to Sangath. The objective is to achieve this goal by complying with all the criteria mentioned in the Good Financial Grant Practices (GFGP) standard, which is an internationally recognized organizational standard for research institutes.

## Key activities

### Standard operating procedures

Created a set of user friendly standardised operating procedures (SOPs) and supplementary templates

### Dissemination material

Produced a set of dissemination materials for the SOPs including videos, posters and graphic story strips

### Training programs

Multiple training programs were conducted for various teams and levels within Sangath to build capacity in correctly using the SOPs

### Orientation program

A detailed orientation program was conducted for the central administration, human resource, and finance staff in master management of SOPs in future

### Senior Admin Group

A Senior Admin Group (SAG) was formed to carry forward the work in process management in the future



## Future steps

The Green Tape grant ended in September 2022. The project has made the recommendations to the managing committee of Sangath to enable the sustainability of work that Green Tape project started.

### Funder

National Institute for Healthcare and Research

### Collaborators

Wellcome Sanger Institute, Financial Management Service Foundation, University College London



Working in Green Tape has been challenging, stimulating, and fulfilling. The rich deliberations on the SOPs were extremely helpful in churning out the best and most efficient processes. We have formed friendships and built teams that will go a long way consolidating our position as a well-governed non-profit organisation.

-Shreyas Kamat, Principal Investigator

# IRMI

## Building a research management office in Sangath

The Research Management Fellowship by the India Research Management Initiative (IRMI) is a combined mentored fellowship and institutional strengthening program, for research institutions seeking to establish or expand their research office activities.

This fellowship entails setting up a central research office in Sangath, which will develop strategic research management capacities, and aid in the smooth functioning of existing projects in Sangath, as well as in securing future research grants. This grant will encourage networking with other research institutions in India that follow good research management practices.

## Key activities

**100+** people across  
**8** research institutions

participated in a survey to understand experiences and needs of researchers related to research management

**30+** issues published

of the Funding Circular, outlining relevant grant calls and opportunities in the field of research in global mental health

**6** knowledge exchange presentations and  
**2** exposure visits

with Indian Institute of Public Health, Bangalore and George Institute India to learn about research management practices



## Future steps

The findings from the survey are being written up for publication. The policies and systems created by the Office of Research Management will be shared across Sangath, and necessary support will be provided to implement the same. Finally, the IRMI project team will be applying for funding opportunities to sustain the Research Office.

### Funder

DBT-Wellcome India Alliance

### Partners

Centre for Mental Health Law and Policy, Indian Law Society



IRMI is Sangath's first-ever grant to develop its research support services



# GOA COVID RELIEF

Providing psychosocial relief to Covid-19 affected and marginalised populations

The Goa Covid Relief Project seeks to provide psychosocial and medical relief to the people (especially marginalised and vulnerable populations) affected by the pandemic and to assist government agencies in their relief efforts.

It was conceived with the intention of helping the district health authorities to mount a preventative response to the pandemic during the third wave. After the third wave declined rapidly, we optimised our activities to focus on long term, need-based interventions for the local community.

## Key activities

### 10 workshops in special schools

The workshops focused on building capacity of special educators to tackle various psychosocial challenges faced by students during the period of shifting from online to offline schooling

### 200+ special educators

were impacted through the workshops conducted by our team

### 680+ individuals

benefited from free medical health camps and vaccination drives in 6 locations across Goa. 55 of them also received a booster dose of the Covid-19 vaccine

### 2600+ students reached

through workshops conducted in mainstream schools across Goa



## Future steps

In the coming year, this project will train school counsellors across Goa. We are also planning to design a resilience focused intervention that will be peer facilitated and embedded within the school curriculum for school-going adolescents in Goa.

