ANNUAL REPORT

2021-22

SANGATH
Healing Minds, Inspiring Lives

25 years of service

TABLE OF CONTENTS

CHILD DEVELOPMENT

STREAM

Scalable TRansdiagnostic Early Assessment of Mental health (2019-2024)

The STREAM project is located in Delhi. We a trying to develop a simple tabletbased assessment tool called the STREAM app, which can be used to measure brain development focusing on development in cognitive, social and fine motor domains. The app is developed such that no special training is required to use it, this will enable upscaling the app and providing it to the grassroot level healthcare worker who then can assess the children regularly and identify children in need to intervention in early stage of their life.

Highlights:

- Completion of more than 50% target assessments achieved
- 58% samples have been collected from the community.
- All test-retest assessments are completed (100%)
- 62% Secondary assessments have been completed.
- Primary visit for enriched sampleswill be scheduledin early 2023.
- Longitudinal follow upswill begin by the end of 2023.

The STREAM team has grown and together taken this work to new heights in the past year. We have successfully initiated data collection on all study components and consistently overshot our monthly targets. We have kept ourselves motivated by celebrating every success and regularly reflecting on our achievements. Wishing the team continued success!"

– Dr Supriya Bhavnani, Co-Principal Investigator

COMPASS

Communication-centred Parent-mediated treatment for Autism Spectrum Disorder in South Asia

COMPASS is the largest trial of its kind for autism in any low- and middle-income country setting and the results generated will help in extending and expanding the treatment in India and across other low-resource settings in the region. The trial includes support from more than 260 families recruited from 2 super-specialty hospitals (All India Institute of Medical Sciences and Maulana Azad Medical College associated Lok Nayak Hospital) in the nationalcapital, Delhi.

The project aims to support development of social communication in children with autism and is a parent mediated intervention delivered by trained non specialist health workers with constant supportand supervision.

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ZIPPY'S FRIENDS

It is a school-based programme delivered by local organisations worldwide, with Partnership for Children providing materials, training and support. Sangath is the India partner for the program. The programme had beenrigorously evaluated in two European countries and found to increase significantly children's social and coping skills,but it had not previously been run outside Europe.

When Zippy's Friends program was introduced to preschool children, it taught them to cope with everyday difficulties, to identify and talk about their feelings, and to explore ways of dealing with them, taught them to handle bullying, loss and separation and build effective communication skills. It also trained and is still training/ assisting teachers in facilitating the program in schools and built emotional development of children. The program is currently runningin one school in Goa for almost2 decades and active discussions are ongoing to engage with other schoolswhich took a back seat due to covid.

PAHAL
Promoting A HolisticApproach to Learning (2022-2025)

Sangath constructed a teacher training curriculum that focused on holistic teaching practices and the inclusionof all children within their classroom through its Beyond Boundaries Project (2015-2020) implemented in approx. 60 government-aided schools in association with the zonal office (south) of the DOE, Goa. The project has followed an iterative process to strengthen the intervention, along with the feedbacks of every stakeholder from the school. Considering the current circumstances, we put together a manual which will support schools to create a secure environment. Through PAHAl, we wish to implement the same in one school in Ayodhya, UP, India.

PAHAL's achievements in this year has been the kind of collaborations that the team has made with various schools in and outside Goa. The school that has collaborated has accepted the roadmap built by our hard work during Beyond boundaries work and they are meticulously working towards its implementation. We hope to make a great headway ahead in the coming year and we hope to see the results that we intend to by ensuring thorough implementation.

 - Percy Cardozo, Principal Investigator

ASPIRE

A Scalable Program Incorporating Early Child Development Interventions (2019-ongoing)

ASPIRE at Sangath, together with UNICEF & the Department of Women Development & Child Welfare, Government of Telangana, aims to design, develop & measure the outcomes of delivering support in early years of child development i.e. the first 1000 days of life. ASPIRE has been mergedi nto an Integrated Child Development Services(ICDS) scheme and is currently being implemented in 30 Anganwadi Centers from 3 ICDS projects in Hyderabad.

