Agatsu
FOUNDATION

Annual Report 2025-26



Five years of showing up

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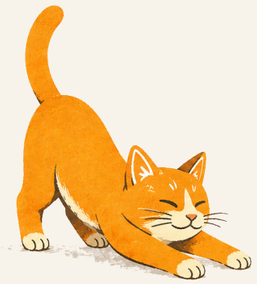


Cover Art and Illustrations by Ayushi Lilani

Vision and Mission

Our Vision

A world where people understand themselves, know how to handle life, and have people to lean on — where caring for yourself and others is a core part of everyday life.

Our Mission

Agatsu is a whole system — of knowledge, practical tools, and people that work together — to help you understand yourself, make better choices, and take care of your mental health in everyday life.



Letter from the Founder

Dear Reader,

I think it's important to meet people where they are. It's one of Agatsu's guiding principles. But I don't know you... so I definitely don't know where you are.

What I can do is tell you where Agatsu is and how it got here. The day we got our office in the by-lanes of Pali Village, Bandra, I remember dropping a pin on Google Maps. It didn't work very well. People always get lost trying to find Agatsu. Always. Geographically speaking, we've gotten really good at explaining the route and there are now many signs and boards. Metaphorically speaking, I'm quite pleased to tell you that after 5 years, we've figured out how to 'explain' how to 'get' (to) Agatsu!

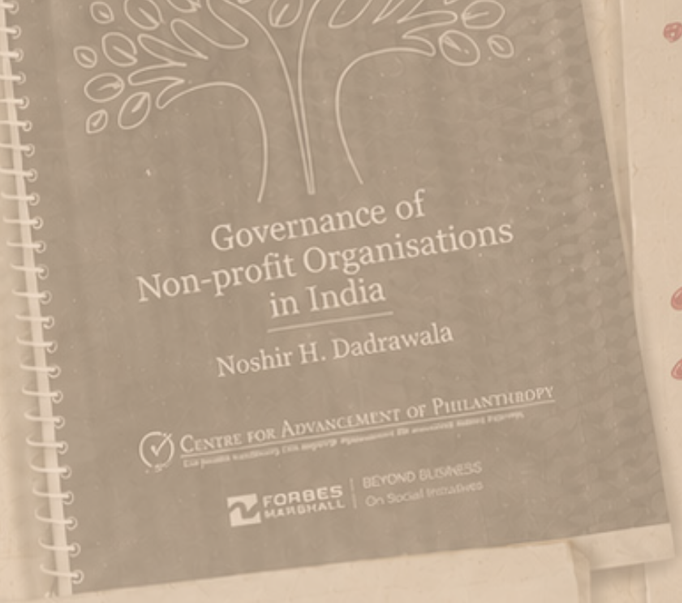


I must be honest with you - while Agatsu was clear in my head, I have struggled to put it into words. After multiple conversations, now-unusable documents, archived Instagram posts, slightly-confused employees... this year, we found our route. Obviously it will evolve, but it truly feels as though we have words that mean something to more than just us.

This report is our attempt at constructing our lens, for you to look through, so that if you so choose - you can find us.

Let's begin!

-Ira Khan



1. Ahmedabad University
2. CET University Mandaleed
3. Chemcraft University Changa.
4. DAIL University Gandinagar.
5. Marwadi University Rajkot
6. Nirma University Ahmedabad
7. Faculty of Law University Gandhinagar.

Data system - 3D printer, making stuff class handywants.

Communication programmes in Gujarat
MYSF, SHOO., RUSA, GSIRF, SIG, SAPTHADA, iHUB

Pilot programmes 5 colleges.

(NEP & Read manp. for higher & technical school education.

Modi's vision of NEP

- Do things even if you don't like them
- Active listening
- Non-judgemental
- Go above & beyond
- Always offer help

Trsing "Helpers" authentic

Boundaries outside work

- Be professional w the people coming
- Don't enforce personal beliefs
  ↓
  stay aligned w org values & stance
- Know everything / have all the answers

Be able to help w everything

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भारत का राजप
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भाग II — खण्ड 1
PART II — Section 1
प्राधिकार से प्रकाशित
PUBLISHED BY AUTHORITY

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No. 10] NEW DELHI, FRIDAY, APRIL, 7, 2017/CHAITRA 17, 1939

इस भाग में भिन्न पृष्ठ संख्या दी जाती है जिससे कि यह अलग संकलन के रूप में रखा
Separate paging is given to this Part in order that it may be filed as a separate

MINISTRY OF LAW AND JUSTICE
(Legislative Department)

New Delhi, the 7th April, 2017/Chaitra 17,

The following Act of Parliament received the assent of the Pre
7th April, 2017, and is hereby published for general information:—

THE MENTAL HEALTHCARE ACT, 2017

No. 10 OF 2017 [7

An Act to provide for mental healthcare and services for persons
illness and to protect, promote and fulfil the rights of such pe
delivery of mental healthcare and services and for matters connected therewith
or incidental thereto.

WHEREAS the Convention on Rights of Persons with Disabilities and its Optional Protocol was adopted on the 13th December, 2000 at United Nations Headquarters in New York and came into force on the 3rd May, 2008:

AND WHEREAS India has signed and ratified the said Convention on the 1st day of October, 2007:

AND WHEREAS it is necessary to align and harmonise the existing laws with the said Convention.

Thoughts:

- Anything measurable is manageable. Anything human is
- Reputational response to stimulus. Intensity of stimulus ∝ intensity of
- What does asking for help help what? like to ask for help when wer
  more mess do we need on' say do need help
- What's the point of forcing on yourself? setting boundaries? of selfcare
- It's not all or nothing
- Respect
- Sympathetic nervous system vs parasympathetic nervous system.
- If hunger init the problem, chocolate cake can be the solution.
- Cravings / health, baking sometimes delicious, sometimes attaches burdos as stigma. Take it sincerely. Do it sincerely.
- Explained by a therapist, what is therapy like? Different types?
- CBT / DBT for ADHD - schools of therapy vs specialication.
- The responsibility lies w/ the individual. Make the right information & not doing research. As we need to encourage people to put in the effort.
- Do your choices & decisions reflect your values?
- What are your values? Are these your values?
- Being you - are you true to your true values?
- Mindfully using your time. Actively choose how to spend your time
- Report incidents. Feed it into police system. Like Vedantu does w cybercri
- Directory of helplines, resources, all fields

outcomes?
tion. Evolutionary psych

e people
beliefs
ues &
tance
Have all the
answers
Be able to help w everything

Agatsu was incorporated in March of 2021.

But to the outside world, we didn't 'do' a lot till the Community Centre opened its door in September 2022.

I spent a year and a half wondering if I should start with a clinic or an online anonymous warmline or enter the education space with the new NEP 2020 or make a directory of trusted mental health professionals... And Agatsu had to be accessible so we weren't going to launch until everything we put out or offered was available in at least 12 Indian languages!! And it must be contextually translated. Not just a transliteration.*

So clearly... we were never going to start.

Our first learning was from William Wordsworth through a colouring book.

"To begin, begin."

*National Education Policy 2020

Five Years of Agatsu

2020

Ira began sharing her lived experience publicly

March 2021

Agatsu Foundation was incorporated

Mar-May2022

Agatsu moved into its current premises in Pali Village. Community Centre trials began

Sept 2022

The Community Centre opened to the public

April 2023

The Therapy Clinic began offering Psychodynamic Psychotherapy

June 2023

Peer support spaces began at the Community Centre

Oct 2023

The Therapy Clinic began offering a Healthy Activity Program (HAP) with support from Sangath, Goa

Oct 2023

The #imhuman campaign that encourage people to ask for help if they needed it launched, reaching **6 Million+** people digitally

July 2024

The Listener Programme began at the Community Centre

July 2025

The Learning Studio launched publicly

Aug 2025

‘The Curious Case Of...’ podcast launched, with 15 episodes published till March 2026

Oct 2025

The Therapy Clinic began piloting the Guides programme

March 2026

Agatsu helped shape the Mental Health track at PULSE, in tandem with the Department of Health Education, Maharashtra

March 2026

Agatsu turned **five** and launched the Giving Circle

Agatsu (吾勝) noun. self victory
“Self Victory is when one is in equilibrium with oneself and the world around them. Agatsu believes this state is achieved when one’s actions are aligned with one’s values and beliefs.”

Our horizon is Self Victory.

“Before Agatsu, I thought all therapists were good. Ethical. Competent. It was hard for me to imagine one causing harm. The first time someone told me about their therapist who broke confidentiality, my text message read, “Wow. You found the one therapist in the whole world who can’t be trusted!”

