



Dr Nayreen Daruwalla

Director, Prevention of Violence against Women and Children,
Research Partnership and Scaling, SNEHA, Mumbai, India

CONTACT

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EDUCATION

1997 PhD Social Psychology
Central University of Gujarat

1988 MA Clinical Psychology
Central University of Gujarat

1986 BA Psychology,
St Xavier's College, Ahmedabad

MEDIA

[Marital Rape: a conversation
India Refuses to Have](#)

[India's women are suffering
under lockdown](#)

[Reach out to supportive family
to deal with domestic violence,
says Dr Nayreen Daruwalla](#)

[India's lockdown 'places more
women at risk from domestic
violence than ever before'](#)

PROFILE

Nayreen Daruwalla has worked with poor urban communities for the last 25 years to improve mental health and sexual and reproductive health and prevent gender-based violence. Her interdisciplinary background and research have contributed to the discourse in South Asia and more widely. She developed the program on Prevention of Violence against Women and Children at SNEHA (Society for Nutrition, Education and Health Action), a non-profit organization working on public health issues in Mumbai. She serves as a Director for SNEHA, leading the research, partnership and scaling programs on prevention of gender-based violence. With a background in clinical psychology and doctorate in social psychology, her expertise is in conceptualizing model interventions for adaption and replication in low- and middle-income countries. Particular focuses are on mental health and gender-based violence, counselling interventions, community mobilisation, changing the institutional response and integrating gender-based violence with public health interventions. Her research work has included large cluster randomized controlled trials, qualitative studies and large public engagement projects involving art and science, in partnership with University College London, UNICEF and CREA. Her project management experience includes management and capacity building of large teams, preparing budgets and ensuring compliance of organizational systems and policies.

PROFESSIONAL HISTORY

2021-present | Director, Prevention of Violence against Women and Children, Research Partnership and Scaling, SNEHA India

2001-2021 | Program Director, Prevention of Violence against Women and Children, SNEHA India

1999-2000 | Research Officer: Annotated bibliography on studies on HIV/Aids in India, Tata Institute of Social Sciences, Mumbai

1996-1999 | Counsellor for survivors of sexual violence, SWAAGA

1994-1995 | Human Resource Manager, Nigeria Foods Limited

1991-1992 | School Counsellor, Indian Language School, Lagos, Nigeria

CONSULTANCIES

2004-2007 | Counselling Psychologist, Godrej Memorial Hospital, Mumbai

2000-2001 | Counselling Psychologist, Parsee General Hospital, Mumbai

RECENT SCOPE OF WORK

Director, Prevention of Violence against Women and Children, Research, Partnership and Scaling, SNEHA

The role entails leadership in programmatic and administrative domains, strategic guidance and building evidence on aspects of gender-based violence, integration of public health interventions with gender-based violence, empowerment and rights and scaling impact through government and/or partner NGOs. The role includes integration of gender-based violence interventions with public health and institution building of organisations on gender and gender-based violence within and beyond SNEHA.

Highlights

SNEHA lead investigator for a cluster randomised controlled trial of community mobilisation to prevent violence against women and girls, in partnership with University College London. Led all India activities around the development, design, governance and implementation of this ambitious first-in-world trial, based on two decades of program experience (2018-2024).

SNEHA lead investigator for the NIHR Global Health Research Group on a package of care for the mental health of survivors of violence in South Asia. Co-developed the web-based [GARiMA](#) package of care with Indian, regional and international partners on mental health to support survivors of domestic violence and modern slavery (2018-2022).

Designed a field action research project on ensuring children's safety and well-being by building an ecosystem of non-tolerance of violence against children: a socioecological approach with the involvement of children, parents and community members. Developed monitoring and outcome indicators. The intervention is being tested in a before-and-after cohort design, along with qualitative findings (2021-2014).

Organised a symposium in collaboration with the Violence and Mental Health South Asia (VAMHSA) Global Health Research Group on Mental Health and Gender-based Violence Research in South Asia. The symposium focused on research developments in gender-based violence and mental health (2022).

Designed an online course on mental health to support survivors of domestic violence for counsellors and social workers working in the gender-based violence field.

Oversaw the mental health counselling service provision of SNEHA staff and developed a mental health policy for SNEHA.

Director, Prevention of Violence against Women and Children, SNEHA (2001-2020)

The role entailed strategic and operational leadership in programmatic and administrative domains. Specific areas of responsibility included program leadership and development, strategy, implementation, supporting evidence building, financial and administrative oversight, human resource management and capability building of team. The role also included integration of gender-based violence interventions across the continuum of care in maternal and child health programs of SNEHA.