The key components of the program are,
- Design a digital support system to promote nurturing care in first 1000days of life.
- Understand possibility and acceptance of implementing the intervention/ support system.
- Merging ASPIRE in existing Anganwadi centers (AWCs)
- Assess intermediate childdevelopment outcomes
- Develop a roadmap to expand the services and reach more household.

Highlights:

- Advocacy Brief on Early Child Development"- UNICEF hosted consortium.
- ASPIRE videos showcasedas a part of "The Early Years: A Window of Opportunity, an online global arts & scienceexhibition" by UCL Great Ormond Street Institute of Child Health (UK), & DBT/Wellcome Trust India Alliance
- Implementation started in Jan-Feb2022 in catchment area of 30 AWC.
- What happened to child feeding practices and caregiver child interaction when we "unlocked"? Findings from a cross-sectional study in Telangana, India; Delivering-for-Nutrition-2022 (Poster presentation)

"The "final frontier" of what public health professionals want to achieve is positively impacting the life of humans. The processes that led to this are sometimesas rewarding as the end result. That's what we see every day in ASPIRE...the processeswithin homes and communities that will lead to childrengetting better learning opportunities in life."

- Reetabrata Roy, Principal Investigator

NAMASTE

Neurodevelopmental and AutisM in South Asia Treatment and Evidence (2022-2027)

The Global Health Research Unit : Neurodevelopmental and Autism in South Asia: Treatment and Evidence (NAMASTE) is an ambitious new project which commenced in September 2022. It builds on the ten years of work between Sangath and the University of Manchester and widens the collaboration to include Autism Care Nepal Society, the Sri Lanka College of Paediatricians, Harvard Medical School, La Trobe University, Kings College London, the World Health Organisation and Ummeed Child Development Center, Mumbai. NAMASTE will extend previous work into a comprehensive training, research and capacity building hub across India, Sri Lanka and Nepal over the next 5 years (2022-2027). The will take place in four districts in these three countries and aim to implement a detection care pathway for young children with developmental disabilities in four different health systems.

COINCIDE

Nutritional, psychosocial and environmental determinants of neurodevelopment and child mental health (2021-2026)

The project is located in Rewari district of Haryana. We are trying to understand what are the key impacts on early child development. We have been observing a group of children since their birth and we will be looking at their nutritional status, physical and mental wellbeing and exploring environmental factors that impact their health eg. air pollution, exposure to pesticide and heavy metals. We are focusing on children aged 8-10. Parallelly, our partner organisation is working on children in urban poor settings in Bangalore with the same area of focus.

Highlights:

- Received letter of support from National Health Mission, Haryana
- Successful training of the trainers and non- specialist assessors on nutritional, psychosocial and environmental assessment tools.
- Preparation of awareness materials for the families.
- Completion of pilot studyon 30 families. The focuswas to translate, and adapt the tools for the rural families.
- Identifying and setting up referralpathways at Rewari
- COINCIDE published 6 monthly newsletters

2022 was a momentousyear for COINCIDE– with the highs of getting the project off the groundto beginning the first sweepof data collection – to the lows of funding delays jeopardizing the project as a whole! Here's hoping for a more stable 2023 with some of the first key insights about the diverse determinants of ECD in India coming in."
- Dr. Debarati Mukherjee, Co- Investigator

ADOLESCENT & YOUTH MENTAL HEALTH

GOA COVID RELIEF

Providing psychosocial relief to Covid-19 affected and marginalised populations

The 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

Highlights:

- 10 workshops in special schools for building capacities 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+ 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

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.

PRIDE

A research programme on common adolescent mental health problems in India

PRIDE aimed to develop and evaluate a suite of transdiagnostic interventions targeting common mental health problems among school-going adolescents. This is one of the largest adolescent mental health research programmes ever undertaken in an LMIC setting. Practice elements were systematically identified by matching evidence-based practices to common adolescent problems in the local context, with solution delivery by lay counsellors in a stepped care format. The project employed digital technoloy for delivery, scaling-up and improved engagement.