### Funder

CryptoRelief

### Collaborators

Indian Medical Association, Directorate of Health Services, El Shaddai Charitable Trust, Goa State Commission for Protection of Child Rights, Directorate of Education, Sanjay Centre for Special Education, Goa, local NGOs, and local community social workers



Goa Covid Relief  
is a part of  
CryptoRelief's  
District Pandemic  
Response



# ECDEP

Understanding long-term of impact of counselling for depression

A follow-up study (for Sangath's PREMIUM and SHARE projects) called ECDEP (Economic Consequences of Depression: Follow-up Study) was carried out to assess the long-term impact of the Healthy Activity Program (HAP). Phone surveys were conducted to explore the participants' recollection of study activities and understand how they manage day-to-day challenges.

## Key activities

### 113 phone surveys

were conducted to assess multiple components. These include understanding how participants handle day to day activities, and the extent to which behavioural activation contributed to the long term impact of psychotherapy on depression scores

### 88.97% response rate

from participants that were contacted



## Future steps

The project ended in September 2022. The findings from the survey will be interpreted and published post analysis.

### Funder

Harvard (Mind Brain and Behaviour, Foundations of Human Behaviour)



# MADAD

Peer delivered treatment for adolescents with anxiety and depression

The MADAD project is a recent addition to our portfolio of work and will commence in January 2023. This project aims to adapt and test the feasibility and acceptability of a psychological treatment for adolescents with anxiety and depression delivered by peers in rural eastern India in Jharkhand, and mixed urban-rural areas in Goa.

### Funder

Medical Research Council

### Collaborators

University College London, King's College London, London School of Hygiene and Tropical Medicine, and Ekjut

## Upcoming activities

In the coming months, we are planning to begin the qualitative data collection work in the following ways:

- 2 participatory group discussions with peer facilitators delivering services/care in existing primary care/community systems – to understand their experiences of peer-based delivery
- 2 participatory group discussions with adolescents – to understand their perceptions of potential opportunities and challenges with peer-based delivery
- 20 qualitative interviews with professionals (e.g. teachers, school counsellors, and mental health professionals) to inform specific strategies to overcome challenges with peer-based delivery of interventions



# Spotlight: ARG Admin



**You can run the office without the boss, but you can't run an office without secretaries**

- Jane Fonda

Addictions and related-Research Group's (ARG) administration consists of five very efficient secretaries (**Monica D'souza, Ankita Kandolkar, Suellen D'Souza, Diksha Kalangutkar, and Darrylnn Dsouza**) led by **Supriya Kashalkar**. They are assisted by 3 office assistants cum drivers (**John D'Souza, Nazir Allikatti, Vikas Kandolkar**). They come from varied educational backgrounds, however their interest to learn new skills, flexibility to adapt to changing priorities and approachable nature make them assets to the day-to-day functioning of the ARG.



I have been working with the ARG for almost 4 years. The team has been supportive, helpful, and caring, and this has made my experience of working with them more meaningful. My team members have helped me to learn new things and grow both personally and professionally. The team I lead is extremely hard working and supportive, thus, they help me reach my work-related goals efficiently.



**Supriya Kashalkar**  
Admin Coordinator, Addictions and related-Research Group, Sangath



Each secretary handles the project's administrative needs including recruitment, logistics for meetings, liaising with project coordinators and field staff, arranging travel and much more. Project secretaries also handle drafting budgets for new grants, monitor the existing project budgets, and act as a mediator between the finance department and the project coordinator. Although the secretaries do not actively participate in the core research tasks, we cannot imagine any activity without the project admin's contribution.



I have been working with the ARG for nearly 7 months now and this is my first job. I have learned a lot of new things related to my field of work as well as how to communicate with staff. This has boosted my confidence and skills. I get ample help and supervision when I find a particular task challenging. Overall, I am enjoying my experience of working with the ARG.



**Suellen D'Souza**  
Project Administrator, Addictions and related-Research Group, Sangath

# Outreach and engagement





## Awareness-building events



### • In schools

The school sessions addressed issues of mental health, depression, and creating supportive environments as schools transition to physical classrooms. These were conducted by the Goa Covid Relief Project in schools across Goa such as Our Lady of Snow High School, Raia; Government High Schools in Pernem and Palyem; Sanjay Special Schools in Porvorim and Vasco; Gujarati Samaj Special School in Margao; Keshav Seva Sadhana in Bicholim and Valpoi.