While I had had only good experiences with mental health professionals, others had not. I met someone who believed it was the patient’s fault for not doing their homework. The psychiatrists I trusted could name only three others they trusted.

I realised I’d got it wrong. I had assumed therapy, treatment and medicine were the figured-out parts. I thought my questions would start where those answers ended.

Because I had lived through it, I was forced to admit that there is a lot of stuff that’s real, even when one doesn’t have the words to describe it. That while sometimes pain came from the intangible, so did hope, support and comfort. That the journey isn’t linear, help needs to be contextual and every other thing you now read in well-established global mental health literature! This was the argument I was going to make to the mental health fraternity. I always assumed it would be hard to defend. But now it was even harder to ignore.

Below is our Theory of Change - we have only just arrived at this way of explaining ourselves that you are about to read. I’m proud and excited. So far, it holds.

Read our next annual report to confirm!”



How We Create Change

We believe meaningful change becomes more possible when three conditions exist together over time



Knowledge

Understanding ourselves, our emotions and the science of mental health well enough to make informed decisions.



Community

Genuine human connection that reminds us we are not alone and helps us navigate life's challenges together.



Safety

Spaces where people feel accepted enough to be honest, curious enough to participate, and secure enough to ask for and receive help.

Just as a seed needs soil, water, and sunlight, people need three essential conditions to flourish: Knowledge, Community, and Safety.

When these conditions come together, they make possible what we call **Emotional Hygiene:** *the ongoing practice of caring for our inner lives through self-awareness, self-care, perspective shifting, connection, expression and asking for help.*

Every part of Agatsu is designed to create opportunities for this practice. Sometimes it begins with a conversation or activity at the Community Centre. Sometimes through a therapy session. Sometimes through a workshop, a podcast, a support group, a classroom session or a piece of content.

People enter Agatsu in different ways, but they are all building the same capacity: to understand themselves, respond to life with greater intention and care more effectively for themselves and the people around them.

This is why we describe ourselves as an ecosystem rather than a service. A healthy life is not created by a single workout or broccoli and **Mental Health is not shaped by a single conversation, intervention or diagnosis.** Lasting change is a cumulative effect of what we repeatedly practise, the relationships we build and the environments we inhabit.Agatsu exists to support every part of this work.



Connected Care in Practice

Our Theory of Change proposes that mental wellbeing is strengthened when people have access to Knowledge, Community and Safety over time. Rather than measuring each programme in isolation, we ask a different question:

Is the ecosystem working?
Did people find Agatsu? Did they return?
Did they move between different offerings?
Did they begin contributing to the community themselves?

The data in this section comes from a single participant database. Each identifiable person is followed across the different parts of Agatsu they chose to use. Instead of evaluating the Community Centre, Therapy Clinic and Learning Studio separately, we examine how they work together.

We ask whether they are creating the conditions that allow people to practise Emotional Hygiene and move towards Self Victory.



Theory of Change

Just as seeds need the right conditions like soil, sunlight and water to grow, we believe people also need certain conditions to flourish: Knowlegde, Community, and Safety. When these three conditions come together, that is CONNECTED CARE.

KNOWLEDGE

- Know it exists
- Understand it
- Know how to use it
- Have the chance to practise it

COMMUNITY

- Connection
- Belonging
- Accountability
- Mutual support
- Shared experience
- Normalisation

SAFETY

- Safe spaces
- Safe people
- Affordable support
- Psychological safety
- Freedom from judgement

OUR OFFERINGS — FIVE WAYS WE CREATE CONDITIONS



Engagement
Help people participate and show up.

Expression
Help externalise what is inside.

Learning
Help people know and understand information.

Support
Emotional or navigational support.

Intervention
Structured evidence based clinical work.

DELIVERED THROUGH OUR THREE ARMS



Community Centre
Open, inclusive spaces for connection, participation and community.



Therapy Clinic
Clinical care for healing, recovery and growth.



Learning Studio
Knowledge and skills for understanding and practice.

EMOTIONAL HYGIENE

Emotional Hygiene refers to the ongoing practice of tending to one's emotional and psychological wellbeing. Practised over time, it builds the skills of Self-Awareness, Communication and Resilience.

Components of Emotional Hygiene:

- Self-Knwledge through Self-Awareness
- Perspective Shifting
- Self-Care
- Connection
- Expression
- Asking for help

When people practise Emotional Hygiene, they're able to move towards Self-Victory (whatever that looks like for each individual).



Self Victory is when one is in equilibrium with oneself and the world around them.

Five Doors. One Ecosystem

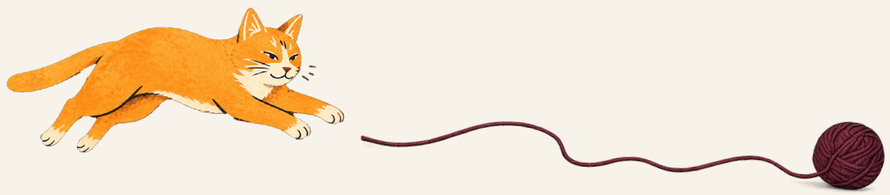
People don't always arrive at Agatsu knowing exactly what they need or want. Often they aren't coming explicitly for help with their mental health. While some are looking for therapy, others are simply curious about a workshop or a dance class. Some come because a friend invited them. Others walk in because they need somewhere to sit and just be. We think that's exactly how mental-health care should work. People shouldn't have to identify as 'struggling' or 'in distress' before they are allowed to begin caring for themselves.

Because mental health is more than just mental illness...

Agatsu therefore offers five different ways into the ecosystem. They differ in intensity and purpose, but each strengthens one or more of the conditions that make Emotional Hygiene possible.

	Offering type	Purpose	Offerings	Participation
	**Engagement**	Opportunities to show up, take part and belong.	243 sessions	2,187 participants
	**Expression**	Opportunities to express, create and be heard.	256 sessions	1,991 participants
	**Learning**	Opportunities to understand ourselves, others and the world around us.	339 sessions	2,222 participants
	**Support**	Opportunities to seek guidance, share burdens and grow alongside others.	699 sessions	1,825 participants
	**Intervention**	Structured care for people requiring clinical support.	2,248 sessions	460 patients

No one is expected to move through these in a particular order. The ecosystem is designed so that people can begin wherever they want, and move when and if they want.



Knowledge

Knowledge is the first condition in Agatsu's Theory of Change.
Yet knowledge alone rarely changes behaviour.

Reading about the benefits of exercise and quality sleep is different from prioritizing your own physical wellbeing. Understanding anxiety is different from recognising it in yourself. Learning becomes meaningful when it begins to shape everyday choices and behaviour. health knowledge through workshops,

This year, people encountered mental-conversations, public education, podcasts and everyday interactions across Agatsu. Many returned repeatedly to learning spaces. Others first discovered Agatsu through educational content before later participating in the wider ecosystem.

Observations	Findings	Why this matters
Learning offerings delivered in-person	339	Created regular opportunities to engage with mental-health knowledge.
Unique people participating in Learning	665	Shows the breadth of people reached through knowledge.
Repeat participation in Learning offerings	32.9%	Demonstrates sustained demand for learning-based engagement.
Surveyed participants reporting they learned something useful	64% of 456 respondents	Suggests knowledge was personally relevant and applicable.

While this is not evidence of improved wellbeing, it suggests that knowledge is becoming personally relevant— a necessary first step towards practising Emotional Hygiene.

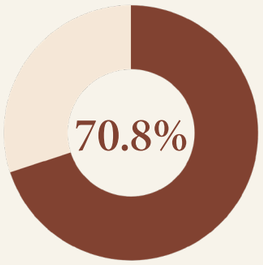
Community

Community is where you feel less alone, where you feel welcomed and wanted. It is also a collective that both gives and receives.

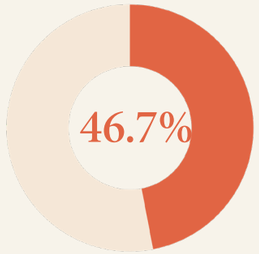
Our community is intentionally everyone - as long as your intention is to be there!

And that sets the base, that connects us all. Beyond that, old or young, man, woman or non-binary, vada pav or idli sambar, ghazals or K-pop, caregiver or person with a mental illness - we design for assimilation. Difference is not something we minimise; it is something we intentionally make room for.