Highlights:

- 176 students participated in co-design activities
- >400 students participated in pilot studies
- 13000+ students participated in classroom sensitisation sessions
- 3612 students participated in school RCTs within 32 schools across Delhi and Goa
- 292 non-spcialised counsellors trained to deliver the programme
- Development of open access digital resources like POD adventures app

ACTIVE INGREDIENTS

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'Self-disclosure' describes how we *express intimate feelings* and *experiences.*

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OUTLIVE

Suicide prevention in young people

Outlive is a collaborative programme on building awareness about suicide prevention, training for peer-support and advocay for college students in New Delhi, Pune, Mumbai. It is an initiative of Sangath, The Centre for Mental Health Law & Policy, and Quicksand, co-designed and implemented with young people.

Highlights:

- Conducted 6 suicide prevention workshops in 3 colleges in Delhi reaching 250 students
- Conducted 4 outreach events with 3 youth organisations
- Prepared 11 bi-lingual psycho-education resources for public dissemination
- Launched "Outlive" programme in New Delhi on 10 Sep. 2022 (World Suicide Prevention Day)
- Developed 11 media narratives of young people's experiences of suicide
- Launched Outlive website (www.outlive.in) as a dedicated youth resource on suicide prevention
- Engagement of 12 youth in project roles as artists, designers, translators, & workshop note-takers
- Engagement of 40 youth via 18 online sessions comprising focus-group discussions and co-design workshops

SPEAK YOUR MIND

The project aims to create an accessible and context-specific advocacy toolkit for mental health to be used by young people and youth leaders. Working alongside young people in New Delhi and Maharashtra, the project intends to enable users of the toolkit to become active participants in tackling mental health stigma and become involved in mental health systems in their local and state mental health government bodies.

The toolkit will empower young people, especially those with lived experience of mental health issues, with the knowledge and skills required to become mental health advocates in order to raise community awareness and engagement on mental health.

Highlights:

- Launched first-of-a-kind digital and print youth advocacy toolkit for Indian and LMIC youth in April 2022, the resource has been accessed by 1000 unique users
- Toolkit shared via prominent dissemination networks such as Mental Health Innovation Network and the Global Mental Health Action Network

YOUNG LIVES MATTER

This is a research study, aiming to investigate the reasons for suicide attempts in young people who lie in 15-29 years age group. The project is based in Pune Project also tries to understand the role played by a variety of factors in perpetrating as well as preventing suicide, for example: negative life events, mental health problems, social support, coping skills, exposure to suicide and social media.

Highlights:

- Identification and referral of over 800 cases with suicide attempts at the hospital since the commencement of the study where earlier there were no existing mechanism
- Suicide risk assessment and prevention for more than 200 people
- Completion of 80% of target interviews for the project
- Organised World Suicide Prevention Day in to help hospital staff and medical residents who had experienced burnout because of COVID
- IEC materials in the hospital to create awareness about risk of suicide and suicide prevention
- Ongoing partnership with connecting NGO and referring patient for telephonic counselling after discharge

SMHPP & ASHRAMSHALA

School mentalh health promotion programme

Currently the two programmes are being implemented across 68 schools in Pune and Gadchiroli district in Maharashtra. The projects aim to develop and evaluate a mental health promotion intervention, aimed at reducing the effects of psycho-social and mental health issues among students, enhancing study skills and other adverse health outcomes through school health facilitators.. This is being done by developing capacities of school staff to identify MH issues (including their own) and seek referral as and when needed.