### • In colleges

We interacted with college students to discuss mental health, therapy, stress management, and careers in mental health. These were organized in colleges in Goa such as St.Xavier's College, Parvatibai Chowgule College Arts and Science (Autonomous), etc.

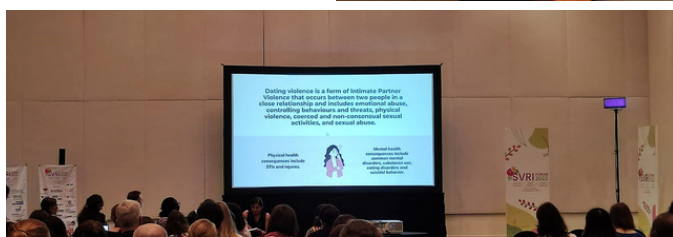
Team members such as Dr Abhijit Nadkarni and Devika Gupta were invited as speakers by colleges in Goa to discuss topics such as Prevention of Substance Use in Young People, Mental Health, Self-Care, and so on.



### • In communities

- Workshops on understanding mental health and self-care, addressing substance use, stress management were held in collaboration with Project Tres in Goa
- ARG team members conducted a talk on mental health awareness for 80 Anganwadi Workers in Ponda and one for 300 parents at Our Lady of Snow High School in Raia, Goa
- The Young Researchers Forum was organized by the Domestic Violence study team, which brought together professionals working in the fields of Prevention of Violence Against Women and mental health to exchange knowledge and learn best practices.
- Mog ani Fog (Love & Fireworks): An interactive exhibition on dating violence organized for young college students in Goa

# Conferences and presentations



- **18th International Network on Brief Interventions for Alcohol and Other Drugs (INEBRIA), Edinburgh, UK:** Dr Abhijit Nadkarni was invited as a speaker on the symposium 'Methodological considerations with digital alcohol interventions'
- **Global Health Network Conference, Cape Town, South Africa:** Poster presentation on the formative research of the IMPRESS project by Yashi Gandhi
- **The Global Alliance for Chronic Diseases (GACD) Research Programme Workshop, online:** The progress of the IMPRESS study was shared with researchers and implementers from across the globe by Yashi Gandhi



## International

- **European Association of Research Managers and Administrators (EARMA) Conference, Oslo, Norway:** Poster presentation on Research Management – Experiences and Needs of Researchers in India by Godwin Fernandes
- **Sexual Violence Research Initiative Forum (SVRI), Mexico:** Findings from the Dating Violence Study were presented to a global audience of professionals working in the field of gender-based violence by Devika Gupta



## National

- **Violence and Mental Health South Asia (VAMHSA) Symposium:** The dating violence study was presented to an audience of local and global stakeholders by Devika Gupta
- **Indian Research Management Initiative (IRMI) Annual Conference:** Presentations on securing funding and research management experiences were delivered by Godwin Fernandes
- **Annual Conference of Western Zonal Branch of Indian Psychiatric Society, (WZACIPS), Goa:** Dr Abhijit Nadkarni was invited as a speaker to discuss brief interventions for alcohol use



# Awards



- A scholarship was awarded by the Global Health Network Conference organizers to Yashi Gandhi to present findings from the IMPRESS study at the conference in South Africa
- The Judge's Choice Award for the Knowledge Sharing Competition was awarded to Yashi Gandhi and Dr Abhijit Nadkarni at the Global Alliance for Chronic Diseases (GACD) annual meeting, UK. They were recognised for demonstrating learnings and challenges from the IMPRESS study in the form of a board game

- Indian Research Management Initiative (IRMI) Travel Grant 2021-22 was awarded to Godwin Fernandes to present IRMI research findings at the European Association of Research Managers and Administrators (EARMA) Conference, Norway
- Dr. V. N. Bagadia Endowment Award was awarded to Dr Abhijit Nadkarni for his contribution to community psychiatry by the Western Zonal Branch of Indian Psychiatric Society



# Trainings

A part of our project work involves actively training lay health workers and counsellors to deliver interventions to our project beneficiaries as well as for their own communities. In 2022, we have trained over 75 lay health workers. We also conduct trainings for other organizations working in related fields, both internationally and nationally. Some highlights from this year include:

We trained 20 counsellors and 4 trainers on a non-specialist delivered intervention adapted from the Counselling for Alcohol Problems (CAP) intervention in Uganda, Africa



We conducted a 5-day training on Counselling for Alcohol Problems for the staff of Nishkalanka De-addiction and Rehabilitation Centre in Belgaum. This was attended by participants from all over India including Delhi, Jharkhand, and Dharwad, who will be providing counselling for alcohol problems at their centres across India.

