Heal...Transform...Empower...He al...Transform...Empower...Heal... orm...E **KOLKATA SANVED 2015-16** ANNUAL REPORT 2015-2016 "Empowering Lives Through Dance" wer...Heal...Transform...Empowe al...Transform...Empower...Heal... Transform...Empower...Heal...Tra m...Empower...Heal...Transform...













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Director's note

"The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly."

~Gautama Buddha

Each year is unique in its own way. It comes with its own challenges, struggle, success, achievement, loss, gain, reflection, learning and many more.

For us, this year was a combination of all. During this year, we lost two amazing personality of social development and performing arts who whole-heartedly supported Sanved - IndraniSinha and Mrinalini Sarabhai. We will miss their leadership in the both the sectors. We will follow the philosophy and learning which we received from them.

This year was a transitional phase in the history of the organization as we have just completed a decade and at the same time stepping towards the next phase. We looked back, reflected and planned our next move in the coming years. Together we developed our strategic growth plan for the next five years. We also brought a change in our vision and mission statement. The process of building the growth plan was quite an enriching, knowledge gaining and a learning journey for us.

The milestone reached in the previous year was our capacity to invest on research and documentation. We are able to produce evidence-based research on the impact of Dance Movement Therapy both at the qualitative and quantitative level. A guideline was published which was generated from our 10 years working experience in the field. Again this year, we are able to start our work on our online digital library as well.

I want to thank Kolkata Sanved Board of Directors and the entire team for thinking critically and helping to map the growth strategically. I want to thank all the collaborative partners, programme participants, donors, friends and other well-wishers who are integrating our process and ensuring our reach towards centre of excellence.

We are looking forward to move with all of you to accomplish our dream.

Regards,

Tookin Charmanesty

Sohini Chakraborty Founder Director



Kolkata Sanved's....



Vision

To harness the power of dance & dance movement therapy to heal, empower and transform individuals into active citizens & change-makers

Mission

To build the ecosystem for DMT for Change across Asia and create leaders and change-makers in the field, especially from underprivileged communities

Core Values

- 1. Uses dance and movement therapy to redeem the body
- 2. Believes in passion fulfilled
- 3. A commitment to lifelong learning
- 4. Freedom
- 5. Empowerment



2015 - 2016 at a glance

With the completion of a decade as an organization, the year 2015 – 2016 has been a year of learning and reflection for Kolkata Sanved. Fortified with a five-year business plan and strategic road map, Kolkata Sanved has begun to implement its **'DMT for Change'** model Sampoornata across India and South Asia. The year has been treated by Sanved as a preparatory phase, during which it has built itsbase systems and processes, aiming towards evolving into the Centre for Excellence.

Kolkata Sanved has stepped into its second decade of impact creation during 2015 - 2016 with a focus on consolidating the core and stimulating progress for the field of DMT. Refinement of Sampoornata curriculum as per the need of the specific target population, developing strategic partnerships and management systems and processes, creating a second line of professional and community-based leaders and strengthening the collaboration with Tata Institute of Social Sciences, Mumbai have been on the radar over the past year.

With a commitment to provide quality service, Kolkata Sanved is prepared to refine its programmes, provide existing staff members with more capacity building opportunities, and consolidate its monitoring and evaluation mechanisms. At the advocacy level, plans are being made to assimilate its 'DMT for Change' model as an alternative creative therapy within the realm of government, non-government, academic and corporate sphere.





Milestones



- 1. Kolkata Sanved and Centre for Lifelong Learning, Tata Institute of Social Sciences, Mumbai launched India's first university affiliated Certificate Course in Dance Movement Therapy. Now this course has been upgraded to a Diploma Course in Dance Movement Therapy.
- **2.** Kolkata Sanved's first scientific analysis and quantitative study of its unique programming of the impacts of DMT "Restoring Smiles through Dance".
- **3.** The emergence of Coochbehar DMT unit, run by Training of Trainer (TOT) participants from Coochbehar.
- 4. Developing a road map for implementing programs based on other creative art therapies "The Implementation of Dance Movement Therapy and Other Creative Therapies: Guidelines and Strategies for Working with Government Shelter Homes in India".
- **5.** Kolkata Sanved showcased at the International Dance Movement Therapy Conference at Bangalore organised by CMTAI.
- **6.** Kolkata Sanved launched its on-line digital library in support with V. V. Lead.







Kolkata Sanved Programs in 2015 - 2016

i. Sampoornata Direct Services

To deepen Sampoornata's direct reach and impact across India and South Asia, Kolkata Sanved strategically established new partnerships with organizations like **HELP and Terre des Hommes (TDH) Foundation, Sahay Children International, Aangan Trust, Azad Foundation, and Centre for Advocacy & Research** at the regional and national level. Kolkata Sanved facilitated specially customized DMT sessions for healing and recovery, based on the Sampoornata model, with marginalised populations and survivors of violence, abuse and trafficking.

A different set of workshops were facilitated on experimental basis at government homes with the residents and their care-givers. The purpose of these workshops was to create a common ground for the 2 groups where problems and probable solutions could be discussed and meted out.