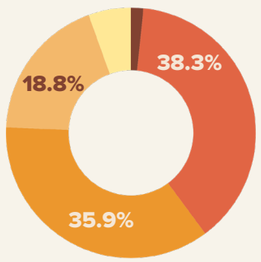
Women



Come from more than 10KM away



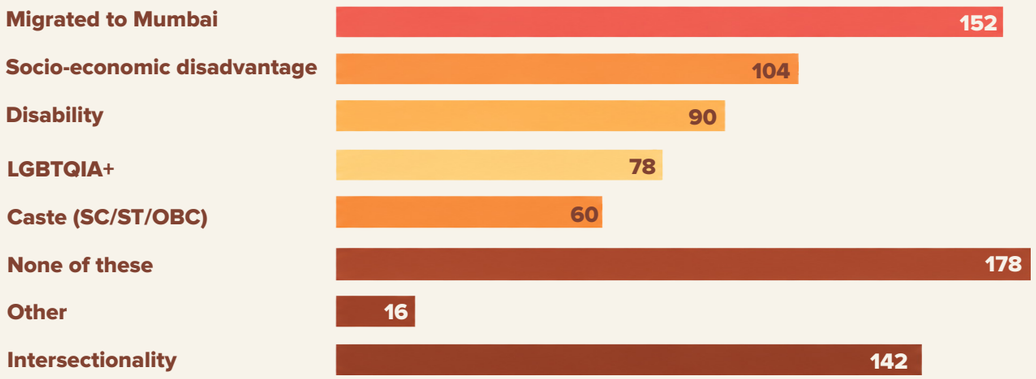
Note: Based on 1,662 participants (61% of Community Centre and Therapy Clinic participants) with date of birth available.



Age Brackets

- Below 18 years
- 18 – 25 years
- 26 – 35 years
- 36 – 55 years
- Above 56 years

Participants were invited to voluntarily share experiences that may influence how they access mental-health support. As of 15 July 2026, **549** people had responded.



Almost **1 in 4** respondents identified with **2 or more experiences,** reminding us that people's lives are shaped by multiple, intersecting identities rather than a single characteristic.

At the same time within this larger community, peer-support spaces create room for people who share particular experiences. Sometimes, what helps most is being with people who understand—not because they have been told, but because they have lived it.

As the community has grown, so has its ownership of the work itself. Participants have volunteered their time, designed and facilitated programmes, and helped shape the experience of others. This shift—from receiving care to helping create the conditions for care—is one of the clearest signs that Connected Care is functioning as intended.

What we observed

Observations	Findings	Why this matters
Community-designed and community-delivered offerings	94%	Demonstrates that programmes are increasingly co-created with the community rather than delivered to it.
Active volunteers (includes Listeners, Facilitators, Centre Volunteers)	60	Indicates people are choosing to contribute beyond participation.
Volunteers with Agatsu for more than one year	56.7%	Suggests sustained commitment and long-term belonging.
Surveyed participants who rated Facilitators 4 and above on 5	94% of 456 respondents	Indicates that community-led experiences are trusted and valued by participants.
Surveyed participants who reported a stronger sense of connection and belonging	69% of 456 respondents	Suggested participants increasingly experienced Agatsu as somewhere they could belong.



Safety

Safety is perhaps the most important condition in Agatsu's Theory of Change. It is the condition that makes the others possible.

When people do not feel safe, they are less likely to connect with others, engage honestly with themselves, or remain open to new knowledge. Learning, community and growth all depend on it.
It is also the hardest condition to measure. Safety cannot be announced; it is experienced. Much of what creates it is invisible, living in careful facilitation, thoughtful programme design, clear boundaries, consistent relationships and the many everyday decisions that shape how a space feels.

Because of this, we do not try to measure safety directly. Instead, we look for the behaviours it makes possible. **People choose to return. They stay engaged over time. They try activities outside their comfort zone**. They move between different parts of the ecosystem. They tell us they feel more connected, more willing to express themselves and more confident trying something new. They recommend Agatsu to the people they care about.

None of these behaviours individually proves that someone feels safe. Together, however, they suggest something important: that Agatsu is becoming a place where people feel safe enough not only to enter, but to participate, to be vulnerable, and, over time, to grow.

What we observed

Observations	Findings	Why this matters
Participants first hearing about Agatsu through friends or family	33%	Demonstrates trust within the community and safety, as 1 in 3 people have advocated for the space
Returned after first visit	45%	Returning voluntarily suggests that participants felt safe enough to come back and continued to invest their time and trust in the space over time.
Attended 11 or more times	8%	Demonstrates sustained engagement and willingness and a formation of a core community.
Surveyed participants who reported feeling more confident trying something new	68% of 456 respondents	Indicates growing confidence to engage beyond familiar experiences.
Surveyed participants who reported feeling better able to communicate or express themselves	62% of 456 respondents	Suggested participants increasingly felt safe to express themselves honestly.



Connected Care In Practice

The central proposition of Agatsu's model is that mental healthcare should not exist as disconnected services. Rather than asking people to fit into predefined programmes, we designed an ecosystem that supports multiple needs as well as has room for the evolution or change of one's needs.
This year, people entered Agatsu in many different ways. Some first discovered us through digital content before later walking through our doors. Others began in community spaces before registering for therapy. Many explored multiple types of offerings over time, combining learning, participation, support and clinical care in ways that reflected their own journeys rather than an organisational pathway. No single route dominated, nor did we expect one to. The ecosystem is designed so that people can build their own pathways through care.

We believe this is the strongest evidence that Connected Care is functioning as intended. Rather than remaining within isolated services, people navigated the ecosystem according to what they needed, when they needed it.

What we observed

Observations	Findings	Why this matters
Unique individual people engaged across Agatsu in FY 25-26	2,448	Demonstrates the reach and impact of the ecosystem as a whole.
Total recorded visits to the Community Centre in FY 25-26	12,423	Reflects the overall depth of engagement across Agatsu's offerings.
Average visits per participant	5.2	Indicates how people engaged with the ecosystem over time rather than through a single encounter
Participants who returned through a different offering than the one where they began	36.4%	Suggests participants felt safe enough to return, explore different forms of support, and navigate the ecosystem according to their needs.
Median time between first and second offering	11 days	Indicates how quickly participants begin exploring different forms of support.
Community participants later registering for Therapy	210 individuals	Suggests that community became a trusted pathway into clinical care, reducing stigma and uncertainty around therapy, with 1 in 10 community participants later choosing to seek clinical support.

Continued

Observations	Findings	Why this matters
Therapy participants also attending Community Centre programmes	58%	Suggests that therapy is complemented by community and aids in the treatment journey.
Digital participants later entering the Community Centre	22.3%	Demonstrates digital engagement becoming real-world participation.
Digital participants later entering the Therapy Clinic	33.7%	Suggests educational content lowers barriers and stigma to seeking professional support.
Participants beginning with informal engagement before joining structured offerings	21.8%	Suggests people who come to explore the space or just be can enter gently and feel safe enough before choosing deeper participation.

Agatsu does not measure Self Victory. We do not believe it can be reduced to a score or organisational indicator.

Our responsibility is different. It is to ask whether we are creating the conditions our Theory of Change proposes are necessary for growth. It is to observe whether people use those conditions in meaningful ways. And it is to report that evidence as faithfully as we can, including its limitations.

> *"Apart from being sure that we had safeguards to ensure we did no harm, and a basic hypothesis that community support was helpful... we decided to take it as it comes. And that's what we did. We went door to door to let people know we run a community centre that's entirely free of cost and open to anyone, we stocked our art room and library. We called everyone we knew who was willing to share their skills with the community. Most of our activities ran empty and got cancelled in the beginning but we showed up anyway. After 3 months... We started to earn the trust of the community. It was very fulfilling. Seeing the space fill up with people who were unknown to us. Who came because they wanted to, because they felt a need for Agatsu; not because they were friends and family who wanted to support us. Now almost all our activities have a waitlist.*
>
> *So lesson two... you have to keep showing up."*



01

Community Centre

A place to belong





Community Centre

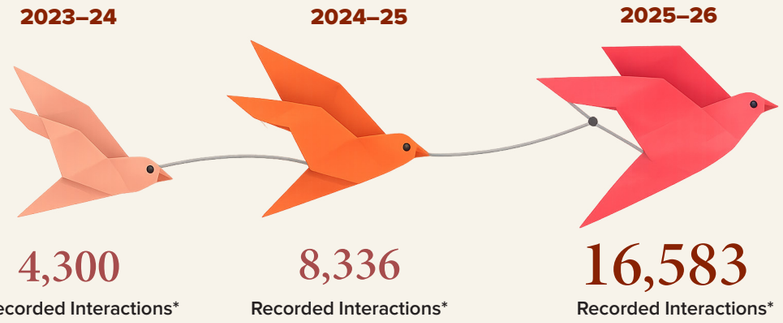
The Community Centre is a free, open space where people come together to learn, connect, and spend time with one another. Whether through a peer support space, learning a new skill, joining a creative activity, or simply being in a place where they feel accepted; people experience the knowledge, community, and safety that make lasting change possible.

