



COMMUNITY MENTAL HEALTH · RESEARCH · REHABILITATION

35 years of healing, research & community.

SAWAB is a community-rooted mental-health movement from Kashmir, founded by Dr. Mushtaq Ahmad Margoob and shaped through decades of care, evidence and collaboration.

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years of sustained work

Bereavement Depression
Programme

Waltengo Nar follow-up

community and trust.



Community mental-health

01 / ORIGINS

WHERE IT BEGAN

Care found its way beyond clinical walls.

SAWAB emerged amid difficult sociopolitical and humanitarian circumstances in Kashmir. Its earliest work met people where formal systems could not: in villages, homes, shelters and community settings.

What began as community-based psychosocial support grew into a wider movement spanning mental healthcare, trauma research, medical



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READ OUR STORY



Care moving through the places people already know and trust.

01 **Homes & care**

02 **Learning spaces**

03 **Community rooms**



SAWAB TODAY

One movement. Five connected domains.

Science in service of people, carried through clinical work, inquiry, education and community partnership.

01



Clinical

Care that reaches beyond formal psychiatric settings.

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02



Research

Knowledge generated through sustained clinical and community engagement.

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03



Community

Mental health woven into homes, schools and places of belonging.

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05



Rehabilitation

Recovery understood as dignity, agency and participation.

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CARE COMPASS

Explore how
one need can
open into

01 Clinical ○

02 Research ○

03 Community ○

05 / 05

Rehabilitation

Through collaboration with Voluntary Medicare Society, mental-health care has been embedded in neurorehabilitation and longer-term recovery.

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Move through the five areas to see how clinical practice, research, learning and community life stay connected.

05 Rehabilitation

Livelihood-linked restoration of confidence

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OUR CONTINUING PURPOSE

“Knowledge built through care.
Care strengthened by
knowledge.”

To advance evidence-based community mental health while restoring dignity, building capacity and supporting emotional resilience across society.



HOW CARE MOVES

Listening becomes knowledge. Knowledge returns as care.

Two connected pathways show how SAWAB holds community experience and scientific inquiry within one living practice.



Listen

Community experience



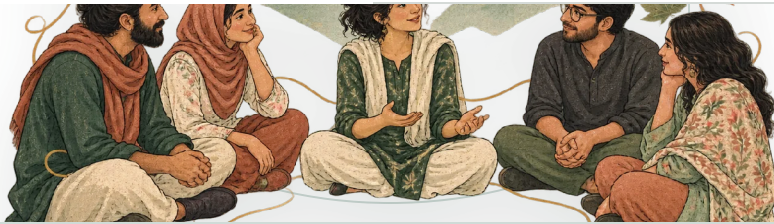
Learn

Evidence and reflection



Return

Knowledge becomes care



01 / COMMUNITY

A circle wide enough to hold many voices.

Support grows through attentive spaces, local relationships and shared responsibility.

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02 / KNOWLEDGE

Evidence with roots in lived experience.

Research, learning and follow-up turn experience into knowledge that can serve communities again.

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THE NEXT CHAPTER

Deepen the evidence. Widen the circle of care.

GENERATE KNOWLEDGE

GROW COMMUNITY CARE

SUSTAIN RECOVERY



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SAWAB's stated direction is to strengthen scientific knowledge generation, advance evidence-based community interventions and foster emotional resilience across all segments of society.



SAWAB

Because healing is not a moment.
It's a mission.



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Supporting Always Wholeheartedly,
All Broken-hearted

INSTITUTION

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