The Healing & Recovery programme at a glance during 2015 - 2016

Sl.	Partners	Regular DMT sessions	DMT Workshops	Hours	Individuals reached
1.	Dhrubashram	44		88	40
2.	Sukanya Home	88	1 day @2 hours	180	50
3.	Sahid Bandana SmritiMahila Abash	20		40	70
4.	Shilayan Home	21		42	40
5.	IswarSankalpa	48		96	15
6.	Anjali	52		104	30
7.	Parichiti	22		44	15
8.	All Bengal Women's Union	51		102	35
9.	South Kolkata HamariMuskan	37		74	35
10.	Mukti Foundation	33		66	20
11.	Jeevika Development Society		9 days @3 hours	27	20
12.	Terre des Hommes		15days@8 hours	120	150
13.	Sahay Children International	36		72	90
14.	Azad Foundation	33		66	45
15.	Centre for Advocacy & Research	24		48	15
16.	Boisar Home	48		84	30
	Deonar Home	48		84	10
17.	The Banyan Academy of		5 days @6 hours	30	23
18.	Leadership in Mental Health Usha Martin schools		1 days @2 hayra	12	170
18.			4 days @3 hours	3	45
19.	Aangan Trust Total	605	1 day @3 hours 35 days	1382	948

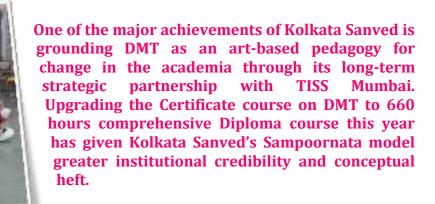


ii. Academy & Incubator

"Becoming a Creative therapeutic practitioner requires learning the art of practice. Kolkata Sanved's DMT certificate course is founded on insights from years of practice. The exercises and movements that enabled a transformative journey for this class have equally touched and helped many before them successfully transition from a life story of powerlessness to finding new ground. And as the students leave to new adventures, their experiences and insights from the past year have now become part of the course's knowledge base. And herein lies the uniqueness and authenticity of this course. It success and outcome is the art of its practice. This day each one here is bearing witness to the early emergence of a field of Creative practitioners in India. On my part, I have been travelling this path for two decades and it has been rather scarcely populated."

~Sonali Ojha, Founder and Director Dream catchers Foundation

One of Sanved's strategic priorities in striving towards being a Centre of Excellence is to create and launch professional DMT-for-Change practitioners drawn from survivor communities as well as other segments. In this endeavour, Kolkata Sanved's Academy program offers training to become a Dance Movement Therapy practitioners in 2 forms – the 2 year Training of Trainer (TOT) programme exclusively for the marginalized population and the Tata Institute of Social Sciences (TISS) Mumbai affiliated 8 months Certificate course on Dance Movement Therapy for the mainstream with 2 reservations for the marginalized population.



Upon completion of the course, the participants are expected to possess a holistic understanding of DMT, and to become DMT practitioners (Therapeutic). To maintain the international standard both the organizations have decided that the certificate course will produce high quality Therapeutic practitioners.

Kolkata Sanved also entered into a partnership with Max Mueller Bhavan, Mumbai. They are our collaborative partner, supporting us to bring in guest faculty members at the international level for Kolkata Sanved Academy program.



The Academy programme at a glance during 2015 - 2016

CDMT (Certificate in Dance Movement Therapy)

This course is designed as a rigorous eight-month (8) program that includes an internship. It is comprised of didactic and experiential classes introducing both the theoretical components and the practical applications of DMT that are appropriate for different populations in various settings. The medium of assessment will either be exams, presentations, group projects, learning journals, classroom participation, attendance, or some combination.

Sl.	Activity	Group	Sessions/weeks	Duration (hours)
	Theory class	Mumbai - 27	26	260
	Internship/ Field practice	Kolkata - 09	06	180
	Supervision		08	60
	Total	36	40	500

The TOT is a critical component for Kolkata Sanved as new DMT practitioners are identified, selected and mentored through this programme. The programme not only ensures the increase in pool of trainers for sustenance, but also aids in changing lives through the healing power of dance and movement. The number of selected trainees undergoing the TOT are 27 of whom 8 senior members are capable of facilitating DMT sessions independently.



During the year 2015 - 2016, one of the major achievements of this programme has been the creation and functioning of a DMT Coochbehar unit by the participants of TOT programme in Coochbehar. **Undergoing the TOT process** has turned the trainees into confident. skilled respected individuals who have mastered the courage to take forward the DMT process further for their community at Coochbehar.



The TOT programme at a glance during 2015 - 2016

Sl.	Activity	Group	Sessions/days	Duration
1.	Regular TOT sessions	Kolkata	16 sessions	32 hours
		Coochbehar	36 sessions	72 hours
		Murshidabad	16 sessions	32 hours
2.	Residential TOT	Kolkata,		
	Advancelevel DMT training	Coochbehar		
	Basic level workshop on:		5 sessions	35 hours
	Dance			
	Choreography		2 sessions	14 hours
	Understanding Mental		1 sessions	7 hours
	Health		2 sessions	14 hours
	Gender & body		2 sessions	14 hours
3.	Visioning & Strategic	Coochbehar	2 sessions	14 hours
	planning exercise for			
	Coochbehar unit			
4.	Empowerment workshop	Coochbehar	4 sessions	32 hours
	Total	27 participants	86 sessions	266 hours

iii. Capacity Building Training

Capacity building initiatives form an integral part of Kolkata Sanved programmes, especially since the organization is committed to honing the capacity and working skills of its existing human resources through various capacity building opportunities.

Such initiatives included classes on a regular basis on Communicative English and basic working knowledge of computers; group psychotherapeutic sessions; and movement and self-care sessions for personal growth for the team of practitioners throughout the year.

During the past year, major training included 40 hours of advance level DMT training facilitated by Senior DMT Therapist and practitioner, Bonnie Bernstein (USA) in December 2015 for the DMT practitioners; training on traditional dance forms by D. Padmakumar from the Darpana Academy of Arts; training on strategy



planning and visioning exercise and an empowerment workshop. Other training provided as per the necessity of specific groups consisted of basic counselling technique & application of BECOME tool, workshops on developing leadership skills, other creative arts, knowledge of trafficking, Hoola Hoop training for happiness and a well-being and photography workshop.



Apart from the above, exchange and exposure visits by groups from diverse backgrounds helped the Kolkata Sanved team to gain knowledge and understanding of parallel work being done in similar peripheries around the world. Such opportunities were provided during visits by SUAS Educational Development NGO and Bangladesh Deputy Chief from the American Center, that focused on combating trafficking issues. **UshaGanguly, an Indian theatre director-actor and activist, founder of Rangakarmee, best known for her work in Hindi theatre, visited Kolkata Sanved to share her knowledge and experience with our members.**

Kolkata Sanved also invests in maintaining an Audio/Video (AV) Unit which strengthens the documentation process of the organization. It allows scope for referring to the data recorded in audio/video form. The members of this unit are provided with training on another creative means of expression by inculcating photographic, editing and IT skills.