## Internal trainings

We are keen to build capacity of staff in various domains including research, communications, public engagement, management, and interpersonal skills, such that they are equipped to work across several projects and verticals. We conduct monthly trainings to facilitate internal knowledge exchange and to upskill staff to meet their career goals. In 2022, we conducted 12 internal trainings on themes such as qualitative analysis, informed consent, visual design, gender sensitisation, and communications skills.





# Advisory boards

At the Addictions Research Group, we strive to ensure that the voices of key project stakeholders are reflected throughout different stages of the research process. We cannot create effective programs without taking into account the inputs, perspectives, and lived experiences of people for whom the programs are being designed.

## Youth Advisory Board

Our Youth Advisory Board (YAB) consisted of 19 young people between the ages of 14–24 years with diverse identities, hailing from different parts of the country such as Goa, Chattisgarh, Karnataka, Manipur, Delhi, and so on. Our engagement with the YAB included gathering feedback on different components of our youth mental health projects, like the MeWeSports and Dating Violence studies as well as building capacity of our advisors in the fields of research and mental health.



## Sports–experts Advisory Board



The Sports–experts Advisory Board, with 8 members from across India, was primarily formed with the aim of informing the MeWeSports intervention development process. Since the substance–use prevention program involves sports–based activities and will be delivered by sports coaches, this advisory board played a crucial role in providing insights about the contextual and on–ground reality of delivering such a program in India.

# Social media campaigns

In 2022, we had the opportunity to co-design various social media campaigns with young people (such as our youth advisors and interns) on themes of violence and substance use.

## #WeNeedToTalk about Violence

During UN Women's 16 Days of Activism Against Gender-based Violence, we developed a social media campaign called #WeNeedToTalk about Violence, wherein we asked young people in our networks to send us instances of everyday violence that are difficult to navigate (such as someone at the workplace touched you inappropriately – how do you respond?). Experts in the field of violence and mental health addressed what one can do when confronted with these scenarios.

- The campaign reached **900+ people** on Instagram
- The most shared post on Instagram was **'What to do when someone in your friend circle cracks a rape joke'**



### ASK THE PERSON WHO MADE THE JOKE TO EXPLAIN IT

A "joke" instantly becomes less funny when it has to be explained.

“

I seem to be missing something, can you explain this joke to me?

”

### MENTION WHY IT IS PROBLEMATIC

Point out what their joke implies.

“

I'm not sure if you realize that you just made a joke about a person being s\*xually assaulted, which is not okay.

”

## REMEMBER

- The joke is not an indication of your "sense of humor" or the inability to "take a joke".
- Your reaction to such jokes matters! There might be a survivor of s\*xual assault in the group and your disapproval of the joke is a way of showing solidarity.

### EXPRESS YOUR DISCOMFORT AND/OR WALK AWAY

You can express your discomfort verbally or non-verbally.

“

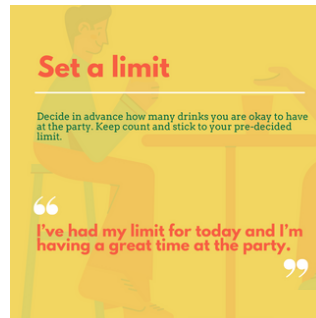
I don't think r\*pe jokes are funny.

”



## #WeNeedToTalk: drugs, दारु, धूम्रपान

To continue addressing young people’s curiosities, we launched another campaign on substance use called #WeNeedToTalk: drugs, दारु, धूम्रपान. The campaign intended to answer young people’s (mostly unaddressed) questions related to substances in a safe and sensitive manner as well as to increase access to evidence-based information around this topic.