Highlights:

- Sensitivity towards mental health issues and overcoming stigma
- Decrease in bullying, violence and depressive symptoms
- Improvement of discipline among students
- Improvement in academic performance
- Prevention of dropouts and improvement in school attendance
- Teachers better equipped to handle behaviour issues in classrooms

ADULT MENTAL HEALTH

ESSENCE

Enabling Translation of Science to Service to Enhance Depression Care

The goal of the project is to develop and evaluate the effectiveness of digital interventions (compared with face-to-face training) in matters of training ASHA workers/ govt. accredited community health workers in the delivery of HAP (Healthy Activity Programme) for depression care. It also aims to strengthen the capacity in South Asian countries to conduct implementation research, dissemination of its findings and the uptake of this evidence in policy and programmes.

Highlights:

- Embedded the intervention in 14 facilities
- 10% depression screening rate at PHCs by ANMs; DSMB approval for roll out

PEERS

Promoting Effective mental healthcare through pEER Supervision

The project aims to assess acceptability and feasibility of the digitally-enabled, peer-supervision (intervention) on supervision attendance and completion of peer-ratings; effectiveness of the intervention on the reliability of the peer ratings; the impact of the intervention on NSP delivered therapy quality, and finally impact of improved therapy quality on patient outcomes.

Highlights:

- Facilitated Dimagi in developing 3 platforms on CommCare for supervision (PEERS counsellors app (for ASHA)
- Credentialed 5 HAP supervisors; Re-trained 160 ASHAs on digital HAP course
- Oriented 146 ASHAs on CommCare, and Nurses/ANMs on PHQ-9/2
- E-PEER supervision course alongwith web and phone supervision apps have been developed

EMPOWER

Enabling Translation of Science to Service
to Enhance Depression Care

The overall aim of EMPOWER is to build India's mental health workforce through a digital platform to enable non-specialist health workers (such as ASHAs, ASHA facilitators, ANMs, and other non-specialist health workers) to learn evidence-based brief psychological treatments for mental disorders, assess their competency, and assure quality as they deliver these interventions in primary care settings. Our primary hypothesis builds on what we have learned through the ESSENCE project: we anticipate that the new digital training content and adapted digital training program will be feasible and acceptable for non-specialist health workers in diverse primary care settings in India.

Highlights:

- 1001 ASHAs completed digital HAP training (Vidisha: 300, Narmadapuram: 404, Raisen: 297)
- Designed and digitized the Leadership in Community Mental Health Course (LCMH)
- A 65-day Public health Engagement campaign was conducted to educate the communities on mental health issues and stigma; "Yuva Mann" – a Youth Mental health initiative to encourage youngsters to talk about mental health issues;
- Carried out cmmunity outreach activities in urban slums of Bhopal to sensitize on mental health issues

In the coming year,
- HAP trained ASHAs will counsel patients (12,000 sessions to 2,000 patients)
- Train additional 500 ASHAs in the aforesaid districts on screening of depression (PHQ-9)
- Train 500 volunteers on community-level depression screening using PHQ-9
- Digitization of Thinking Health Program (evidence-based psychological treatment for maternal depression during pregnancy)

SHARP

Smart phone health assessment for relapse prevention in early psychosis

The overarching goal of this project is to guide the systematic development and adaptation of an open source smartphone application and digital dashboard, across diverse cultures and contexts, in a patient centred and transparent manner to promote personalised care. The resulting app will be studied towards predicting and preventing relapse among individuals diagnosed with schizophrenia spectrum disorders.

Highlights:

- Phase-1 (FGD) paper published (SSM-MH, Elsevier)
- Recruited 50 participants (phase-2) and completed 6 monthly assessments (average) per participant
- Phase-2 paper is under peer review, Digital Health (Sage)
- A poster on 'mindLAMP' platform presented at IConS IX virtual conference of Schizophrenia Research Foundation (SCARF) Chennai, India.
- Two more manuscripts are under progress on assessing changes in cognition scores of patients with schizophrenia, and suicidal ideation patterns using data from digital ecological momentary assessments

AANAND

Addressing ASHA burnout and well-being for improving depression care

This study will demonstrate the effectiveness of a character-strengths-based coaching program to reduce burnout and improve wellbeing in last-mile health workers. This is critical for all developing countries having a shortage of specialised human resources to deliver primary care services, including last-mile care for prevalent mental health conditions such as depression.