Over time, these repeated interactions become relationships. People begin arriving together instead of alone, stay back after programmes, introduce friends, and return for one another as much as for the activities themselves.

Friendship cannot be measured in a spreadsheet, but it is one of the clearest signs that community is taking root.

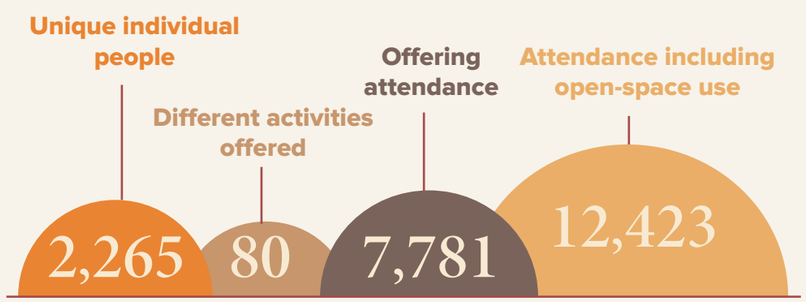
Growth over three years

Behind every number that increases is a person who found a space to connect, learn, express themselves, or seek support.



*Note: Interactions include registrations for Community Centre activities (including registrations that did not result in attendance) as well as visits to and time spent at the Centre outside structured programming. Registrations are included because they reflect demand for activities, while attendance captures actual participation.

The Centre this year



We Continue to Listen

The Community Centre has grown by listening to the needs of the people who use it. Many of its programmes were not designed in advance but emerged in response to what participants asked for, returned for, and helped shape.



Senior Hour

One of the clearest examples of this is Senior Hour. In the early months of the Community Centre, we noticed that many of the first people walking through our doors were older adults looking for connection, routine and meaningful ways to spend time with each other. As conversations grew, so did our programming. What began as a single offering grew into five different spaces - Senior Hour Social, Creative, Cognitive, Physical and Digital Navigation —reflecting the different ways seniors wanted to participate.

Together, these sessions saw around **915** people participating over the year, demonstrating how community needs, when listened to, can shape what the Centre becomes. This programme was supported by our partnership with Blue Star Foundation.

Peer Support

Peer support became another important offering that grew directly from what the community asked for. Facilitated by members of the community themselves, these spaces draw on lived experience rather than professional expertise, creating opportunities for recognition, shared language and the reassurance that comes from knowing you are not alone.

What began with **4 peer-support spaces in 2023 grew to 12 by 2026**, together recording 1,172 participations during FY 2025–26. Much of this growth was community-led, emerging in response to requests from **participants and patients**. New groups formed around experiences included Adulting-ish, Adult Survivors of Child Sexual Abuse, Depression and Cancer Survivors.



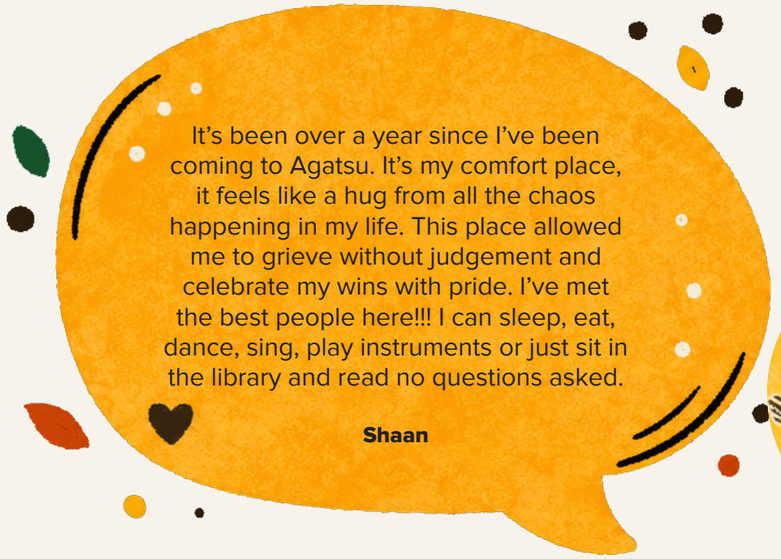
Around year two, we decided to start formally collecting testimonials. See what words, experiences and feelings showed up most. We wanted to create a safe space where people could start acknowledging and investing in their mental health at their own pace. We wanted to spread helpful information, provide accessible therapy... But was that what the participants got from us?

While we got reviews and feedback for all of the above, there was one sentiment that kept appearing again and again in almost every testimonial to the point where I actually said out loud, "What about everything else?!"
And that was 'safe space'. Non-judgemental.

The amazement and surprise people felt in finding a space that was safe, a place they could be themselves- where they felt belonging and freedom...It was bittersweet that something so seemingly basic meant so much to people.
A smile, a space, a group of people getting together.
Lesson three... A little can mean a lot.

P.S. If you meet me in the real world, ask me about Collaborative Art!





It's been over a year since I've been coming to Agatsu. It's my comfort place, it feels like a hug from all the chaos happening in my life. This place allowed me to grieve without judgement and celebrate my wins with pride. I've met the best people here!!! I can sleep, eat, dance, sing, play instruments or just sit in the library and read no questions asked.

Shaan





I've been coming to Agatsu Foundation for almost three years now, and somewhere along the way, it quietly became my second home. This space has given me things I didn't even know I was looking for; safety, acceptance, and the freedom to just be myself. No judgment. No pressure. You can show up exactly as you are.
I'll always be deeply grateful for what Agatsu has given me.

Vivek

Testimonial Video



Connected Care,
Through one person's journey

The numbers in this report tell us that people move through the ecosystem. No two people move through Agatsu in the same way. Stories help us understand what those journeys feel like. This participant's experience brings the Connected Care model to life in their own words.

"

For the first time, I found myself in spaces where conversations about mental health, identity, relationships, and healing were not only possible, but encouraged. The LGBTQIA+ peer support group became particularly meaningful. After spending years questioning and understanding my sexuality, being able to speak about it in a room full of people who understood the experience was validating. Having a conversation about being bi in the peer meet made it real. Otherwise, it felt like it was all in my head.

The other peer support groups like Depresssion, Adulting-ish, Adult Survivors of Child Sexual Abuse, offered something similar as well. Listening to other people's stories helped me realise that many of the things that I had believed were unique to me were experiences others understood as well. It gave me clarity.

Alongside the peer support, creative activities became another source of support. I loved drawing as a child. Over time, that habit disappeared beneath expectations, responsibilities, and the work of simply getting through each day.

Through Expressive Arts sessions at Agatsu, I found myself returning to it. Zine Scene quickly became another favourite. It combines my love for literature, politics, and culture. These activities give me the space to express myself without needing to explain everything first.

I think Agatsu has been the safest space I've had in my whole life.

I recently moved out of my parents' home and now live closer to my workplace. While financial security remains a work in progress, I feel better equipped to navigate life than I did a few years ago.

I still struggle with depression on some days. But I have a vocabulary now. I'm able to name what I'm feeling and articulate it better.

What began as a single visit soon became a regular part of my week. Despite travelling from Panvel to Bandra, I kept returning every week—for peer support meetings, creative activities, and eventually HAP.

"

Arjun *(Name Changed on request)*

02

Therapy Clinic

A place to heal





Therapy Clinic

For many people, recognising that they need support is only the beginning. Finding appropriate care can be just as difficult because of cost, stigma, availability, geography and uncertainty about where to start.

The Therapy Clinic provides evidence-based, in-person, affordable care, on **a sliding scale from ₹50 to ₹750 per session,** for people experiencing depression or depressive symptoms. When a person's needs fall outside what Agatsu can safely offer, the Clinic helps them identify and reach more appropriate services.

Growth over three years

Over the past three years, the Clinic has grown steadily, supporting individuals through therapy, listening support, referrals, and connections to the wider Agatsu ecosystem.
As the Clinic has grown, we have continued to strengthen the quality of care through regular clinical supervision, peer review, and ongoing training, ensuring that our services remain ethical, evidence-informed, and responsive to the people we serve.