This was the **top post** on Instagram and the **top tweet** on Twitter

Campaign posts were shared **170+ times** on Instagram



The infographic defines alcohol as beer, wine, liquor (475 units). It states that while there is no "safe" drinking, "low risk" drinking is less than 14 units per week. It notes the post reached 590+ accounts on Instagram. It also provides visual equivalents for 14 units: 6 or more pints of beer or 6 or more medium glasses of wine.

This post was shared **64 times** on Instagram



# Publications

- 01 Alcohol use among adolescents in India: a systematic review.**  
Abhijit Nadkarni, Allison Tu, Ankur Garg, Devika Gupta, Sonal Gupta, Urvita Bhatia, Niharika Tiwari, Anna Heath, Karen Wen, Godwin Fernandes, and Richard Velleman  
Global Mental Health. 2022; 1-25
- 02 Integrating assisted tele-psychiatry into primary healthcare in Goa, India: A feasibility study.**  
Ankur Garg, Ravindra Agrawal, Richard Velleman, Anil Rane, Sheina Costa, Devika Gupta, Ethel Dsouza, Abhijeet Jambhale, Akshada Sabnis, Godwin Fernandes, Urvita Bhatia and Abhijit Nadkarni  
Global Mental Health, 2021; 1-11.
- 03 Supporting Addiction Affected Families Effectively: a feasibility randomised controlled trial of a psychosocial intervention delivered by lay counsellors in Goa, India.**  
Urvita Bhatia, Richard Velleman, Gill Velleman, Alison Garber, Alexander Catalano and Abhijit Nadkarni  
Global Mental Health, 2022; 9, 448-459
- 04 Prevalence and self-rated health and depression of family members affected by addictive disorders: results of a nation-wide cross-sectional study**  
Gallus Bischof, Anja Bischof, Richard Velleman, Jim Orford, Ronny Kuhnert, Jennifer Allen, Stefan Borgward, Hans-Jürgen Rumpf  
Addiction. 2022;117(12):3140-3147.
- 05 Supporting community-based mental health initiatives: insights from a multi-country programme and recommendations for funders**  
June Larrieta , Georgina Miguel Esponda, Yashi Gandhi , Nikita Simpson, Maurice Biriotti, Anna Kydd, Julian Eaton, Grace Kathryn Ryan  
BMJ Glob Health. 2022;7(5):e008906.
- 06 Stigma towards dependent drinking and its role on caregiving burden: A qualitative study from Goa, India**  
Sonal Kumar, Jaclyn Schess, Richard Velleman, Abhijit Nadkarni  
Drug Alcohol Rev. 2022;41(4):778-786.
- 07 Adolescent Health Series: The status of adolescent mental health research, practice and policy in sub-Saharan Africa: A narrative review**  
Miriam Sequeira, Soumya Singh, Luanna Fernandes, Leena Gaikwad, Devika Gupta, Dixon Chibanda, Abhijit Nadkarni  
Trop Med Int Health. 2022;27(9):758-766.



### 08 **Brief intervention for hazardous drinking delivered using text messaging: a pilot randomised controlled trial from Goa, India**

Abhijit Nadkarni, Danielle Fernandes, Urvita Bhatia, Richard Velleman, Ethel D'souza, Joseline D'souza, Grace Marimilha Pacheco, Seema Sambari  
Public Health Nutr. 2022;25(5):1-10.

### 09 **Symptoms of psychological distress reported by women from indigenous communities in South India: implications for methodology and future studies**

Abhijit Nadkarni, Pavitra Vasudevan, Jyotsna Krishnakumar  
Arch Womens Ment Health. 2022;25(3):667-670.

### 10 **Common strategies in empirically supported psychological interventions for alcohol use disorders: A meta-review**

Abhijit Nadkarni, Alessandro Massazza, Rahul Guda, Luanna T Fernandes, Ankur Garg, Mehak Jolly, Lena S Andersen, Urvita Bhatia, Sergiy Bogdanov, Bayard Roberts, Wietse A Tol, Richard Velleman, Quincy Moore, Daniela Fuhr  
Drug Alcohol Rev. 2022.