Having numerous offerings for volunteerism, Kolkata Sanved hosted 16 volunteers in different capacities during the period 2015 – 2016. This not only caused the organization's resources to get enriched through their services, but also offered scope for cultural milieu and skill exchange.



iv. Research & Studies

"Restoring Smilesthrough Dance": Research study assessing the impact of dance movement therapy (DMT) on the traumatic symptoms of the survivors of trafficking and sexual violence

The six month study complete with the full range of beginning, mid-line and end-line evaluations, followed a Purposive Sampling method and used a representative sample of survivors of trafficking and violence chosen from two sites. The two sites are the Rescue Foundation home in Boisar, Mumbai and the Sukanya Home in Kolkata. The number of participants in our representative sample was 54.



The present study findings indicated that the intervention of DMT has a major positive impact on the improvement of the six traumatic symptoms (anger, depression, anxiety, post-traumatic stress disorder, dissociation and sexual concern) of the survivors of trafficking/sexual violence. It can also enhance the DMT participants' ability for self-care, for initiating and maintaining social relationships, for communication and understanding and also for working. DMT, as used in this study to reduce traumatic symptoms of the survivors of trafficking/sexual violence, is replicable elsewhere especially in day care centres, psychiatric treatment centres and other such institutional agencies.

This marks the first scientific analysis of Kolkata Sanved's unique programming and one of the first quantitative studies of the impact of DMT in the region. It is not only a milestone for the organization but will further legitimize the use of DMT as a powerful tool within rehabilitation programming.

"The Implementation of Dance Movement Therapy and Other Creative Therapies: Guidelines and Strategies for Working with Government Shelter Homes in India"



An effective Manual was developed by Kolkata Sanved regarding the implementation of programmes based on other creative art therapies. The document can be considered as a road-map which will guide our actions and activities. This guideline can be built upon since we continue to bring transformative programs to the youth residing in government -run shelter homes.

SCRIPTING THEIR LIVES: a case study of Dance Movement Therapy in a Shelter Home for Children in Cooch Behar, West Bengal

This research report is a case study of DMT in Sahid Bandana SmritiMahila Abash(SBSMA). It aims to understand the process by which Kolkata Sanved introduced DMT in a shelter home and the roles played by various stakeholders in making it successful. The study presents the challenges of working in a shelter

home and offers the ways in which Kolkata Sanved managed to overcome them.

DMT has a very strong component of building resiliencethat is extremely relevant in the context of shelter homes. Children living in shelter homes go back to their homes and communities. These are the same homes and communities whose vulnerabilities

and weaknesses placed the children in the shelter home in the first place. Therefore, the strengths they identified within themselves by the time they were ready to leave the shelter home were important. The experience of a change in themselves, the ability to make decisions regarding what they wanted to become, the ability to plan the process that would take them to their goal (a lot of them were financing their education by teaching others) and the skills regarding taking care of themselves were not only 'lessons' they learnt in DMT sessions, but also had the potential of defining their personalities. DMT in shelter homes was akin to 'coming of age' phenomenon, experienced by other children living in empowering and nurturing environments. 'Coming of age' is process by which children become young adults and develop heightened self awareness and develop a feeling of self worth. The transition that occurred and the change that was mapped in their behaviours indicate the empowering impact of Kolkata Sanved's model of DMT.

Therefore, the conclusion that one can draw from this case study of DMT in SBSMA is that of the beneficial impact of dance and movement in the form of therapy. It is important to introduce DMT or similar interventions in other shelter homes. Testing the efficacy of an intervention that is so experiential is a challenge. However, if it is introduced across several shelter homes, a robust qualitative and quantitative analysis comparing the effect of this intervention across contexts can be conducted. One of the most valuable strengths of DMT is that it does no harm. Its worth is in its simplicity and its ability to allow experience to be the teacher. The fact that it can lead to such levels of empowerment due to which participants become trainers is a huge achievement in any context.



v. Networking

One of Kolkata Sanved's new ventures in its effort towards networking is its association with **The RISE Learning Network**. The network seeks to increase knowledge and strengthen practice and policy by developing an open, vibrant, locally accessible, global learning network. This will enable children affected by Child Sexual Exploitation to have the opportunity to benefit from and engage in the improvement of appropriate and individualised services that support successful family and community-based recovery and reintegration.

Communication with the **Kerala State Women's Development Corporation** is in progress, through which the government has expressed its interest to implement the process with adult women learners in selected locations within the state.

Through its partnership with **GKB RX Lens Pvt. Limited**, Kolkata Sanved laid its stepping stone into the corporate world. Mr.Pradip Mukherjee, Head National Quality and JoyeetaGanguly, Manager HR and OD from the company visited Kolkata Sanved and extended their support.

vi. Advocacy Campaign

6th & 7th of February 2106 - DANCE FOR REVOLUTION (DFR) CAMPAIGN



February 2016 saw Kolkata Sanved celebrating its annual Dance for Revolution (DFR) campaign with celebrated activist and artist. Dr.Mallika Sarabhai and Tabla Maestro PanditTanmov Bose creating a global platform to against gender-based violence along with the youth of Kolkata. Our collaborative partners were Swar - the gender cell of St. Xavier's College and School Women's Studies, Jadavpur **University.** Supporters from across the globe shared why

they stand against violence and why they stand with Kolkata Sanved.



Dr. Mallika Sarabhai, dancer, choreographer, publisher, activist, writer, actor and Kolkata Sanved's DFR Ambassador began the campaign by stating:

"I stand against violence because it never solves a problem."

"I stand with Kolkata Sanved because they actively transform lives."