	2023–24	2024–25	2025–26
Psychologists contributing to clinical care during the reporting period	5	7	9
Patients served	45	235	460
Therapy sessions	179	835	2248

Note: During FY 2025–26, the Clinic's core team consisted of four full-time psychologists and two part-time counsellors. The nine psychologists shown in the table represent everyone who provided clinical care during the reporting period, including clinicians who joined or concluded their work during the year.

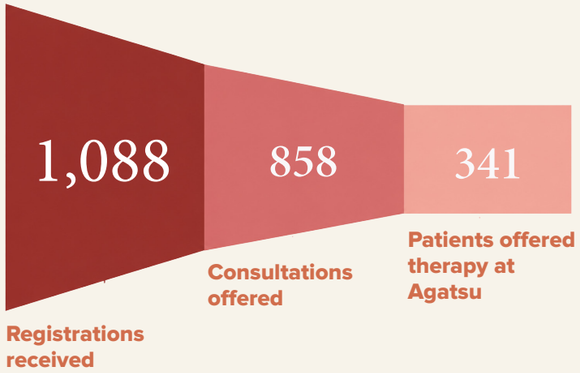
Care matched to need

Some people arrive knowing that they want therapy, while others only know that something is wrong. The Clinic offers multiple pathways of support, helping each person understand their needs and the options available to them.

Consultations

People who know they want therapy at Agatsu begin with a consultation. The consultation helps the Clinic understand their needs, assess whether Agatsu is the right fit and work together with the individual to





325 **Patients referred to external services**

72 **People currently in the waitlist**

350 **People who dropped off from the process at various points**

Regardless of whether they ultimately care at Agatsu, every **registration represents an act of Emotional Hygiene: 1088 people** recognised the need for support and **asking for help.**



Healthy Activity Program (HAP)

The Healthy Activity Program (HAP) is a short-term, evidence-based intervention for depression, developed by Sangath. It was developed in India, specifically for the Indian context. Based on behavioural activation and problem-solving, it is delivered by trained counsellors under supervision.

In December 2025, Agatsu's first in-house HAP instructor completed training, enabling the organisation to train counsellors, provide supervision, and deliver the programme entirely in-house.

What makes HAP distinctive at Agatsu is its integration with the Community Centre. After learning about behavioural activation in a therapy room, individuals can put it into practice in their daily lives, without added cost or commute – whether through a creative activity, a peer space, a movement class, or simply by spending time at the Centre.

> Many patients choose their therapy appointments around the Community Centre activities they want to attend. They tell us how they can benefit from the variety of support Agatsu has to offer."
>
> **— Clinic Manager**

Among 52 patients with both intake and discharge assessments available, average PHQ-9* scores reduced from 12.9 to 6.6.

On average, patients **moved from the Moderate Depression range to the Mild Depression range** following therapy.

> She created a safe space where I felt heard and also made me accountable for my mental well-being through practical exercises and methods. This approach helped me reconnect to myself in a way that was self-led and simple to apply. I remember being very unhappy and confused in the beginning, when I had reached out to Agatsu for help. By the end of it, I could see a huge improvement and the assessment of before and after helped me see that as well. I also appreciated the way she designed the entire plan in collaboration with me and also gave a list of things to do for my well-being at the end of the program. Overall, I find myself very lucky to have had her as my therapist."
>
> **— Patient, identity withheld**

Psychodynamic Psychotherapy

Psychodynamic Psychotherapy is available for individuals who need longer-term therapeutic support. As therapist capacity is limited, these services are prioritised for those who would otherwise be unable to access appropriate long-term therapy due to financial constraints.



*PHQ-9 (Patient Health Questionnaire-9) is a validated nine-item measure of depression severity developed by Kurt Kroenke, Robert L. Spitzer and colleagues. Scores range from 0–27, with established cut-offs indicating minimal (0–4), mild (5–9), moderate (10–14), moderately severe (15–19) and severe (20–27) depression. The **PHQ-9 has been validated across diverse clinical and community settings, including in India.**

Referrals beyond Agatsu

While therapy remains at the heart of our work, our goal extends beyond individual sessions. We aim to help people access the right support, develop practical tools for everyday life, and remain connected to an ecosystem of care. An individual may require psychiatric care, specialised treatment, another modality or a therapist closer to home.



In these situations, the Clinic draws on a carefully curated and regularly vetted resource directory. This process is an intentionally considered effort to connect someone with appropriate and trusted care.
Even when someone does not become an Agatsu patient, helping them find the right support can be a meaningful intervention in itself.

Observations	Finding	Why it matters
Referrals to external providers	325	Demonstrates that helping people access the right care is considered an outcome, even when that care lies beyond Agatsu.
Mental health professionals in the directory	256	Reflects sustained investment in identifying trusted, high-quality providers across disciplines and locations.
Directory views	4,321	Suggests the resource is used beyond individual referrals as a trusted navigation tool.

The directory has grown into more than an internal clinical resource. Mental health professionals in our network and beyond also use it to guide referrals within their own practice, reflecting trust in the care, due diligence and relationships that underpin it. For us, this is another way Connected Care extends beyond the boundaries of Agatsu itself.

Guides

In October 2025, Agatsu piloted the Guides programme for people who were unsure of where to begin. A Guide session is a structured, one-time conversation with a trained individual that combines emotional support, practical guidance, and care navigation.

The purpose is to help someone understand their options and choose. A caregiver, family member or friend could also come in for a guide's session to seek guidance for someone else, understand their concerns or diagnosis better in situations where the patient isn't able to come in.

The Listener Programme

As the Centre grew, participants naturally began sharing deeply personal experiences with staff. It added to our pool of evidence that people felt safe at Agatsu but it also showed the need for dedicated emotional support to participants while still protecting staff from role confusion and burnout.

The Listener Programme arose from that direct need in October 2023.
Listeners are trained, clinically supervised volunteers who provide one-on-one empathetic listening at the Centre. They do not diagnose or provide therapy. Listening is anonymous by design to ensure least friction for the person in need of a space to share. They offer a calm, respectful space in which someone can be heard, as well as navigate our resource directory.

Three themes have consistently emerged in Listener conversations over the years: family relationships, loneliness, and financial or work-related stress. While every conversation is different, these themes offer a glimpse into some of the everyday challenges people bring with them to the Centre.



Listening often provides relief in itself, but it also helps us understand what our community is asking for. These conversations have directly shaped many of our offerings—from peer support spaces and workshops on understanding loneliness to sessions on financial literacy and career development.

The Listener Programme helps the Community Centre grow in response to the needs of the people it serves.

2025–26

23
Listeners Trained

408
Listening sessions

> I was hesitant to go for therapy and talk to a complete stranger but a friend of mine got me connected to Agatsu Foundation. In the very first session the therapist gave me the time and space to be comfortable and speak up. I felt heard and understood and gradually in the following sessions we discussed issues that I was facing. Therapy has helped me face situations and manage my emotions better than where I started. It's a non-judgemental space where I have been myself and spoken my heart out without any fear of being judged. It's been a beautiful journey of healing. The process of facing all the fears, grief, breakups, insecurities etc is tough but therapy has made this journey better and more acceptable. Despite it being a roller coaster ride, life is better and happier with therapy. I feel more energetic and I'm slowly getting back to doing things that I like. I'm happy for taking therapy with Agatsu. Even though the therapy is over, I will continue the activities I've been doing like yoga and meditation.
>
> **— Patient, identity withheld**



03

Learning Studio

A place to learn





One thing that has surprised me over the last five years is how often we already know the answer. We don't know everything—absolutely not. I mean...what seems to be ordinary things.

Researchers have done research on how no one is using their research. Depending on the field, it takes an average of fourteen to seventeen years for research findings to become part of clinical practice. And even then not all of it does.

I kept running into this. I'd think something, or notice a pattern, or build a workshop around an instinct. Then, months or years later, I'd discover that someone, somewhere in the world, had already described it, studied it, and given it a name.

The first few times, it was cool & reassuring. I wasn't imagining things. After that, it became frustrating. Because if the knowledge already existed, why was it so hard to find? More importantly, why was it the people who actually needed it?

The Learning Studio takes what is already known, questions it, contextualises it, strips away the jargon, translates it into Hindi, Marathi and English (and, eventually, nine more Indian languages!), and turns it into something a person can actually use in thr daily life.

We're less interested in whether Agatsu creates new knowledge and much more interested in whether existing knowledge reaches the people whose lives it might change.

Learning Studio

In one sense, the Learning Studio is where Agatsu began. Before it had a formal name, much of Agatsu's work already involved finding useful mental-health knowledge, questioning it, translating it into everyday language and working out how people could use it in their own lives. The formal ecosystem arm was publicly announced in 2025.

