




‘Dance can
give the
trauma-affected
confidence?
I don’t believe it!’



Empowering Lives through Dance

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C O N T E N T S

01 Introduction

10 Stories of change

12 Director's Overview

13 Glimpses of the year 2017-18

14 Kolkata Sanved programmes (2017-18):

- Sampoornata Direct Outreach
- Governmental collaborations
- Kolkata Sanved Academy
- Research and Publications
- Capacity-building programmes
- Sustainability and Resource Mobilisation
- Admin and Finance

30 Governing body members

32 Team members

35 External guest faculty for Diploma Academy and Leadership Academy

36 Volunteers and Interns

38 Resource persons/Consultants

40 Donors

42 Partners

44 Individual supporters

Dance.
More than an art form.
A weapon instead.

Dance is an universal language.
And just as words are therapy, so is dance.
Especially in professional hands.
An art form that can heal, grow and enrich.





Dance liberates.

These are the two decisive words that have helped hundreds of young women graduate from the trauma of sexual violence and trafficking and return to a lives of meaning. *"I had become silent and started harming myself. DMT taught me not to fear. DMT liberated and made me live again!"*



5

things you need to know about Kolkata Sanved

01

Kolkata Sanved is a pioneer in the field of dance movement therapy (DMT) used effectively in trauma healing and empowerment. The NGO has pioneered the use of DMT for social development.

02

Kolkata Sanved's initial focus was in leveraging DMT to rehabilitate survivors of gender-based violence. In fourteen years since, its work within the ambit of the child protection system has extended to at-risk adolescent children and youth across all genders.

03

Kolkata Sanved has extended DMT to enable beneficiaries recover from trauma and graduate towards holistic self-development and enhanced the quality of life. Its works is marked by strong gender equality. The result: encourage beneficiaries to exercise agency over their bodies and emotions, voice their opinions and access rights deprived of.

04

Kolkata Sanved offers a life-cycle engagement: it trains participants to become full-fledged DMT practitioners and change-makers in their own right.

05

Kolkata Sanved works through a wide network of partners in India and across South Asia. Sampoorната (fulfillment) - DMT for Change is Kolkata Sanved's innovative contribution to the cast field of mental health, gender equality and livelihood development.



Values represent the foundation of Kolkata Sanved

Vision

Our vision is to form a healthy violence free gender equal creative society where individuals will be empowered in terms of their rights, financial independence and self-identity.

Mission

Our mission is to build the ecosystem for DMT for change across Asia, and create leaders and change-makers in the field, especially from underprivileged communities. In an effort to achieve this, we are aiming to set up a Centre of Excellence on Dance Movement Therapy in India and South Asia.

Core values

We believe in the profound transformative power of movement that is not choreographed or staged for the sake of others.

We leverage the power of dance for the purpose of freedom and self-expression

We leverage dance as a significant force for resilience and resistance.

We commit to lifelong learning.



My DMT story...

Reena was sexually abused by her uncle. She was provided shelter. Finding herself friendless, she wept or engaged in quarrels.

Except for Kolkata Sanved's DMT class. Where she savoured the warmth of her peers and DMT facilitators.

No abuse. No judgment. No stigma.

Gradually, Reena regained her spontaneity. Even better, she made friends. She stopped feeling alone. She overcame her negativity. And best of all, she developed empathy.

Reena now dreams of a future for herself. Her goal: To become an IPS officer!

DMT made the difference.

Reena Chakraborty

My DMT story...

Soma was unable to apply learnings from the government-run CCI in Cooch Behar.

She lacked confidence and self-esteem.

And then DMT entered her life.

She discovered a renewed interest. She became more creative in her movements. She began to encourage other children in the CCI to attend DMT sessions. She assumed bigger responsibilities. She began to study better.

And then, something even more dramatic transpired: she decided to appear for the entrance examination for nursing training.

The news is that she has cleared the entrance examination and is undergoing training in Cooch Behar.

Her take is that one thing lifted her out of the whirlpool.

DMT made the difference.

Soma Chowdhury





My DMT story...

Rani wanted to join the DMT session provided by Kolkata Sanved.

For more than just dance.

Kolkata Sanved enhanced her awareness on sexual and reproductive health and rights as well. This was sex education with a fresh perspective - menstruation, HIV, women's rights and situations management.

What put her at ease was the safety of the space: she could discuss assumptions, beliefs and knowledge without fear of reproach.

Emboldened by DMT, she began to play football, a permission she had been denied by the family.

A 'reborn' Rani now aims to become financially independent.

She encapsulates: "Through DMT I understood that once a person is born, society divides us into different boxes - one box for a girl, one box for a boy. We can choose to break out of these boxes or make more space within the box".

DMT made the difference.

Rani Khatoon

My DMT story...

Aatima (18) was subjected to abuse (sexual, physical and emotional) by family members since 6.

She was soon abandoned in Dharavi (Mumbai). On puberty, she was forced into prostitution. And thereafter reached a brothel in Uttar Pradesh.

Following her escape, she was diagnosed with anxiety, depression, post-traumatic stress, dissociation and sexual concerns.