On February 6th, two seminars were held with **Dr. Sarabhai in** collaboration with the School of Women's Studies at Jadavpur University and with SWAR, the gender cell at St. Xavier's College. The beats of Pandit Tanmoy Bose's drumming ensemble brought us to our feet at each seminar as the audience danced to the drums and resolved at create a world free of violence. On February 7th, the renowned dancer, choreographer, publisher, writer and actor Dr. Mallika Sarabhai presented the dance theatre production, 'SVA Kranti: The Revolution Within' on violence against women. This is the call to action: 'move with us against violence and discrimination and dance for revolution!'

vii. Performances

Kolkata Sanved performance team is prepared to advocate social issues through thematic performances. During the year 2015, the team performed on several important occasions. They performed at:

Conference at Jadavpur University Women Studies on Labour Undivided

PHF Seminar on 'Disability and dealing with it: Approaches and Ideas and Community Based Disability Management' at Bhubaneshwar, Orissa

'Global Summit on Mental Health' at Tata Institute of Social Sciences, Mumbai on strength of women

'Experience, Express and Commit' at TIP Conclave, Siliguri on women empowerment



Valuing the Individual

Thank You Party to Joy

A 'Thank You' party was arranged and celebrated with Joy Neogi, the Administrator & Finance person of Kolkata Sanved. His 8 years of journey with Sanved is reflective of his integrity, dedication, commitment and his contribution not only to the organization but also to the social sector. It was an occasion to share memorable moments and reflections with friends and well-wishers. Sanved will never forget Joy's association with it

> and hence it seemed less of a bidding farewell and more of a new beginning: a new path to tread on with Sanved in a different capacity. A wonderful personality, he has been very precious to the

organization. Kolkata Sanved wishes Joy Neogi all the success in his new endeavour.

To share in Joy's words, "....I am mesmerized. It is my great experience to work with Kolkata Sanved since 8 years. Sanved has given me the opportunity to grow up and the opportunity to prove myself in my working sphere and act as a core team members. Though I leave, I will always be available to help Sanved in times of need."

Unlocking Dreams at Darpana Academy of Arts

"I believe so much talent lies where opportunity is absent. With this we wish to welcome people who have suffered and offer them not only careers in the arts but a language to sublimate suffering" ~ Dr. Mallika Sarabhai, dancing maestro

Dr.Mallika Sarabhai has joined hands with Kolkata Sanved to create livelihood opportunities through dance for survivors of violence, abuse and exploitation. One leading Dance Movement Therapy (DMT) practitioner, MehrajKhatoon and one trainee Mukesh Mani have been offered a one-year scholarship along with a two-year employment opportunity by Darpana Academy of Performing Arts, Ahmedabad.

Both graduated from Kolkata Sanved's Training of Trainer programme. Mehraj is determined to run her own DMT unit from Ahmedabad.

This collaboration opens doors for the reintegration of survivors into the mainstream world of performing arts. We congratulate Mehraj and Mukesh and applaud Dr. Sarabhaj for believing in the process of social transformation through dance.





Empowerment Institute Workshop

Miss Namrata Kanuga, Creative Program Manager of Kolkata Sanved, has been nominated for a Scholarship Workshop Training Program with the Empowerment Institute's Imagine Workshop in New York.

"The workshop was insightful and offered many points of reflection. It highlighted the importance of providing empathy and care to oneself first in order to best support others..." ~ Namrata Kanuga

Ashoka Well-being workshop

The Wellbeing initiative is a pilot support program for senior social entrepreneurs to nurture a deeper sense of wellness within themselves in order to be more effective in the world. The Project has been co-created by Ashoka, the Esalen Institute, and the Fetzer Institute.

The project is starting with the community of Ashoka Fellows and is focused on providing support to these leaders in the world of social change. The collective objective of this initiative is to begin to create a new kind of infrastructure for personal support in the world of social change, to establish a research base for the connection between inner work/support and the quality of social change, and to help change the culture of social change.





Events

22nd of April 2015

'Restoring Smiles through Dance' - The participants under the project presented their journey through the year, reflecting on the process of their growth, and celebrated their accomplishments with the presentation of certificates, dance and other creative activities in Mumbai. The 'Restoring Smiles through Dance' module was implemented by Kolkata Sanved in collaboration with Save the Children India, Mumbai and Kamonohashi Project.

25th of April 2015

Mumbai Convocation- Kolkata Sanved and Center for Lifelong Learning, TISS Mumbai announced the commencement of India's first university affiliated certificate course on Dance Movement Therapy on 25th April,2015. Astad Deboo, known for his use of dance within the social sector, presented the certificates to the students. The convocation comprised of a seminar workshop on Dance Movement Therapy for Development and Change at TISS Mumbai.



29th of April 2015

Kolkata Sanved Foundation Day & Grand Re-Union – Kolkata Sanved celebrated its 11th Foundation day with a grand Re-Union. Padmashree Astad Deboo, well known for his use of dance within the social sector, was the guest of honour. Shri Deboo presented a poignant and motivating speech and piece of free movement that was very much inspiring. He also presented certificates to the students of Kolkata Sanved Academy program.



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Since 2004, Kolkata Sanved programs have helped to heal and empower thousands of individuals, while attracting much attention to the need for mental, emotional and physical well-being for survivors of violence and sexual trauma. On its 11th Foundation day in 2015, Kolkata Sanved organized a grand re-union program with these youths who were engaged with our programs over the years, sharing their journey and stories of change.

16th of November 2015

Kolkata Sanved celebrating Children's day — Celebrating 'KalponarJagat' (Fantasy World), Kolkata Sanved's Children's day was celebrated at Children's Little Theatre (CLT), Aban Mahal, Dhakuria. The programme was a grand success, with over 300 children heartily applauding the wonderful performancesfrom six organizations — All Bengal Women's Union (ABWU), Center for Advocacy and Research (CFAR), Mukti Rehabilitation Centre, South Kolkata Hamari Muskan, Sukanya Government Shelter Home and Sahay — The Children International. The whole program was designed, choreographed and implemented by our Dance Movement Therapy practitioners. The young performers were joined by our Chief Guests: Smt. Roshni Sen, Secretary to the Government of West Bengal, Department of Women & Child Development and Social Welfare and Tabla Maestro Pandit Tanmoy Bose, whose interactive performance was loved by all.



