

MEDIA RELEASE

Sikh Sangat of North America to support SOCH in Upcoming Television Series

FOR IMMEDIATE RELEASE

December 4, 2017

Sikh Sangat of Canada (SSofC), through its partner organization mysimran.info, has raised enough funds to cover the cost of one full television episode for SOCH Health Promotion Inc., to help further promote conversations surrounding mental health issues amongst South Asians.

“My own clinical nursing practice is driven by taking a holistic lens to mental health recovery, and believe that we need to make more efforts in incorporating spiritual practices in one’s mental health healing,” said Maneet Chahal, co-founder of SOCH and registered nurse. “SOCH is extremely grateful to have mysimran.info sponsor one of our episodes with the Sikh Channel, and spread our message of doing seva for our community’s mental health.”

“The beauty of our journey in starting SOCH has been the incredible community support we have received. We always say that we are a SOCH family because we are all in this together,” said Jasmeet Chagger, co-founder of SOCH and registered nurse. “While on this path we have connected with so many souls who want to help our community by raising mental health awareness. Members of the Sikh Spiritual Centre as well as mysimran.info are part of the community that is helping SOCH rise to meet its mission and vision”, said Jasmeet Chagger.

SOCH is a mental health initiative started by two registered nurses, Jasmeet Chagger & Maneet Chahal. SOCH’s philosophy is to combat the stigma towards mental health by changing the way the community “thinks” about mental health. SOCH has been holding monthly workshops since April 2016 which have focused on providing community education on a variety of mental health topics such as stigma, coping strategies, and community resources.

With a positive response from the community, SOCH will begin a TV series with Sikh Channel, and continue to conduct monthly Gurdwara workshops. For more information visit SOCH’s Facebook Page: @sochmentalhealth or Instagram: @soch_mentalhealth.

SSofC is proud to support SOCH and continues to further relationships with other community organizations, interfaith groups and community impact projects such as Encounter, Sathya Sai International Organization, Toronto Area Interfaith Council, Catholic Pastoral Centre and Kaufman Interfaith Institute.

About Sikh Sangat of Canada

Sikh Sangat of Canada's mission is to disseminate the universal message of Siri Guru Granth Sahib to the whole world and contribute to the spiritual advancement of the humanity. We help individuals, families, and communities to unlock their true potential as we build solid practical foundations through Simran, based on the teachings of Siri Guru Granth Sahib. www.sikhsangatofcanada.com.

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