In Agatsu's Theory of Change, Knowledge is one of the three conditions that make growth possible. The Learning Studio is primarily responsible for building that condition across the ecosystem.

How knowledge travels

The same idea can reach someone as an hour in a room, a conversation during a commute, a YouTube video, an Instagram post or a one-page resource on a phone. The Studio works across formats deliberately — not to produce more things, but to give knowledge more ways to land.

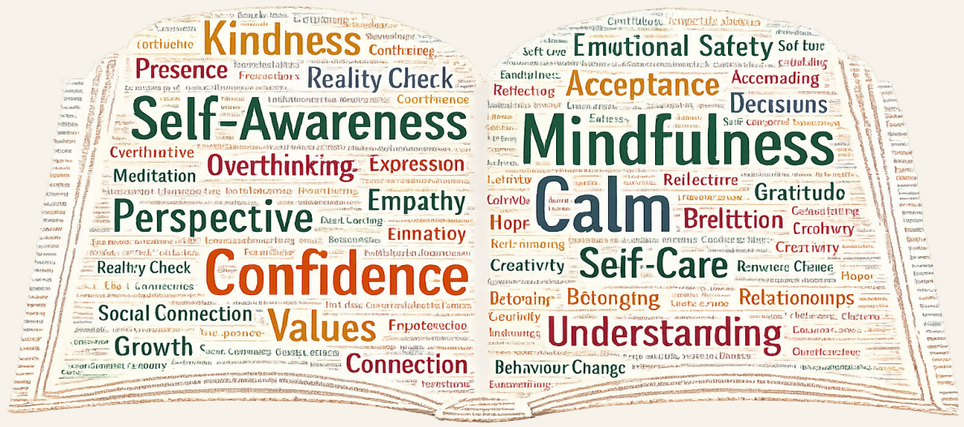
Its work travels through Community Centre sessions, Therapy Clinic resources, workshops, podcasts, written material, social media and the tools people take home.

Mental Wellbeing Hour

Mental Wellbeing Hour is the Learning Studio's flagship offering and one of the clearest expressions of Agatsu's philosophy of Emotional Hygiene. Each session takes an everyday aspect of mental health—such as boundaries, resilience, willpower, starting therapy, loneliness—and translates research into practical knowledge people can recognise, discuss and apply in their own lives.

This year, **24.1%** of participants attended **3 or more** Mental Wellbeing Hours, suggesting that many saw learning about their mental health not as a one-time activity, but as an ongoing practice.
The percentages tell us that people found the sessions useful. Their words tell us what they took away.

For example, when we asked participants this question: "Has the activity helped you learn or try something to take care of your mental health?" some of the responses we received were:



Has the activity helped you learn or try something to take care of your mental health?

> Yes, placing boundaries.

> I am going to start by sleeping on time!

> It didn't as I have done this multiple times before. To be honest, body scan exercises are something that do not work with me, but that doesn't mean I won't try out the next class. As this is a new activity, I would love to explore the future sessions.

For us, this is the work of the Learning Studio: making mental-health knowledge easier to reach, easier to understand and easier to apply. Sometimes that means learning a new skill. Sometimes it means finding the language to describe an experience that once felt confusing or isolating; both are practices of Emotional Hygiene.

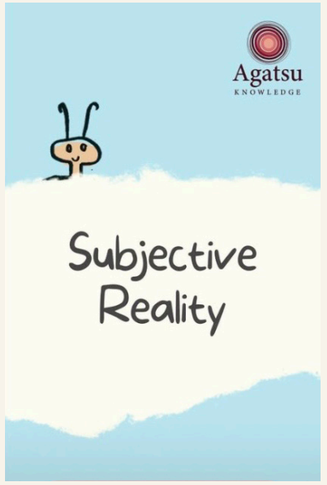
The Curious Case Of ...

Some questions are difficult to ask in a workshop. Others take longer than a social media post can hold. The Curious Case Of... was created to make room for those conversations.
In each episode, Ira hosts the conversation from the listener's perspective, asking the obvious questions, the practical questions and sometimes the uncomfortable ones. Joined by a researcher, clinician or person with lived experience, the conversation invites curiosity.
Rather than necessarily presenting definitive answers, the podcast invites curiosity. Sometimes the answer is clear. Sometimes it is complicated. Sometimes it is simply, "We don't know yet." We believe all three have value.
This year, the podcast published 15 episodes that were viewed nearly **23,800** times. 13 episodes were accompanied by **Indian Sign Language** interpretation and companion resource sheets, ensuring that the knowledge remained accessible long after the conversation ended. The companion resources alone drew 380 visitors who spent anywhere between **1 and 4 minutes on the page** — consistent with more than a passing glance.

> I dedicated my Sunday to this podcast! Thank you to you two! Topics which are often not discussed, parts where it leads to beautiful insights. More of this combination please. :)
> — Podcast Viewers, identity withheld

> The last bit of Emotional Hygiene sums up this authentic and powerful podcast. It's all about having meaningful conversations with children, with people. Because after all what we remember is how we felt, how were we treated, what were the stories and sweet memories.
> — Podcast Viewers, identity withheld

The conversations did not end with the podcast. Key ideas were adapted into shorter videos and Instagram content, allowing knowledge to travel across formats. Alongside the podcast, Agatsu published 60 new YouTube videos during the year. The channel grew from **240 to 1,731 subscribers and recorded 4,041 hours** of watch time. Notably, 78% of views came from people who were not subscribed to the channel, suggesting that the content was reaching well beyond Agatsu's existing audience.
On Instagram, some of the strongest responses came to our content about mental illnesses. **One single post** on Subjective Reality **reached 600,210** accounts and directly brought **5,772 new followers** to Agatsu's Learning page. Posts on OCD and Bipolar Disorder also drew strong responses, with people asking questions, sending direct messages on Instagram and commenting for resources.



What the Learning Studio learned

While we assumed that people might not be ready for explicit or technical mental health content, we learned that there are enough people who want mental-health knowledge that is clear and usable for wellbeing as well as content about illness and treatment. We need to meet people where they are i.e., different people are at different places. People responded to general awareness content but also to content that explained mental illness, diagnosis, symptoms, caregiving and lived experience, in simple language.
Another consequential moment was when participants started asking for notes and asking for homework. And then for their homework to be reviewed. In the next year, the Learning Studio will build from this: more serious mental-health learning content, and in-person masterclasses that help people understand mental illness beyond headlines - and more homework!



Agatsu and the City

Mental-health conversations should not happen only in places built specifically for them. During 2025–26, Agatsu met where people already were—on the radio, at festivals, in colleges, at government conferences, on the streets of Bandra and at the city's largest run.

Bandra Lोकल

June 2025



Agatsu joined a community-led gathering organised by the Blue Ribbon Movement for World Localisation Day, contributing to conversations about neighbourhood belonging and collective care.

BIG FM

Aug 2025

Daily radio segments invited listeners to examine their relationship with themselves. The campaign concluded with an in-person session at the Community Centre.



Tata Mumbai Marathon

Jan 2026



Agatsu participated in Mumbai's largest marathon, in collaboration with Paani Foundation, bringing public awareness to two foundational beliefs of both organisations - power of community and empowerment through knowledge

Listener Programme Nanavati College

Jan 2026



Ten students completed Listener training and went on to volunteer at the Community Centre over the following three months.

Festival-goers encountered the Community Centre, Listening and Agatsu through activities designed for reflection and connection rather than a promotional stall.

STEPS Festival, Bandra

Jan-Feb 2026



Pulse Maharashtra

March 2026



Agatsu partnered with the Government of Maharashtra in contributing to conversations that informed the working draft of the Maharashtra State Mental Health Policy while advocating for accessible, community-based mental healthcare through panel discussions, roundtables, and interactive sessions.

Agatsu closes at 8pm.

This year, on New Year's Eve, we stayed open from 10:30pm to 12:30am.

It was lovely. Started off a little awkward... then it warmed up. A little chaotic, people eating, talking, hanging around.

Three people who came that night were thinking about ending their lives - one of them very actively so.

We are not a crisis service. We say this clearly, everywhere, on purpose.

We are a free community centre. A library. A yoga mat. A place to come after work. A space where you can sit, read, nap, draw, attend Zumba or do nothing.

And yet, lesson four: With the trust we earned and growing footfall, we learned another thing: when people start to trust you, they tell you everything — and things move from a light-hearted Kathak class to someone expressing suicidal ideation in the blink of an eye.