5th & 6th of January 2016

The follow-up of 'Embodied Empowerment Conference', which explored the successful use of movement-based interventions and aimed at empowering survivors of trafficking and violence, was held at Warwick in January 2016. A collaborative venture of Jawaharlal Nehru University (JNU-India) and The University of Warwick (UK), this Roundtable Conference, which focused on "Gendered Citizenship: Manifestations and Performance" was attended by Sohini Chakraborty from Sanved.



12th & 13th of February 2016

5th Trafficking In Persons (TIP) Conclave, Siliguri - Shakti Vahini in collaboration with U.S. Consulate General Kolkata hosted the Fifth Annual Trafficking in Persons (TIP) Conclave in Siliguri, West Bengal. Kolkata Sanved was invited to make a presentation on women's empowerment through dance movement and other arts.

Experience, Express and Commit' presented was a collaborative initiative of Kolkata Sanved, Talitha Arts, and Blossomy, along with mural artist Mr. Joel, with the support of the American Center and Shakti Bahini. The evening program consisted of a showcase of Mural, Dance & Movement, Music and Audio-Visuals. This showcase was aimed at engaging the community and raising awareness about trafficking as well as expressing, understanding, and feeling empowerment. The mural painting by Mr. Joel was inspired byone of our DMT practitioners', (Sangeeta's) movement expression on empowerment: a woman is the full circle, within her is the power to create, nurture and transform.

22nd of February 2016

Impact Study Consultation, Mumbai YMCA - Kolkata Sanved in collaboration with Rescue Foundation, with support from Kamonohashi Japan & International Justice Mission Mumbai, organized an "Impact Assessment Consultation Meeting" on 22nd of February at Mumbai. The objective of the Consultation was to provide a platform for sharing the findings of the impact assessment on DMT's intervention with the rehabilitation-related stakeholders in the anti-human trafficking ecosystem: partner organizations, donors, academicians, Government and other key stakeholders. It also focused on the ways to incorporate DMT into institutional care.





Awards & Recognitions

 On the 29th of April, Kolkata Sanved's Founder Director Sohini Chakraborty received the prestigious *True Legends Award* organized by 100 Pipers in association with The Telegraph. The award recognized Sohini's outstanding work with Kolkata Sanved.



- On the 8th of March 2016 International Women's Day, Founder Director of Kolkata Sanved, Ms. Sohini Chakraborty was *felicitated by 'The Department of Women Development and Social Welfare'*, *Government Of West Bengal* at Sisir Mancha for her incredible contribution towards women, society and fighting against the odds.
- **Participation in Global Mental Health Summit** –Kolkata Sanved was invited to participate in the Global Summit on Mental Health held at TISS, Mumbai on 28th November 2015. The Summit organised by TISS Mumbai, The Banyan, Movement for Global Mental Health and Public Health Foundation of India gave Kolkata Sanved a platform to showcase its Sampoornata model. The presentation included process demonstration, sharing change stories along with a performance by the team.
- Kolkata Sanved showcased at the International Dance Movement Therapy Conference On 28th November 2015, Kolkata Sanved got the opportunity to share its model with the global community at the International Dance Movement Therapy Conference, organized by CMTAI, Bangalore. There was a 2 hour process presentation on Sanved's DMT-for-Change model through both oral and experiential means.





- **Seminar on Disability** Paul Hamlyn Foundation organized a seminar at Bhubaneswar, Orissa. The Seminar focused on 'Disability and dealing with it: **Approaches and Ideas and Community Based Disability Management'**. Kolkata Sanved's team participated in the seminar held on 16th February 2016. It also included a process demonstration on DMT and a thematic performance by the team.
- Invitation for a television talk show&panellist— Founder Director of Kolkata Sanved, Sohini Chakraborty and the organization's Consultant Psychotherapist Barnali Ghosh participated in a television talk show titled "Ghare Baire", telecast at Doordarshan Kendra Kolkata. The live talk show focused on 'Dance Movement Therapy and its Impact in Life'.
- Sohini Chakraborty was also invited to be a panellist at *The Embodied Empowerment Panel Event* organized by Free Body Project at the Martha Graham Dance Company studios in New York on Thursday, June 18th 2015. The event brought together activists and artists perpetuating and supporting the use of dance as a global tool for healing, empowerment and social change.





Outreach & Impact

To generate a national and regional demand for DMT-for-Change as a powerful transformative tool, short-term customized workshops were introduced and facilitated. Establishing the fact that DMT can cater to a wide range of issues, these workshops focused on basic concepts of DMT, body flexibility & gender awareness through DMT, stress management through DMT etc. Such workshops were facilitated at The Banyan Academy of Leadership in Mental Health (BALM), Chennai, Jeevika Development Society, Usha Martin group of schools at Patna and so on.



DMT practitioners from Kolkata Sanved were a part of the relief and rehabilitation project titled "Toofan – Cyclone Hudhud – Immediate relief, repair and safety of the Child Care Institutions (CCIs)" in Andhra Pradesh and Telangana State. They facilitated DMT sessions with the affected children of the HUDHUD Cyclone which will work as a complementary element of rehabilitation.

A two-day strategic planning workshop with the Coochbehar unit participants was facilitated in Kolkata. The workshop was of strategic importance as it established the tremendous scope the unit has in replicating the work on DMT and reaching out communities in Coochbehar, where there is an absence of such therapy based alternative initiatives. Through DMT, the young girls have been able to unearth their own tremendous potential and are now preparing to impact lives of others.