Highlights

Set up eleven crisis intervention and counselling centres across Mumbai, with four crisis centres in outpatient departments of major public hospitals.

Managed collaboration with UNICEF to institutionalise microplanning processes in SNEHA community programs.

Developed a primary prevention model on violence against women and children in informal urban settlements.

Developed an integrated mental health intervention for women and children survivors of violence.

Co-developed Little Sister, an innovative intervention tool that uses GIS technology to record and respond to cases of violence.

Developed curriculum on gender and violence through collaborative research on training the Mumbai Police to enhance their capacity to respond to survivors of violence.

Developed and piloted guidelines with the Mumbai Police to respond to violence against women and children.

Worked with three tertiary hospitals in Mumbai and one hospital in Thane district to initiate counselling services for survivors of violence.

Initiated the One Stop Centre in KEM hospital and represented SNEHA as an implementing agency in collaboration with the Women and Child Welfare Department.

Strategized long-term vision for the program and raised grant funding.

Integrated gender-based violence interventions on maternal and child health in SNEHA Centre, Healthy Cities and EHSAS programs of SNEHA

Director, Adaptation and Replication of model interventions, SNEHA (2012-2017)

The role entailed co-conceptualisation and providing technical guidance to integrate, adapt and replicate components of the gender-based violence program within and beyond SNEHA.

Highlights

Integrated primary and secondary interventions on gender-based violence within SNEHA's cluster-randomised controlled trial of community resource centres to improve the health of women and children in informal settlements in Mumbai.

Collaboration with Ekjut to adapt and initiate the implementation of a model to address and prevent gender-based violence in urban and rural Jharkhand.

Director, Empowerment, Health and Sexuality of Adolescents, SNEHA (2013-2018)

The role entailed management of three project sites across Mumbai, serving over 11,000 adolescents and setting up a program on adolescent sexuality, gender and rights and monitoring and evaluation frameworks.

Highlights

Introduced innovative Information and Communication Technology tools to creatively engage adolescents and deliver program content.

Developed a curriculum on managing sexuality during adolescence in partnership with Ford Foundation.

Integrated mental health interventions in the program.

Developed a participatory model for monitoring and evaluation of the program.

Co-Director, The Dharavi Biennale, SNEHA (2013-2015)

Co-directed a three-year project that blended art and science in a series of participatory workshops and 20 component art initiatives that led to the Alley Galli Biennale in 2015.

Highlights

Organised the festival of art and health that included four galleries and 17 events and was seen by 10,000 people (www.dharavibiennale.com), 2015.

Keynote speech at Culture, Health and Wellbeing International Conference, Bristol, UK, 2021.

RECENT GRANTS

Strengthening community stewardship and management, building sustainability, and deepening interventions on primary and secondary prevention of gender-based violence in urban settlements of Mumbai: communities respond and learn not to tolerate gender-based violence. Azim Premji Foundation, INR 2,32,00,000, 2022-2025.

Ensuring children's safety and well-being by building an ecosystem of non-tolerance to violence against children – a socioecological approach with the involvement of children, parents and community members.' RG Manudhane Foundation for Excellence and ATE Chandra Foundation INR 2,10,00,000, 2020-2024

Prevention of violence against women and children: project Nityam in Wadala and Kurla. Loreal Fund for Women, INR 2,13,00,000, 2022-2023.

One Stop Centre in King Edward Memorial Hospital Mumbai. Department of Women and Child Welfare Department, Maharashtra, INR 24,00,000, every year from 2019-2023

NIHR Global Health Research Group: A package of care for the mental health of survivors of violence in South Asia. UK NIHR, £1,991,234. Co-I. 2018-2022.

Community interventions for primary and secondary prevention of violence against women and girls: a cluster randomized controlled trial in urban India. Wellcome Trust, £2,413,112, 2017-2024.

Gender Matters: intersecting mental health and violence. Azim Premji Philanthropic Initiatives, INR 6,50,00,000, 2018-2021.

Enhancing Police Capacity across Mumbai to respond to cases of gender-based violence. Manan Trust, INR 1,50,00,000, 2017-2020.

Empowering adolescent girls: a community intervention program in informal settlements of Thane City. UNFPA, INR 70,00,000, 2016-2018.

A model of intervention and prevention for recognition of and action on gender-based violence, adaption and replication: a collaboration with Ekjut and Dasra. USAID, INR 60,00,000, 2016-2017.

Defining the scope, content and measures of effect of a complex intervention for primary and secondary prevention of gender-based violence in India. MRC UK, £146,554, 2016-2017.

Community mobilization strategies and mental health interventions for prevention of domestic violence in Mumbai. Azim Premji Philanthropic Initiatives, INR 2,50,00,000, 2015-2017.