A minor once came to Agatsu after running away from home, very sure they were not going back. Another evening, someone came in for an ordinary activity, began speaking very fast, and collapsed mid-sentence from dehydration and exhaustion - they were having a psychotic episode. They happened to mention the name of their psychiatrist and luckily we recognised the doctor and had their number. That is probably the only reason the situation planned out the way it did.

You cannot plan for these moments. You can only try to be the kind of place that stays regardless. That readiness is mostly invisible. It has no photograph. On good days, nothing happens.

But "nothing happened" is not nothing. It is training, referral pathways, escalation protocols, psychological first-aid, supervision and staff who know what is theirs to hold — and what is not.

But if I put "nothing happened" in this Annual Report, what would you say? We definitely can't put it on a funding report.

Our work can look preventative, promotional, low-intensity — and a lot of the time, it is. But being person-centric, safe and open to all means being ready for emergencies too. Safety is a system we have to build. And that system needs time, money, team capacity all included in our employees' work hours and workload.



The Giving Circle

For its first five years, Agatsu was carried by a single act of belief. One supporter backed the idea at the beginning and gave it the time to grow from a **plan into a place.**

> Ira wanted help for five years. And she said, 'After five years, I want you to step away.' I thought that was a great idea. I also felt that a community center should be supported by the community. The community should make use of it. The community should contribute to it and should own it.
>
> **— Aamir Khan, Anchor Supporter & Advisory Board Member**



In March 2026, as Agatsu completed five years, we launched the Giving Circle to begin that shift—from one person giving to community giving together.
The Giving Circle is individual philanthropy: people choosing to give directly to something they believe should continue. One person helps keep the space open for another.
Giving is unrestricted and its purpose is to provide steady rather than expansive capital. Members support Agatsu as a whole and trust the organisation to direct funds where they are most needed: The invisible, the "nothing happened" keeping therapy affordable, the Community Centre free, and the safeguarding, supervision, training and staffing behind everything reliable.

17
Current Giving Circle members

₹1Cr.
Committed collective giving

Our Members-
Avinash Goyal, Ashmita Ray Sarkar, Aayush Ray Sarkar, Meena Kaushik, Nag Chaitanya, Arvind Rao, Anissa Khanna, Anupama & Vinod Chopra, Zoya Akthar & Reema Kagti, Farhat Datta, Sudhir Agarwal, Gayatri Yadav, Reena Datta and 4 anonymous donors.

For five years, Agatsu was made possible by one supporter who believed in care, community and mental health. The Giving Circle is how that circle of care begins to widen.

Institutional Partners

Community mental health cannot be built through programmes alone. It also requires investment in people, systems and infrastructure.
During the year, Agatsu's work was strengthened by institutions that chose to invest in that vision. Some supported specific programmes, while others trusted us with unrestricted funding that allowed us to respond where the need was greatest.

Aamir Khan Productions Pvt. Ltd.	Institutional support for Agatsu's work.
Dinesh Vyas Trust	Supported The Curious Case Of... podcast, including production and accessibility through Indian Sign Language interpretation.
Blue Star Foundation	Supported Senior Hour programming at the Community Centre, helping expand opportunities for connection and wellbeing among older adults.
Being human	Unrestricted institutional support.
H T Parekh Foundation	Unrestricted institutional support.
laboratoires Griffon pvt. ltd.	Unrestricted CSR grant supporting Agatsu's work.
HTR Innovations	Unrestricted CSR grant supporting Agatsu's work.

We are deeply grateful to every organisation that chose to place its trust in Agatsu, including the ones that chose to support us anonymously over the last year.
Restricted funding allows us to deepen particular programmes. Unrestricted funding allows us to strengthen the organisation itself: investing in people, supervision, training, research, systems and the countless decisions that make high-quality community mental-health care possible.

If this is the kind of work you would like to support, we would be glad to begin a conversation. Email fundraising@agatsufoundation.org

Looking Ahead

There is a particular satisfaction in completing something. It's done. You can move on.

I kept waiting for that feeling at Agatsu.

It never came.

Every programme evolves. Every protocol needs revisiting. Person-centric, contextual, and co-creating with the community means there is no final version. You can always become more accessible. More inclusive. More useful. The moment the people in front of you change, the work has to change too.

That means our team has had to become comfortable with uncertainty. Success isn't always repeating what worked last year. Sometimes it's recognising that what worked last year isn't what people need today. An unsuccessful programme isn't necessarily a failure; its data.

For a long time, I found that exhausting.

Now I see it differently.

We've realised that the opposite of "done" isn't "unfinished."

It's "still listening."

And we hope Agatsu never reaches a point where it stops listening.



What comes next



Go to people, not only wait for them

Most people who found Agatsu this year arrived through a friend, family member or digital feed. Next year, Agatsu intends to build deliberate outreach with communities, groups and places that have not yet walked through its doors.

More of Agatsu in Hindi and Marathi

The aim is not an occasional translation. It is workshops, Mental Wellbeing Hours, written resources and care navigation created and delivered in more languages, starting with Hindi and Marathi.

A second Community Centre and Therapy Clinic

Over the past three years, participation at the Community Centre has more than doubled year on year, making one thing increasingly clear: the demand for Connected Care already exists. Today, 46.7% of participants travel more than 10 kilometres to reach Agatsu—a journey many willingly make, but one that also highlights the **need to bring care closer to more communities.**

Growth has also revealed the limits of our current space. Participants have asked for quieter rooms for sensitive conversations, smaller groups where everyone can participate, and greater separation between simultaneous activities. A second Community Centre and Therapy Clinic would allow us to meet this demand while preserving the quality, safety and accessibility that the model depends on.

Letters from our Board

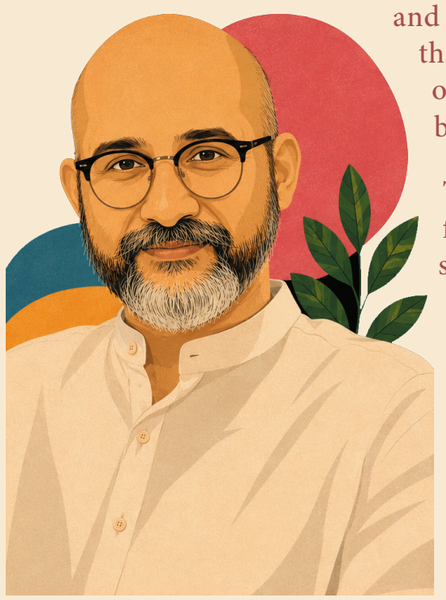
Nothing in these pages happened by itself. It was carried by a team of about twenty, by volunteers who gave their time, by a board that stayed close, by partners who provided resources and by everyone who trusted Agatsu enough to enter.

“Looking back on this past year, I find myself reflecting on how much we’ve grown—not just in what we have done, but in how we think about mental health and the role we can play in shaping it.

At Agatsu Foundation, we have continued to focus on making mental health support more accessible and grounded in everyday realities. This year has been about getting closer to the community, learning from our interactions with community members, and adapting our work so that it actually fits the context we are working in—not the other way around.

What stands out most to me is the people behind the work. Our team has shown immense commitment, often working through uncertainty and constraints, but always with a strong sense of purpose. The trust placed in us by the individuals and communities we engage with is something we do not take lightly. And our partners have been critical in helping us push this work forward.

We are also learning—constantly. About what works, what does not, and where we need to do better. If anything, this year has reinforced the importance of staying honest about our impact and being willing to evolve.



There is still a long way to go. The need for accessible, meaningful mental health support remains immense. But there is also a growing energy in the field, and we are glad to be part of that movement in our own way.

Thank you to everyone who has been part of this journey with us.”

Dr. Abhijit Nadkarni

“I’ve had the privilege of being closely associated with Agatsu Foundation over the years, and of watching its journey unfold from within. What has always stayed with me is the way the organisation has found its shape—not in haste, but through a thoughtful, often challenging process of discovery.

The mental health space can be overwhelming, with layered needs and countless possible directions. Agatsu has not tried to do everything at once. Instead, it has taken the time to sit with that complexity, to make careful choices about where it can be most meaningful, and then to commit to those choices with consistency. That clarity of direction has not come easily—it has been shaped over time, through listening, reflection, and a willingness to learn from both successes and setbacks.

What I have witnessed is a culture of showing up. Even when the work has been demanding, when progress has felt slow, or when the emotional weight of the field has been particularly heavy, the organisation has continued to engage—with sincerity, humility, and persistence. There is a groundedness to the way Agatsu works that resists the pull of quick fixes, choosing instead to build something more enduring.