Volunteers / Interns:



Kolkata Sanved's volunteer program is one of the many important programs in which it partakes. This is a two-way process. It is somewhat like an exchange program which serves as an opportunity not only for the organization but also for the individual to experience and contributes to the social sector in various forms.

Our volunteer, Miss Sarah Granholm from Sweden,

is a brilliant photographer who discovered her

passion and capacity for integrative mind/body work in Sanved's safe space. She was inspired to advocate for the transformative power of Dance Movement Therapy. After completing her three-month duration of volunteering, she showed great initiative by writing about DMT in international magazine ARGUS. We are thrilled that people working with us are motivated to utilize DMT for social change, advocacy and disseminating knowledge about the power of healthy mind/ body connection.

Quoted below are a few experiences of the volunteers:

"When we got an opportunity for our first internship, it was almost at the tip of our tongue that we all want to go to Kolkata Sanved. And God knows how much hard we tried to get it. When we came to Sanved it was a kind of reaching the desired destination, but as per an old saying, it is never the destination that matters but it is always the journey that remains as a memory in our bosom. Our journey in Sanved was very exciting from the beginning. Not only the excitement of our first internship, but also everything we did from decoration, participation to organizing the Children's Day event, even the field works we attended made us a better human being. We are going back not only with experience and memories but also with a noble realization of humanity."

~Interns from Commits, Bangalore

"I want to thank you for such a fantastic week of work and learning. Thanks for your generosity and for allowing me to be part of Sanved, even if briefly. It has been for me a very intense, inspiring experience..."

~María Alejandra Estrada Fuentes, Volunteer with Kolkata Sanved



The Way Ahead

Presently, as a part of its immediate action plan to deepen its relationship with the Department of Women & Child Development & Social Welfare, Government of West Bengal and forge the Sampoornata model into the State Rehabilitation Policy framework, Sanved is planning to organize a national level summit on Dance Movement Therapy for Change. Through this summit Sanved plans to bring together leaders in the field of DMT and other creative art therapies, to acknowledge, explore and share the immense potential and transformative power of DMT and to celebrate the efforts of those who utilize Dance Movement Therapy and other art therapies as a tool for healing, development and empowerment.

On a special note

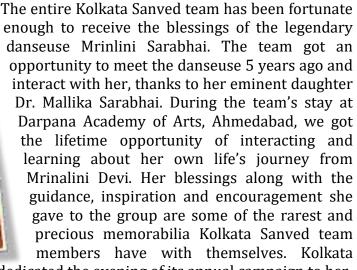
Remembering INDRANI DI

It was under her leadership as the *first President of Kolkata Sanved's Board* that our organization began on its path to growth and blossoming. Her contribution to Kolkata Sanved, and to all of us here, was immense.

We will always be celebrating her life with love, respect and memories of the special moments which we have spent together.

Thank you Indrani di for being our Philosopher, Guide & Friend.

The legend...MRINALINI SARABHAI





Volunteers at Kolkata Sanved 2015 - 2016

- 1. Aritree Mitra 30^{th} May 2015 to 30^{th} June 2015
- 2. Bhavik Shah April 2015 March 2016
- 3. Carla Marina Carreira 27th October 2015 to 6th November 2015
- 4. Carissa Caricato May 2015
- 5. Cassey Mc. Glasson June 2015 to March 2016
- 6. Dona Dey 27th October 2015 to 27th November 2015
- 7. Kajal Singh June 2015 to August 2015
- Mainao Basumatary 23rd November
 2015 to 24th December 2015
- 9. Maria Alejandra Estrada Fuentes June 2015
- 10. Nikkon Balial June 2016 March 2016
- 11. Pramit Narayan Biswa 2nd February 2016 to 24th February 2016
- 12. Prerna Singh 23rd November 2015 to 24th December 2015
- 13. Priyal Saraf 23rd November 2015 to 24th December 2015
- 14. Rashmila Das 21st December 2015 to 8th January 2016
- 15. Rima Tandon 27th October 2015 to 27th November 2015
- 16. Romill Sheth 2nd February 2016 to 24th February 2016
- 17. Shraman Sinha Ray 27th October 2015 to 27th November 2015
- 18. Sneha Sarkar 21st December 2015 to 8th January 2016
- 19. Srijita Bose 21st December 2015 to 8th January 2016
- 20. Sydney Skov June 2015 to March 2016
- 21. Vanshika Sureka 2nd February 2016 to 24th February 2016
- 22. Verity Danbold June 2015 to March 2016





Donors

- 1. COMO Foundation, Japan
- 2. GKB RX Lens Pvt. Ltd.
- 3. Global Fund for Children
- 4. Holder Family Foundation Fund
- 5. Kamonohashi Project, Japan
- 6. Max Mueller Bhavan, Mumbai
- 7. Paul Hamlyn Foundation, U.K.
- 8. Target Charity, U.K.
- 9. Vital Voices



Governing Body of Kolkata Sanved

- 1. **President** BhaswatiGhosh
- 2. Founder and Secretary Sohini Chakraborty
- 3. *Treasurer* Anuradha Mukherjee
- 4. *Executive Member* Ananya Chatterjee Chakraborty
- 5. **Executive Member** Dr. Urmimala Sarkar
- 6. *Executive Member* Sreeja Debnath
- 7. **Executive Member** Sohini Bhattacharya

Team Members (full-time)

- 1. Anwari Begum
- 2. Bithika Roy
- 3. Dipali Das
- 4. Durga Madhar
- 5. Jharna Naskar
- 6. Jhulan Mondal
- 7. Jhuma Das
- 8. Joy Neogi (till June 2015)
- 9. Moumita Bhattacharya (joined in July 2015)
- 10. Maumita Chatterjee

San eD

KOLKATA SANVED | ANNUAL REPORT 2015-16

- 11. Namrata Kanuga
- 12. Putul Khatoon
- 13. Rangana Sengupta
- 14. Sabita Debnath
- 15. Samita Bhattacharya
- 16. Sangita Naskar
- 17. Sucharita Mondal
- 18. Swapan Sarder
- 19. Tilottama Choudhury