The Dharavi Biennale: International Engagement Award. Wellcome Trust, £137,699, 2013-2015.

A model of intervention and prevention for recognition of and action on gender-based violence, UNDP, INR 97,00,000, 2012-2013.

Burns as a result of violence against women: where crime science meets global health. UCL Grand Challenges, £4930, 2012-2013.

Managing sexuality in adolescence: a three-year pilot in urban informal settlements in Mumbai. Ford Foundation, INR 1,03,50,000, 2013-2017.

Enhancing the capacity of the police to respond to cases of violence against women and children. Asia Foundation, INR 50,00,000, 2012-2014.

A city level project to recognize violence against women and children as a serious public concern. Sir Dorabji Tata Trust, INR 1,50,00,000, 2010-2013.

COMPLETED RESEARCH PROJECTS

Developing a Theory of Change for the program on prevention of violence against women and children. A two-year study on determining pathways to understand immediate, intermediate and long-term outcomes of community mobilisation to prevent violence against women and girls.

Adolescents' opinions of rights, friendship and sex, sexual refusal and coercion, communication with parents, and communication within families. A cross-sectional survey with 2000 adolescents whose results were pivotal in planning the program intervention.

Norms that perpetuate violence against women: a qualitative study in Mumbai. To identify social norms, attitudes and beliefs that perpetuate violence against women and girls and locate them in a theoretical framework.

Understanding violence against marginalised women. Collaboration with CREA, in India, Bangladesh and Nepal. The study explored violence in marginalised women on account of their disability, sexual orientation and occupation.

Burns as a result of violence: a problem analysis. Collaboration with UCL Department of Crime Science in Mumbai and Delhi public hospitals. The study examined the background to burns, the burn event itself, care-seeking and the medicolegal procedures from the point of view of both clinicians and law enforcement professionals.

PUBLICATIONS IN LAST FIVE YEARS

'Our courage has grown': a grounded theory study of enablers and barriers to community action to address violence against women in urban India. Gram L, Paradkar S, Osrin D, Daruwalla N, Cislighi B. *BMJ Global Health* 2023;8:e011304. doi:10.1136/bmjgh-2022-011304

Prevalence, pattern, and predictors of formal help-seeking for intimate partner violence against women: findings from India's cross-sectional National Family Health Surveys-3 (2005–2006) and 4 (2015–2016). Kanougiya S, Sivakami M, Daruwalla N, Osrin D. *BMC Public Health*. 2022 Dec 20;22(1):2386. doi: 10.1186/s12889-022-14650-3.

Intimate partner violence against women with disability and associated mental health concerns: a cross-sectional survey in Mumbai, India. Riley A, Daruwalla N, Kanougiya S, Gupta A, Wickenden M, Osrin D. *BMJ Open*. 2022 Apr 27;12(4):e056475. doi: 10.1136/bmjopen-2021-056475.

Economic abuse and its associations with symptoms of common mental disorders among women in a cross-sectional survey in informal settlements in Mumbai, India. Kanougiya S, Daruwalla N,

Gram L, Gupta AD, Sivakami M, Osrin D. BMC Public Health. 2021 May 1;21(1):842. doi: 10.1186/s12889-021-10904-8.

Measuring the psychological drivers of participation in collective action to address violence against women in Mumbai, India. Gram L, Kanougiya S, Daruwalla N, Osrin D. Wellcome Open Res. 2020 Jun 29;5:22. doi: 10.12688/wellcomeopenres.15707.2. eCollection 2020.

Intersectional tension: a qualitative study of the effects of the COVID-19 response on survivors of violence against women in urban India. Huq M, Das T, Devakumar D, Daruwalla N, Osrin D. BMJ Open. 2021 Sep 27;11(9):e050381. doi: 10.1136/bmjopen-2021-050381.

Community interventions to prevent violence against women and girls in informal settlements in Mumbai: the SNEHA-TARA pragmatic cluster randomised controlled trial. Daruwalla N, Machchhar U, Pantvaiddya S, D'Souza V, Gram L, Copas A, Osrin D. Trials. 2019 Dec 17;20(1):743. doi: 10.1186/s13063-019-3817-2.

Promoting women's and children's health through community groups in low-income and middle-income countries: a mixed-methods systematic review of mechanisms, enablers and barriers. Gram L, Fitchett A, Ashraf A, Daruwalla N, Osrin D. BMJ Glob Health. 2019 Dec 5;4(6):e001972. doi: 10.1136/bmjgh-2019-001972. eCollection 2019.