That's when she encountered DMT.

Gradually, she experienced a positive change. Her anxiety, depression and anger declined.

The Aatima of today is looking towards tomorrow.

Wants to pursue education and employment. Is able to communicate feelings, thoughts and needs.

She believes one development enhanced her self-identity and esteem.

DMT made the difference.

Name to come



Director's overview

Kolkata Sanved has been a journey of passion, dedication, and perseverance. We have been fortunate to help many, but there are still so many more with whom we want to share the power of dance movement therapy, so many more that we want to heal, empower and uplift.



2017 was a year of celebration, reflection, gratitude and foundation building – how far have we come, where do we want to go, and how are we going to get there.

We embarked on our journey to transform society through dance and DMT. We now see that the birth of an idea has transformed into a consuming passion and conviction into collective power.

Sanved's journey in 2017-18 was deliberately slow and meditative; we cherished silence and reflection; we prioritised calm over haste.

We embraced our challenges as a team, making it possible for us to learn and grow together. We drew insights of learning and reflection, helping us to move towards excellence—it helps to build perspective, knowledge and give clarity and purpose to our individual and collective lives.

With this as our purpose in 2017, we took a pause, a few deep breaths, and looked back upon our last decade in order to prepare ourselves through learning and reflection to grow in the next decade ahead of us.

Looking forward

We prepared ourselves with thirteen years learning and visioning and dreaming to move ahead in next decade to become a centre of excellence on DMT for change. We have been dreaming of and speaking of our intention to build a centre of excellence for a number of years, and as we look ahead, we are ready to fly with that dream.

Even though we were in a pause, the year was quite overwhelming for us. We created an eight-member senior leadership team. We were able to complete an institutional impact evaluation which gave us a

direction where to go. It was a very deep process for the organisation. We were also able to complete our first evidence based research with Randomised Control Trial (RCT) method. As per our knowledge, this is the first RCT done in institutional set-up. The research study has been selected for publishing in an international journal. We are able to collaborate with the Department of Women and Child Development, Maharashtra to start our programme in five of their child care institutions. Kolkata Sanved work also got featured in the documentary film Little Stones, which completed its 50 screenings internationally, including Calcutta International Film Festival. A new programme using DMT to address Sexual & Reproductive Health and Rights issues with 10 new partners was introduced.

As I reflect upon Kolkata Sanved's journey, I wish to express my deep gratitude to all our founding members, board members, team members, volunteers, partners, resource persons, consultants, funders and not the least our programme participants who have supported the vision and contributed so much in order to help Kolkata Sanved grow into what it has become today.

Thank you for being with us and believing in the transformative power of dance movement therapy. Without your support, we wouldn't be where we are today. We are overwhelmed by the results that we have achieved over the last fourteen years, and we look forward to seeing what we will accomplish in the coming years.

Highlights, 2017-18

The year 2017 was a significant year for Kolkata Sanved. Lots of new initiatives were introduced. Even though there were lots of constraints as a team we overcame those challenges and are moving ahead towards centre of excellence. We are able to create an impact with many more individuals.

Achievements

- Completed 14 years of institutional impact evaluation
- Reviewed strategic growth plans and developed pathways for implementation
- Formed a seven-member senior leadership team within the organisation with an objective to create second line of leadership
- Reach out to 1,360 participants through 47 partners on a regular basis under its direct outreach programme
- Scaled the direct outreach programme in Maharashtra in collaboration with the Department of Women and Child Development by implementing DMT in five government-run CCIs

- Carried out evidence-based research with Randomised Control Trial (RCT) method to assess the impact of DMT on trauma survivors over a period of two years, the first-of-its-kind in an institutional set-up
- Gained recognition via a state-level public performance during Kanyashree day celebrations at the Netaji Indoor Stadium, Kolkata
- German Dance Therapy Association invited Kolkata Sanved to present its work and facilitate workshops on DMT
- KS featured in the international documentary, Little Stones
- KS model featured at the Global Cultural Summit, Abu Dhabi

Programmes launched

- Customised creative module on DMT - Sexual & Reproductive Health and Rights (SRHR) across 10 care institutions and communities in West Bengal
- Online Therapeutic Dance Movement Academy piloted in sub-Saharan Africa in collaboration with the Rise Learning Network
- A reintegrated curriculum on DMT - Trauma Healing Resilience launched in collaboration with Samantha Kinkaid
- A diploma programme on Visual Art for Change in collaboration with CLL-TISS, (to start in 2018)

“Dance and movement are utilized as a facilitator of different aspects of health and well-being”

Understanding has evolved of how illness, both physical and psychological, is influenced by emotions.

The body relays information—our emotional history— that remains stored in our musculature and other physiological systems.

It is manifested in the individual's postures, gestures, use of space, and movements large and small. It became clear that we cannot discard the body as a source of information, whether analogical or symbolic, or ignore it in the process of healing.

The body-mind as one entity became clear to many involved in dance in conjunction with the role of creativity as a means of bodily expression.

Dance/movement therapy evolved from this understanding early in the 1950s.

Movement was no longer conceived as performance for an audience but rather was recognized as an expression of feelings and concerns.