### 11 **Book chapter: Supporting and including families in professional care for alcohol use. In Alcohol Use: Assessment, Withdrawal Management and Treatment: ethical practice in hospital and home.**

Richard Velleman, Miriam Sequeira, Urvita Bhatia  
New York; Springer. 2022.

### 12 **Closing the treatment gap for alcohol use disorders in low- and middle-income countries**

Abhijit Nadkarni, Yashi Gandhi, Urvita Bhatia and Richard Velleman  
Cambridge Prisms: Global Mental Health, 2022; 10, E3.

### 13 **Brief interventions for alcohol use disorders in low- and middle-income countries: barriers and potential solutions**

Abhijit Nadkarni, Urvita Bhatia, Andre Bedendo, Tassiane Cristine Santos de Paula, Joanna Gonçalves de Andrade Tostes, Lidia Segura-Garcia, Marcela Tiburcio, Sven Andréasson  
Int J Ment Health Syst. 2022;16(1):36.

### 14 **Process evaluations of mental health and psychosocial support interventions for populations affected by humanitarian crises**

Alessandro Massazza, Carl R May, Bayard Roberts, Wietse A Tol, Sergiy Bogdanov, Abhijit Nadkarni, Daniela C Fuhr  
Soc Sci Med. 2022;303:114994.

15

## Bringing Mental Health Care Closer to Our Homes

Abhijit Nadkarni, Urvita Bhatia

In: Jalan M., ed. Walking Wounded; 2022: 123-129.

16

## "I will not step back": A Qualitative Study of Lay Mental Health Workers' Experiences in India

Sheena Wood, Emma Seevak, Urvita Bhatia, Ryan McBain, Abhijit Nadkarni

Adm Policy Ment Health.2021 Jul;48(4):695-706

17

## Research, education and capacity building priorities for violence, abuse and mental health in low- and middle-income countries: an international qualitative survey

Roxanne C Keynejad, Abigail Bentley, Urvita Bhatia, Oliva Nalwadda, Fikru Debebe Mekonnen, Parveen A Ali, Julie McGarry

Soc Psychiatry Psychiatr Epidemiol.2021.



# Our collaborators

The sheer magnitude of work we do is made possible (and much more enjoyable) thanks to our collaborators. Here's what they have to say!



We at the Directorate of Health Services are immensely happy about this partnership with Sangath under the 'IMPRESS Project' in Goa. By conducting various IEC activities and successful awareness campaigns, this collaboration will help to recognize mental health as an essential part of one's well-being. Through this effort we will hope to help in breaking barriers in mental health care and our collaborative efforts will help deliver timely mental health services to those experiencing difficulty accessing help across various sections of society in the state of Goa.



## Dr Rupa Naik

Chief Medical Officer- Non-Communicable Diseases Cell (NCDC), Directorate of Health Services, Campal- Panaji, Goa



The Addictions Research Group at Sangath has done excellent work in the area of addictions over the past 8 years! A large part of the research has focused on delivering community-based research in the area of addictions. The quality of their research has been of the highest standards and has contributed immensely to the field, especially in India. I look forward to many years of high-quality research and excellence from the team and wish them the best!!



## Pallab Maulik

Deputy Director and Director of Research, George Institute India

## List of collaborators

- Department of Health, Central Tibetan Administration
- Department of Public Health Dentistry, Goa Dental College, Goa
- Dimagi
- Directorate of Education, Goa
- Directorate of Health Services, Goa
- El Shaddai Charitable Trust, Goa
- Forca Goa Foundation
- George Institute India
- Harvard Medical School
- Human Touch Foundation Goa
- Humanitarian Assistance for the Women and Children of Afghanistan
- Indian Law Society, Centre for Mental Health Law and Policy
- Indian Medical Association
- King's College London
- Lifeline Foundation Goa
- London School of Hygiene and Tropical Medicine
- Mata Jai Kaur Maternal and Child Health Centre
- Mount Royal University
- Oxford-Brookes University
- Pro Sports Development
- SNEHA Mumbai
- Sanjay Centre for Special Education
- Sinai Health
- Sri Lanka College of Child and Adolescent Psychiatrists
- Sri Lanka College of Psychiatrists
- St. George's University London
- State Commission for Protection of Child Rights
- University College of London
- University of Afghanistan
- University of Colombo
- Zindagi Goa