There are about 50 million people living with depression in India and 80% of these do not receive care due to workforce shortages. ASHAs or other health workers are their only hope for primary community-level care. We believe this study is extremely critical and timely to address the burnout of community health workers, to improve their work performance and quality in providing primary care for depression and other services for people in rural India.

Highlights:

- Strength assessments for ASHAs were conducted (n=270 ASHAs), FGDs (n=59 ASHAs)
- Intervention blueprint finalised and content development led to pre-pilot
- 2 manuscripts reviewed and finalised for journal submission
- Two oral presentations on formative work were presented at the 66th IPHACON, Pune

SARTHA

Schizophrenia Assessment, Referral, and Awareness Training for Health Auxiliaries

This project seeks to supplement widely available smartphone technology to support the acquisition of clinical skills and to develop the capacity of Community Health Workers for detecting and referring patients suffering from Severe Mental disorder with focus on Schizophrenia in primary care settings in rural Madhya Pradesh.
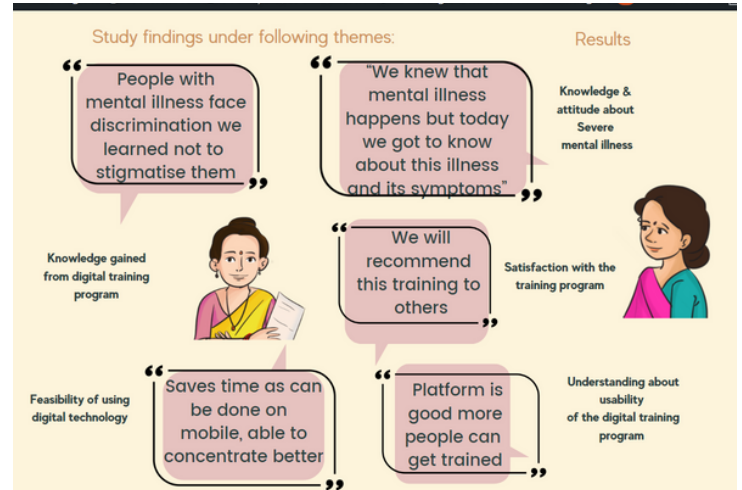
The objective is to develop and pilot test the feasibility, acceptability, and initial impact of a digital intervention for training community health worker, called ASHAs (Accredited Social Health Activist), in the detection and referral of patients suffering from Schizophrenia.

Highlights:

- Pilot testing with ASHAs has been conducted including recruitment, baseline assessment and digital training
- Endline assessments and 2 FGDs with ASHAs
- A poster was presented on the 'Development of a Digital Program for Training Community Health Workers in the Detection and Referral of Schizophrenia in Primary Care Settings in Rural India', at the virtual conference of Schizophrenia International Research Society, Florence, Italy
- A poster presented at the 6th Annual Technology in Psychiatry Summit (October 2022), Brentwood, USA.

THRIVE

Team resilience for health service providers

Health Service Providers (HSPs) are vulnerable, while providing critical health services in adversities such as the ongoing pandemic or disasters. The project aims to review and synthesise the existing evidence on team resilience training as an intervention at workplace to reduce stress, anxiety or depression and/or to enhance wellbeing of HSPs in LMICs.

Highlights:

- Completed the systematic review, consultation sessions with health service providers
- Online dissemination of the findings from systematic review and consultation with health service providers, and a panel discussion addressing mental health needs of the providers

OPTIMISE D

Improving Outcomes in Depression in Primary Care in a Low-Resource Setting

A recently launched project that aims at eeducing the depression treatment gap and improving clinical outcomes in LMICs. This study aims to examine the effectiveness and cost-effectiveness of personalised treatment for patients with moderate to severe depression in primary care by generating a Precision Treatment Rule (PTR).