Out of this has emerged something deeply valuable. Agatsu is creating real pathways of support for people who often fall through the cracks of formal systems. Its work is rooted in lived realities, in community, and in relationships. At the same time, it is quietly building a body of knowledge—an evolving, experiential-learning ‘library’ that offers insight into what community-based mental health care can look like in practice.



For me, Agatsu stands as a living, breathing example of what it means to grow with intention. It is still evolving, still learning—but always anchored in a deep commitment to doing the work with care and meaning.”

Svati Bhatkal

People Who Made This Possible

> “Agatsu has moved from strength to strength in [the last five years]. Ira and her little band of warriors have come a long way. They’ve really won the confidence and trust of the people coming here and helped improve their lives.”
> **— Aamir Khan**



Ashok Shibe
Admin Officer



Smritee Paul
Head of Outreach



Pritam Shikhare
Admin Manager



Aishwarya Menon
Psychologist



Simran Raghani
Psychologist



Siddhi Chavan
Psychologist



Shweta Hingorani
Psychologist

Anjlii Sathe
Community Centre Receptionist



Shachi Nelli
Head of Strategy & Development



Prarthana Lohia
Head of Community Centre



Adwait Tilak
Data & Technology Officer



Ayushi Lilani
Graphic Designer



Arvind Caulagi
Content Manager



Laxmi Honavar
Community Centre Manager & Admin



Anuradha Pandit
COO, Head Finance & Operations

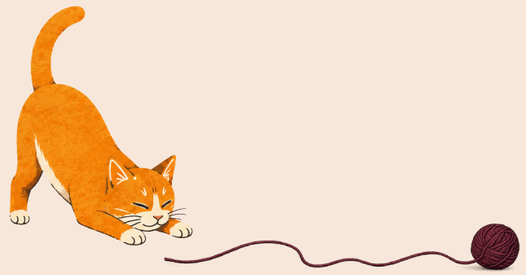


Anahita Bhandari
Head of Therapy Department



Mitali Pawaskar
Clinic Manager





Advisory Board



Aamir Khan



Divyanshu Ganatra



Avinash Goyal



Neeta Borkar



Reena Datta



Rebecca Pereira



Satyajit Bhatkal



Radhika Bapat



Nishad Nevgi



Danielle Pereira

Volunteers

Abhishek Saha
Alvina Shajan
Anissa Khanna
Anjlii Sathe
Ashish Rahinj
Ashok Shibe
Ashutosh Haldankar
Azra Khan
Bakhtavar Dastur
Bharati Kumar
Bhairavi Mehra
Bhumi Mehta
Cresilda Vaz
Danish Husain
Danielle Pereira
Deepika Arya
Disha Rout
Fatemah Vakil
Fatima Bhadelia
Gerick Chang
Gretta D'Souza
Ira Khan
Kirtana Shetty
Kuldeep Poptani
Lavanya Gogia
Laxmi Honavar
Mabiya Chaudhary
Madhvi G
Mansi Gaur
Meeti Salot
Mimansha Dash
Mitali Pawakar
Mysha A K
Namrata Vinod
Neeta Borkar
Nupur Shikhare
Nuzhat Khan
Pritam Shikhare
Prerna Kelkar
Prity Maniar
Rashmi Sundaram
Rashmi Shahbazker
Ridhish Thakor
Ria Bhana
Riya Prasad
Rohini Sen
Rohini Ramnathan
Sanchit Jain
Sameer Shaikh
Samreen Shaikh
Sanjay Bhatt
Saushthavi Goel
Sharvari Prabhu
Shahir Shaikh
Sheetal Jain
Shweta Hingorani
Simran Raghani
Smitha Murthy
Smritee Paul
Snowlika Priydarshi
Sreesha Upadhyaya
Suma Chitti
Tanisha Mahanta
Tanvi Dingankar
Urja Gokani
Verona Fernandes
Vivek Madan
Yesha Shah
Zoya Kazi

Partners and Collaborators

A Closing Note

It feels as though Agatsu and I arrived at our learnings the same way.

By living through them.

There was an idea. Some hope. Some support. And we started. We showed up, again and again. We learned from the people who walked through our doors. We made mistakes, and we made sure to come clean about them.

I don't think those parts can be skipped. We couldn't have thought our way to Agatsu. We had to build it, question it, change it, and build it again.

I suspect the same is true of understanding ourselves. It's not something someone else can hand us. It comes from paying attention, staying curious, changing our minds, and continuing to show up—even when we don't yet have all the answers.

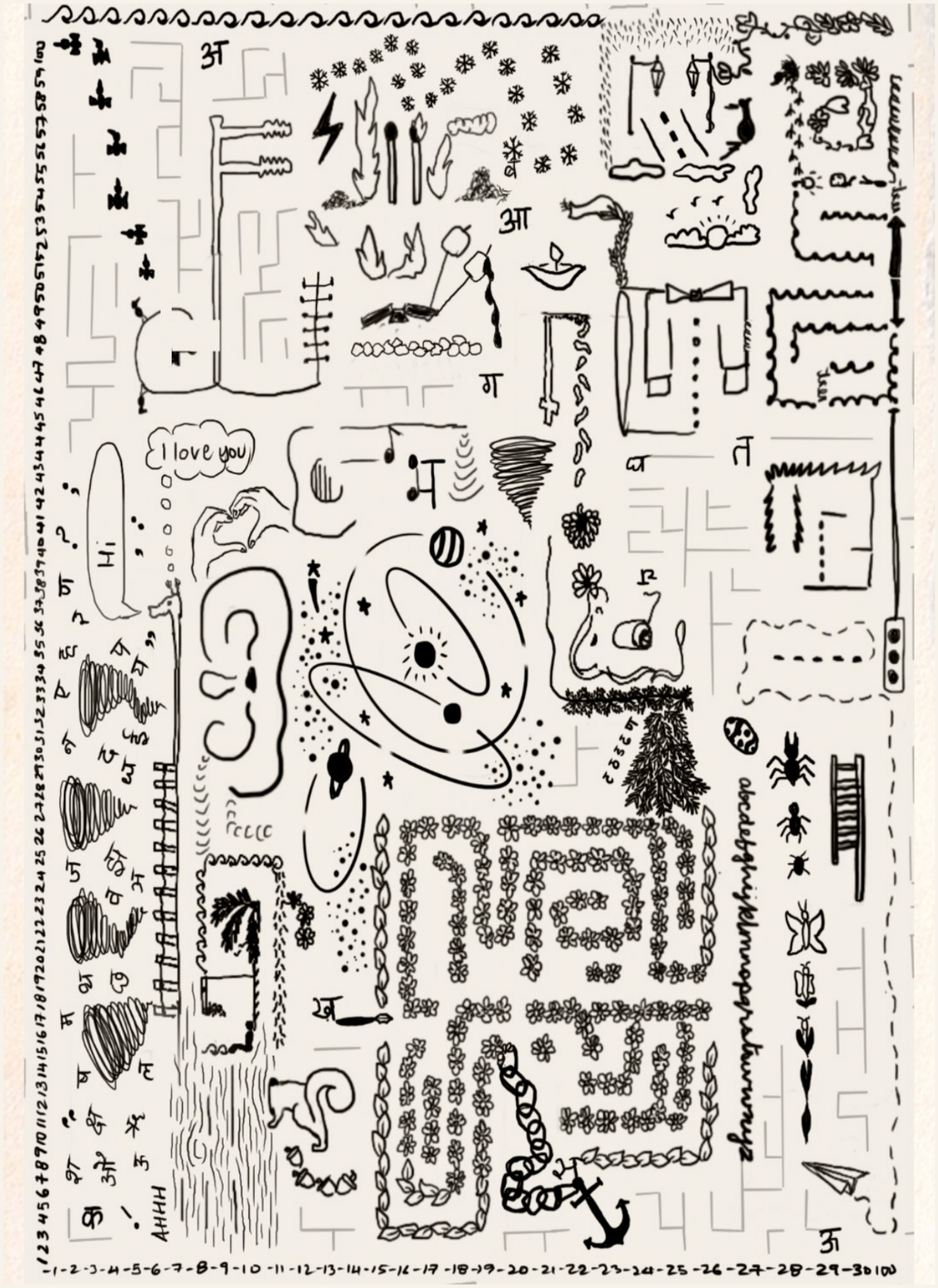
So if you've read this far, you've done the thing this report was really inviting you to do.

You didn't read a summary of Agatsu. You walked through it.

And I hope, somewhere along the way, you found us.



Start here!



Find your way to Agatsu!



Agatsu Foundation

Section 8 not-for-profit company

1 April 2025 to 31 March 2026

www.agatsufoundation.org

contact@agatsufoundation.org