A theory of change for community interventions to prevent domestic violence against women and girls in Mumbai, India. Daruwalla N, Jaswal S, Fernandes P, Pinto P, Hate K, Ambavkar G, Kakad B, Gram L, Osrin D. Wellcome Open Res. 2019 Aug 21;4:54. doi: 10.12688/wellcomeopenres.15128.2. eCollection 2019.

Understanding participation dilemmas in community mobilisation: can collective action theory help? Gram L, Daruwalla N, Osrin D. J Epidemiol Community Health. 2019 Jan;73(1):90-96. doi: 10.1136/jech-2018-211045. Epub 2018 Oct 30.

"We Learn How to Become Good Men": Working with Male Allies to Prevent Violence against Women and Girls in Urban Informal Settlements in Mumbai, India. Men and Masculinities" Chakraborty P, Osrin D, Daruwalla N. Men Masc. 2020 Aug;23(3-4):749-771. doi: 10.1177/1097184X18806544. Epub 2018 Oct 18.

INVITED TALKS

Panellist, Reframe A Pan Asia Summit, Envisioning A World without GBV. Organised by ARROW, Breakthrough, MenEngage Alliance South Asia (MEASA) and Swayam, on Measurement of counselling indicators for survivors of violence against women and girls, 2022

Expert member, Expert Meeting on strengthening violence against women and disability measurement, organised by World Health Organization, Geneva, Switzerland, 2022

Panellist, Promising programs in India - Examples of primary prevention on violence against women, organised by UN Women, 2022

Featured in CNN series on violence against women in the COVID-19 pandemic, 2021.

Panellist, Domestic Violence: Empowerment and Community Intervention: Perspectives from India, Mexico and the United States during this time of COVID, organised by Notre Dame University International, 2020

Panellist, Responsibilities of health care workers to respond to violence against women. Online ICOG Certificate course & Lecture Series on PET – Prevention, Examination and Treatment of Violence against Women. Fogsi- ICOG, 2020

#GenderGaps, Gender-based Violence Interventions: Impact and Way Forward, organised by Impact and Policy Research Institute, India, 2021

Panellist, Assessing progress in interventions addressing Domestic Violence against women, organised by CEHAT and SAHAJ, 2021

Violence against Women, organised by UNDP in association with UN Staff Association of India (UNSAI), 2020

Panellist, What is triggering domestic violence in the lockdown and how do we create a safe space for women? Organised by Times of India Group, 2020

Panellist on the Frontline: India's Community Health Soldiers, organised by India Asia Society, Series III, 2020

Moderator: screening of award-winning short films and discussion to end gender-based violence, US Consulate General, Mumbai and Federation of Indian Chambers of Commerce & Industry Ladies' Organization (FICCI FLO), Mumbai, 2019

Panellist speaker at the panel on 'Social and behavior change – use of communication, incentives, nudges etc. to influence social norms as well as individual behaviors' organised by Bill and Melinda Gates Foundation, New Delhi on 19th September 2018.

Keynote speaker: public engagement through health and art. Culture, Health and Wellbeing International Conference 2017, Bristol, UK from 19th to 21st June, 2017.

Panellist speaker at Astitv: A stakeholders' Initiative Against Trafficking and Violence, a consultation conference on safety of women and children organised by Uttar Pradesh Police and Indian Police Foundation, 9th September, 2017 Lucknow

Panellist speaker at the House of Lords: SNEHA's public engagement project on art and health: "The Dharavi Biennale", 2016 London

PROFESSIONAL ENGAGEMENTS

Senior Research Associate, University College London

Member, Government of Maharashtra Women and Child Welfare Committee for oversight of implementation of the Protection of Women against Domestic Violence Act, 2005

Member, research ethics committee:

PUKAR

Seth GS Medical college and King Edward Memorial Hospital

NIRRH Ethics Committee for Clinical Studies

Member, Doctoral advisory committee, Tata Institute of Social Sciences

Member, Quality Assurance Committee, Tata Institute of Social Sciences

Member, sexual harassment committee:

Lokmanya Tilak Municipal General Hospital

Government of Maharashtra Department of Excise

Government of India Kendriya Vidyalaya

Government of Maharashtra Audit Department

AWARDS

Real Woman of Honour 2010. Pearl Wave award for overcoming challenges in the development field and affecting the lives of women by bringing about change and positivity.

Social Service Award 2011. Ushta te Foundation for contributions in the social field.

Karamveer Puraskar Noble Laureate 2012. ICONGO confederation of international NGOs, for committed work in the field of violence against women and gender justice.

Woman of the Year 2014. Zonta International, Mumbai, for contribution to the field of violence and gender justice.

Woman of Substance. Mancherji Edulji Trust, Mumbai, for contribution to the field of violence and gender justice.

I declare that the contents of the document are true.



Nayreen Daruwalla