Team Members (part-time)

- 1. Basundhara Ganguli
- 2. Chumki Dey Sarkar
- 3. Madhusudan Basu
- 4. Mahek Khatoon
- 5. Mehraj Khatoon
- 6. Renelle Andrea Sneleksz
- 7. Sampa Roy
- 8. Srilekha Sisodia

Partners – National & International

- 1. All Bengal Women's Union
- 2. American Center Kolkata
- 3. American Dance Therapy Association
- 4. Anjali
- 5. Azad Foundation
- 6. Berhampore Mental Hospital
- 7. Blossomy, U.S.A.
- 8. Centre For Advocacy & Research (CFAR)
- 9. Centre for Lifelong Learning, TISS Mumbai
- 10. Child In Need Institute (CINI)
- 11. Commits Institute of Journalism & Mass Communication, Bangalore
- 12. Creative Movement Therapy Association of India (CMTAI), Bangalore
- 13. Darpana Academy of Performing Arts, Ahmedabad





KOLKATA SANVED | ANNUAL REPORT 2015-16

- 14. HELP, Andhra Pradesh
- 15. Institute Psychological and Educational Research (IPER)
- 16. International Justice Mission, Mumbai
- 17. Iswar Sankalpa
- 18. Jadavpur University Department of Women Studies
- 19. Jawaharlal Nehru University, Delhi
- 20. Jeevika Development Society
- 21. Khula Aasman, Mumbai
- 22. Lumbini Park Mental Hospital
- 23. Max Mueller Bhavan, Mumbai
- 24. Mukti Rehabilitation Centre
- 25. Parichiti
- 26. Prajaak Development Society
- 27. Rescue Foundation, Mumbai
- 28. Sahay Children International
- 29. Sitai High School, Coochbehar
- 30. Sitalkuchi High School, Coochbehar
- 31. South Kolkata Hamari Muskaan
- 32. Swayam
- 33. Tata Institute of Social Sciences (TISS), Mumbai
- 34. Terre des Hommes (TDH)
- 35. Usha Martin Group of Schools
- 36. Warwick University, U.K.

Government

Department of Women & Child Development and Social Welfare, Government of West Bengal

- 1. Dhrubashram
- 2. Sahid Bandana Smriti Mahila Abash, Coochbehar
- 3. Shilayan After Care Home for Girls, Murshidabad
- 4. Sukanya Home

Department of Women & Child Development, Government of Maharashtra

1. Deonar Home, Mumbai



Resource Persons / Consultants

- 1. Barnali Ghosh Psychotherapist
- 2. Bonnie Bernstein Professor & Dance Movement Therapist
- 3. Brooke Shaden Photographer
- 4. Dr. Arna Seal Social Development Consultant
- 5. Dr. Chandrani Dasgupta Researcher
- 6. Dr. Mallikarjun Angadi Library & information Management Expert
- 7. D. Padmakumar Dancer
- 8. Dr. Upali Dasgupta Researcher
- 9. Mathew Bade Choreographer
- 10. Paramita Chaudhuri Social Development Consultant
- 11. Pramada Menon Gender Expert
- 12. Shuktara Lal Drama Therapist
- 13. Shwetank Mishra Social Development Consultant
- 14. Somali Mukherjee Singer
- 15. Suparna Rudra Psychotherapist

Individual Supporters

- 1. Amrapali Maitra
- 2. Amy D. Parrish
- 3. Ashley Dutta
- 4. Ashley Fragnoli
- 5. Booke Shaden
- 6. Carrissa Caricato
- 7. C Davis
- 8. Chris Lua
- 9. Dr. Priyodarshi Majumder
- 10. Dr. Samrat Sengupta
- 11. Jacob Berman
- 12. James K.Wong
- 13. Jeronimo
- 14. Julie F Holder
- 15. Laura Price
- 16. Mickey and Casey
- 17. Natasha Davis







KOLKATA SANVED | ANNUAL REPORT 2015-16

- 18. Rose Long
- 19. Ruth Dillan
- 20. Sahar Romani
- 21. Sandip Kantha Mukherjee
- 22. Sarah Granhom
- 23. Sarah Simons and made by survivors
- 24. Sharon Terry
- 25. Somali Mukherjee
- 26. SreyashiDey
- 27. StefenLadang
- 28. SumedhaChakraborty





Finance & Audit Report - Year ended 31st. March, 2016



Gautam Basu M.Com., F.C.A.

Mabile : 9903336720 E-mail : gtmbasu@gmail.com 0-B, Sevak Basdyn Street Kokara - 700029

AUDITORS REPORT

We report that we have examined the Balance Sheet of KOLKATA SANVED, Registered office, at 100/76. Jacobs Road, Bangabeti Park, Dussibium, Kolkata-700074, and City & Correspondence Office P-27, Gariabat Road South; Dhakaris, Kolkata-700-031. as at Blat. March, 2016 and the Income & Expenditure Account and the Receipts & Payments Account for the year ended as an that date, all amound hereto. These financial statements are the expensionity of the management of the Society. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our such in accordance with the auditing shandards generally accepted in India. Those standards require that we plan and perform the audit to obtain reasonable assuments about whether the financial statements are free of material misstatement. An audit includes examining on a test basis, evidence supporting the amounts and disclosure in the financial statements. An audit also reclude assuring the accounting principles used and significant estimates made by management, as well as evaluating the everall financial statement presentation. We believe that our midit provides a reasonable basis for our opinion.

In our opinion, proper books of account have been kept by the Society so far as appears from our enumeration of those books. The Balance Sheet, the Income & Expenditure Assumet and the Receipts & Payments Assuunt dealt with by this report are in agreement with the Books of Account.

We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purpose of suchs.

in our opinion and to the lasst of our information and explanations given to us, the said accounts give a true and fetr view:

 in the case of the Balance Sheet of the state of affairs of the show earned Institution as at 31st. Narch, 2016; and

 in the case of the Income & Expenditure Account, of the excess of Income over Expenditure for the year unded as on that date.