ADDICTIONS & RELATED RESEARCH

IMPRESS

Scaling up depression care in Goa

IMPRESS (IMPlementation of evidence-based facility and community interventions to reduce treatment gap for depRESSion) 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.

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

Highlights:

- 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 helpseeking behaviours and adherence to mental health treatment
- Installed mental health IEC materials across Goa. These materials are available in English, Hindi, Marathi, and Konkani

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.

Highlights:

- 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

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.

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.

Highlights:

- 1000+ women 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 enrolled into the counselling program

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.

"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."
- A counsellor

DOMESTIC VIOLENCE

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.

This programme is India's first ever evidence-based counselling intervention involving non-specialists for survivors of domestic violence.

Highlights:

- 26 women in Goa and 11 women in Mehsana participated in the counselling programme
- 10 community programmes were trained to deliver programmes in Goa and Gujarat
- 80 community awareness meeting conducted with community members from self-help groups, Mahila Mandals, Anganwadis and Panchayats 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

DATING VIOLENCE

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

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

Highlights:

- 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
- An interactive exhibition 'Mog ani Fog' (Konkani for 'Love and Fireworks') on dating violence, was organised for college students to create awareness about dating violence among young people

MEWE SPORTS

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.

Highlights:

- 56 qualitative interviews with young people and families and 25 qualitative interviews with adolescent health, addiction, and sport-for-development experts were conducted
- 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 programme to adolescnets in Goa

From ideating the program to developing the toolkit, we have come a long way in the MeWeSports journey. The articipatory 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

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, results of which were analysed in 2021-22.

Young People's Health Survey:

This 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.

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, Yuvaa, and received over 900 responses from their networks of youth champions across the country

3400+ people accessed the survey

1500+ people completed the survey

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.

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.

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

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

TO QUIT

Developing a text messaging programme 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.

Highlights:

- 22 tobacco users and 13 tobacco cessation 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
- 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 to understand the effectiveness of the various behavioural strategies reported in the eligible studies post the systematic review was conducted

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.
- A 27-year old, 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.

Highlights:

- 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
- 6 people living with HIV/AIDS were trained to deliver UMEED programmme

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 underresourced community in an acceptable, feasible, and impactful manner.

Highlights:

- 30 medical practitioners were 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 programmes were conducted by The Tibetan Voluntary Health Association with camp leaders, NGO members, youth leaders and monastery secretaries
- 500+ people trained in a camp held for residents of Kollegal and Bylakkupe to observe World Suicide Prevention Day

The IMPACT-T team will begin data collection to assess acceptability and feasibility of the Telepsychiatry intervention in early 2023.

"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

ECDEP

Understanding long term 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.

Highlights:

- 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
- The findings from the survey will be interpreted and published soon post analysis

WELL-BEING CENTRE

MENTAL HEALTH SUPPORT SERVICES

Our Well-being Centre provides support for anyone with mental health concerns that are impacting their day-to-day life. Our team of experienced mental health staff is available to provide mental health care in Hindi, English, Konkani, Marathi, and Tamil.

Services offered

TELE-COUNSELLING
ONE-ON-ONE PHONE BASED SUPPORT

Free tele-counselling sessions are provided via our toll-free helpline 011-41198666, 7 days a week, from 10am-6pm in English, Hindi, Marathi, Tamil and Konkani. Callers connect with the counsellors and receive a single Psychological First Aid (PFA) session. This session also includes a risk assessment and management plan that is conducted as needed.

CLINICAL SERVICES
ON-ON-ONE & ONLINE SUPPORT

Sangath provides clinical services covering the whole life span ranging from children to the elderly. We provide services through our hubs. A team of dedicated mental health service providers provide psychological therapies to individuals experiencing mental health concerns.