# Our team

## Staff



Abhijit Nadkarni  
Aman Bariya Sousa  
Ameya Tari  
Amruta Suryawanshi  
Ankita Hoble  
Ankita Kandolkar  
Ankita Volvoikar  
Ankur Garg  
Bijayalaxmi Biswal  
Brinda Singh Raikwar  
Caetano Sousa  
Darryl Fernandes  
DarrylInn Fernandes  
Deevija Varadkar  
Devika Gupta  
Diksha Kalangutkar  
Disha Ramnathkar  
Ethel D'souza

Godwin Fernandes  
John Dsouza  
Joseline D'souza  
Kedar Mirchandani  
Kimberley Julita Monteiro  
Krutika Mandrekar  
Lalan Karapurkar  
Lalan Madkaikar  
Leena Gaikwad  
Luanna Fernandes  
Manjeeta Gawas  
Marimilha Pacheco  
Megan Lopes  
Melina Fernandes  
Miriam Sequeira  
Miyola Fernandes  
Monali Gaude  
Monica D'souza

Nazir Allikatti  
Paul Miki Carvalho  
Pranali Kundaikar  
Priya Gosavi  
Priya Prabhu  
Priya Tulaskar  
Rajanish Haldankar  
Rajesh Nayak  
Rashmi Salgaonkar  
Ratika Bhandari  
Ravindra Agrawal  
Reshma Naik  
Richard Velleman  
Sabina Bepari  
Samantha Plezia  
Sarah Suwasrawala  
Sayukta Kesarkar  
Seema Sambari

Shahzaad Hussain  
Shanti Gaonkar  
Shanu Usgaonkar  
Shreya Nagvekar  
Shreyas Kamat  
Shubhangi Kashyap  
Soumya Singh  
Subhash Pednekar  
Suellen Dsouza  
Supriya Shashikant  
Kashalkar  
Swamini Kakodkar  
Trupti Paryekar  
Urvita Bhatia  
Utkarsha Naik  
Veera Pusdekar  
Vikas Kandolkar  
Yashi Gandhi



## Visiting fellows

Anushka Patel (Fogarty Fellowship, Harvard Medical School, USA)

Karen Coelho (iHear Peers for Equity Fellowship, Sangath Bhopal)

Sammy Plezia (Fullbright Nehru Research Scholarship, Brown University, USA  
and Goa University, India)

## Interns

Amrita Singh

Aradhya Sharma

Astha Awasthi

Brian Zhou

Dania Kim Mendonca

Deepthy Benoy

Elena Pulgar Lanzaco

Keemaya Bandodkar

Khushi Bhatia

Kishan

Kratika Jain

Kriti Vashisht

Kyra Semelhago

Malvika Sharma

Mita Arora

Nikita Nalawade

Prakriti

Pranay Javeri

Rebecca Coelho

Sahana Hegde

Samiksha Khare

Sasha Agarwal

Shreya Singh

Simone Latika Diane Coutinho

Simran

Suchetha Hegde

Surabhi Rathore

Trishank Gupta



The Addictions and related-  
Research Group is dedicated to  
improving and increasing access  
to mental healthcare in India.

## Acknowledgements

This report is created and designed  
by **Shubhangi Kashyap**

The editorial team includes:

**Abhijit Nadkarni**  
**Joseline D'Souza**  
**Kedar Mirchandani**  
**Krutika Mandrekar**  
**Miriam Sequeira**  
**Urvita Bhatia**



House No. 451 (168), Bhatkar Waddo,  
Soccoro, Porvorim, Bardez,  
Goa- 403501



[arg@sangath.in](mailto:arg@sangath.in)