GAUTAM BASU & CO.

Chartered Accountains
FIRM RICE/FRATION No. 313010E

(GAUTAM BASU) Proprietor

Membership No. 050924

Dated: 28 th July, 2015.



GALITANIBASI WICE. Chartered Accountant

KOLKATA SANVED

Regd. Off.: 100/76, JEHSORE ROAD, BHAGABATI PARK, DUMDUM, KOLKATA 700074 Chy & Compspondence Off.: F-27, Conishut Road South, Dhakaria, Kolkara, 700 021

BALANCE SHEET AS AT 31st MARCH, 2016

FIXED ASSETS

LIABILITIES

Amount (Sa.) ASSETS

Amount (Rs.)

501,322-19.

General Fund Balance as per last Account.

1423899.78

(As per Annesure - A)

6048205.00

Add: Excess of Income over Expenditure

934718.67 - 5343218.65 Investments

As per last Asseunt Add: Addition during the year Add : Accrued Interest during the year

um (70322-00 6521327100

Capital Cont

to pur last Account. 5723149.00 Addition Addition

572314930 CURRENT ASSETS 0.00

78826.00

Current Liabilities

Count Received in Advance Audit Fees

Advance Against Office Rent (Dhakuria) 2221083.00 17250.00

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\$30,480,005

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As Per Our Report Annexed for GAUTAM BASU & CO.

Chartered Accountants

Pirm begistration No. 3030100

Dated 28 th July, 2016.

(GAUTAM BASU)

Penprinter Mainbership No.: 050921

Kolkata Sanved

Lin Chellmakerit

Rollenta Baccont

Rollinta Sanved

Treasurer.

6-B, Sevak Baidya Street: Ground floor, Kolkata - 700 029, 雪 9903336720



GAUTAM BASU & CO. Chartered Accountant

KOLKATA SANVED

Regd. Off.: 100/76, JESSORE ROAD, BHAGABATI PARK, DUMDUM, KOLKATA-700 074

City & Correspondence Off, : P-27, Gariahat Road South, Dhakuria, Kolkata : 700 031

Annexure - A

SCHEDULE OF FIXED ASSETS AS ON 31.03.2016.

PARTICULARS	W.D.V. as on 01.04,2815	Addition during the year with in \$0.09,2015	Addition during the year after 30.09,2015	TOTAL	Rate of Dept.	Depreciate in during the year	W.D.V. as on. 31.03.2016
Furniture & Fixture	72254.12	9812.75	0.00	F2056.87	10.00	8207.00	73659,67
Office Equipment	82725.03	26200.00	0.00	108925.03	15.00	16339.00	92585.03
Computer	251002.10	0.00	108300.00	359302.10	60.00	183091.00	176211.10
Bed & Brddings	3420.90	0.00	0.00	3420.90	10.00	342.00	3078.90
Eltensils	1615.50	0.00	0.00	1615.50	10.00	162.00	1459,50
Refrigerator	6590.05	0.00	0.00	6590.05	15.00	989.00	5601.05
Motor Vehicle	574748.75	0.00	0.00	574748.75	15.00	86212.00	488536.75
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6-B, Savak Baidya Street; Ground Floor, Kolkata - 700 029, 營 9903338723



GAUTAM BASILA CO.

KOLKATA SANVUO

Regel, OS.: 100/78. BESONE ROAD, THAGASIATI FARK, DUMOOM, KOLKATA 2006/4 Day & Communication Com.: 1547, Ganulat Read South, Makana, Solitan. 2018.

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STATEMENT OF GRANT ACCOUNT FOR THE YEAR PAUL DISLOSSING

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Treasurer

E-B, Sovak Baloya Street; Ground Floor Kolketa - 700 029, 🕾 9903336720 -



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GAUTAY BATU A: CO. Chazerol Acquiction KOLKATA SANVER Regel Off (100/76, PERCORP BOAD, BHAGABATI PAZK, DUMDUM, KOLKATA-700 074 City & Correspondence Off. F 27. Carlohat Road South, Disaboria, Kalkata : 700 001 RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED SIX MARCH, 2016. Amount Per ! Account(Rail PAYMENTS SECRIPTA 73 (20V-DJF) 227747362-45 . Wd 1075 1004.00 Annual Day Celebroson Expenses 17160.00 Audit Fees Back Charges 9/80,00 Car First & maloomates 13251,00 Steamen's Courges Engenies for DMT 245,000 750e380 Paling Pero. 325.00 3387.26 107683.80 Loss on Foreign Exchange Wedgal Destroyed Sapenses #22500 1252500 Montantip Free-Maintion Charges 34396-00 Diffee Experies Printing Report & Manuscrause 570.00 \$50(2.00 300.00 Subscription. Traines Supend & consequence .725,00 Travelling & Consequence 122/19/00 Workshop & Septimar 151841.00 14481275 163362000 Punit Ameia Panera - Al Admino: Ar Programme 2500000 Security Deposit.

Advance for Rent Boxuety Deposit - of level. 279719000 That A. P. Can. Liability for Expension 2007/23 Shadon, Hand (P.S) Click in Breat LOCAL 4230.25 Indian Dana (A/e Re. 6/8/60/e06) 1042/04/50 4F47099.53 Indian Bank (A)o No. 779068951] 6621527.00 Pleast Townships Inflan Tunk (Aye Nova Bod Worl) 265016.55 2061900.10 22298365.46 22/18/36/200 As Per Our Record Accessed for GRUTAM BASIC & CO. Churwnol Accounterto By Regional KY (2000) 12 m (GAUTAM BASU) Properties Macdonley-Na : CSPOI Dated, 28 in July 2016. Rolksta Sanved Kolkata Sanved Kolkats Sanved Treatment. Chaticalierty 8-B. Sowak Baidya Street; Ground Floor, Molkata - 700 029, 世 3903336720