RESOURCE CENTER
SELF-CARE

The Resource Center page on our website has a range of practical tools, advice and guidance to help anyone find support on their mental health and wellbeing. These can be used to develop coping strategies or simply to understand more about managing your mental health or learning about other people's experiences.
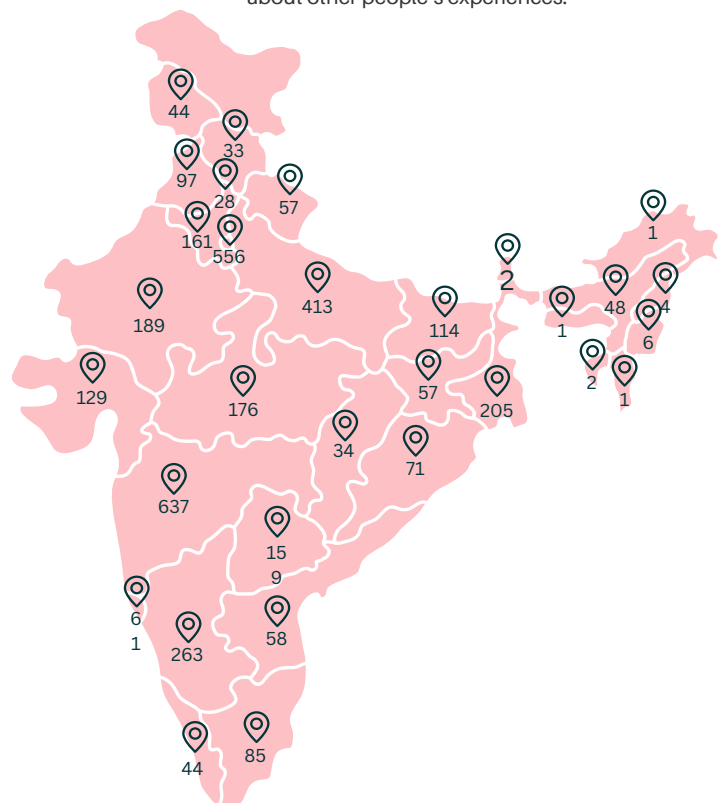
53,821
TOTAL CALLS

22,700
CALLERS

97
IN-PERSON CLIENTS

44
33
97
28
57
161
556
1
413
2
189
114
48
4
6
129
176
57
205
1
2
1
34
71
637
15
9
6
1
263
58
44
85

ORGANISATIONAL DEVELOPMENT

GREEN TAPE

This year we strengthened our operational processes making them more apt for the effective utilisation of funds provided to Sangath. A new set of user friendly standararised SOPs were developed, alongwith audio-visual resources. Extensive trainings were conducted for all staff members to use them in the most efficient way. These process comply with all the criteria mentioned in the Good Financial Grant Practices (GFGP) standard, which is an internationally recognized organizational standard for research institutes.

IRMI

This year we strengthened our operational processes to make them more apt for the effective utilization of funds provided to Sangath. A new set of user friendly standararised SOPs were developed, alongwith audio-visual resources. Extensive trainings were conducted for all staff members to use them in the most efficient way. A new senior administrative body has been formed to oversee and manage these processes in the future. These process comply with all the criteria mentioned in the Good Financial Grant Practices (GFGP) standard, which is an internationally recognized organizational standard for research institutes.

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- Malik, K., Parikh, R., Sahu, R., Jose, J. E., Sudhir, P., Fairburn, C. G., Patel, V. & Michelson, D. (2022) 'If there is a tension about something, I can solve it': a qualitative investigation of change processes in a trial of brief problem-solving interventions for common adolescent mental health problems in India. Psychology and Psychotherapy: Theory Research and Practice. https://doi.org/10.1111/papt.12433
- Gonsalves, P., Bhat, B., Jambhale, A., Sharma, R., Hodgson, E. S., Weiss, H. A., Fairburn, C., Cuijpers, P., Cavanagh, K., *Michelson, D. & *Patel, V. [*Joint senior authors] (2021). Protocol: A pilot randomised controlled trial of a guided online problem-solving intervention delivered through smartphones for secondary school pupils during the COVID-19 pandemic in India. JMIR Research Protocols, 10, e30339. https://doi.org/10.2196/30339
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Addictions & related Research

- 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

- 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.

- 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

- 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.022;117(12):3140-3147.

- 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.

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Addictions & related Research

- 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.
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- 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.
- 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.
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- 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.

Adult health

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- Naslund, J. A., Tugnawat, D., Anand, A., Cooper, Z., Dimidjian, S., Fairburn, C. G., Hollon, S. D., Joshi, U., Khan, A., Lu, C., Mitchell, L. M., Muke, S., Nadkarni, A., Ramaswamy, R., Restivo, J. L., Shrivastava, R., Singh, A., Singla, D. R., Spiegelman, D., … Patel, V. (2021). Digital training for non-specialist health workers to deliver a brief psychological treatment for depression in India: Protocol for a three-arm randomized controlled trial. Contemporary Clinical Trials, 102,
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- Bondre, A. P., Shrivastava, R., Raghuram, H., Tugnawat, D., Khan, A., Gupta, S., … & Bhan, A. (2022). A qualitative exploration of perceived needs and barriers of individuals with schizophrenia, caregivers and clinicians in using mental health applications in Madhya Pradesh, India. SSM-Mental Health, 2, 100063.

AWARDS & RECOGNITION

To team members

- Astha Yadav from Child Development Group, successful completed 'Sehyogi' fellowship provided by Americares India Foundation & iCALL, TISS
- Lavangi Naithani, Senior Intervention Coordinator, has been awarded Travel award by INSAR. Sanagath's work for families of children with autism has been chosen to be presented at the 20th Annual Conference of the International Society of Autism Research. The award fully funds Lavangi's registration, travel costs for INSAR conference. won the 'Early Career Individual from Low Income Countries Award' from International Society for AutismResearch (INSAR), March 2022.
- Gauri Divan, Director CDG, appointed as a founding member of INSAR Global Senior Leader 2021
- Dr. Anant Bhan, Principal Invetigator, appointed as member of National ASHA Mentoring Group, MoHFW, Government of India representing Sangath. This group serves as a Technical Resource Group to assist the Central & State Govts in overall implementation, monitoring & evaluation of the ASHA scheme. Also appointed as Member of Technical Advisory Sub-Committee for T-MANAS (Tele-Mental Health Program): Health Systems Domain and Grants Research Committee, National Health Systems Resource Centre, Government of India
- Yashi Gandhi, Field Researcher, awared year-long fellowshipby the Centre for Mental Health, Law and Policy. This will help build capacity in conducting implementation science research through experiential learning and mentorship.
- Miriam Sequeira, Intervention Lead, was awarded the INEBRIA scholarship to conduct a workshop at the 17th Annual INEBRIA conference.
- Dr Abhijit Nadkarni, Co-Director of Addiction Research Group, appointed as a member of Editorial Board: International Journal of Mental Health and Addiction, CSA (which is a global partnership of community-based organizations, frontline clinicians and leading scientists applying evidence-based COVID-19 care, contextualized to rural India) and Technical Advisory Group for the Stakeholder-led Advancement of Mental health in Young People (SAMYP) project of PATH. He is also been apponted as the Coordinator at the Indian Medical Association, Goa State
- Indian Research Management Initiative (IRMI) Travel Grant 2021-22 awarded to Godwin Fernandes, Intervention Supervisor, to present IRMI research findings at the European Association of Research Managers and Administrators (EARMA) Conference, Norway
- 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.

To the organisation

- Health Innovation Fellowship by George Institute India 2021 for developing a two-way communication strategy for COVID-19 pandemic response leveraging widely (mis)used social messaging platform like WhatsApp
- Sangath awarded as the 'Giving Economy Changemaker' for our work in the field of mental health in India