As a professional in the field of mental health, the role of

the dance therapist became increasingly important within multidisciplinary settings as adjunctive therapy or as a main psychotherapeutic approach. It is through the integration of the therapeutic relationship and motoric expression that feelings, emotional history, and thoughts are uncovered with the potential of positive change occurring.

Dance is used in the broadest sense of body movement, which may involve a small gesture or the total use of self. To reiterate:

1. The human being is a body-mind unity and dance/movement is its manifestation.
2. Gesture, posture, and movement express the person and allow for self-knowledge and psychotherapeutic change.
3. Acknowledgment of the therapeutic effects of the creative process.
4. Dance and movement are utilized as a way to the unconscious and as a facilitator of different aspects of health and well-being.

5. There is a differentiation between the work done with an artist or dance teacher and that by a therapist. For us, dance is at the service of promoting health and change.

6. Dance therapists establish contact, plan treatment and evaluate it in terms of integrated knowledge of movement, dance, and psychotherapy.

Source: From The Art and Science of Dance Movement Therapy edited by Sharon Chaiklin and Hilda Wengrower

“When a girl dances “like a queen,” we know that through this experience she tries out feminine forms of movement and action, and by doing so she is identifying with her mother or other women. She embodies and constructs her gender identity, develops self-perception and her bodily image. (Schilder, 1950)

Kolkata Sanved Programmes 2017-18

Sampoornata Direct Outreach



Kolkata Sanved's entire gamut of work is based on the Sampoornata (fulfillment) model through which it reaches out to its target population. The model is very much culture specific. The Direct Outreach service based on Sampoornata, comprises of several programmes which are target and module specific. These are Healing and Recovery, Government

Collaborations, Restoring Smiles through Dance, Sexual & Reproductive Health and Rights and Empowerment.

1. Healing and recovery

Kolkata Sanved has been reaching out to its programme participants with its Sampoornata DMT for change model under its healing and recovery programme. The

targeted participants, primarily children, youth and women, come from various backgrounds like survivors of trafficking, exploitation and violence living in urban and rural slums, red-light areas, child care institutions and mental hospitals. 10 DMT practitioners from Kolkata Sanved go to facilitate these sessions at various partner organisations.

Direct outreach 2017-18 at a glance

Serial number	Projects	Partners	Participants reached
1	Healing and recovery in government-run CCI	4	181
2	Healing and recovery in non-government-run CCI	18	365
3	Anti-trafficking programme	10	141
4	Empowerment programme	4	200
5	'Acknowledge Her Presence' programme	7	161
6.	Well-being workshops	4	312
Total		47	1,360

2. Government collaborations

Kolkata Sanved's collaboration with the Department of Women & Child Development & Social Welfare has been a long standing one. The organisation has been providing DMT service to 4 Government CCIs in 3 districts of West Bengal. Through DMT participants have been able to heal their trauma, resulting in increased confidence, self-esteem, and positivity. In an endeavor to strengthen this collaboration, Kolkata Sanved had proposed to the Department on introducing dance movement therapy (DMT) as life skill training in 6 new CCIs. Kolkata Sanved is pleased to share that the proposal has been approved by the Directorate of Child Rights & Trafficking, West Bengal This is the first grant received by Kolkata Sanved from the Government.

i) **Kanyashree programme:** Apart from this, the organisation has collaborated with the Kanyashree Department under the under the Government of West Bengal. Kanyashree Prakalpa is an initiative

of the Government of West Bengal to improve the lives and status of the adolescent girls. The scheme provides financial help to the girls from disadvantaged families to pursue higher studies. It also aims to prevent child marriage. Kolkata Sanved is privileged to get the invitation from the Kanyashree Department to train residents of a government-run CCI in choreographing the inaugural performance on the occasion of Kanyashree Day celebrations at Netaji Indoor Stadium in Kolkata, West Bengal in August 2017. Kolkata Sanved has also proposed a DMT based programme for working with mothers and children in correctional homes in West Bengal run by the State Commission for Protection of Child Rights.

ii) **The Coochbehar unit:** The Kolkata Sanved Coochbehar DMT unit has been initiated by the ex-residents of the government shelter in Coochbehar. The members of the unit had undergone the DMT process while residing in the government shelter. The members undergo training in DMT, movement vocabulary,

computer literacy, and personal growth sessions on a regular basis. The model of turning trauma survivors into healers continues here; and the DMT practitioners although quite young (18-25), are highly motivated and committed. They conduct DMT sessions and also practice DMT on themselves and write progress reports besides planning for the next session. The Cooch Behar model is significant and noteworthy for two reasons- it is taking DMT forward in a suburban set up where such interventions are scarce. By training young women from highly marginalised backgrounds, it is also helping establish DMT as a livelihood option in resource poor settings. The practitioners at Cooch Behar have reported significant shifts in their thinking and approach due to DMT. Every one of them reported the significant shifts DMT has enabled them to make in their lives. To quote one of the members: "I understood what I am capable of, through DMT practice. I feel I have gained self-confidence, learnt about how to articulate my thoughts and gained an identity.



“I have learnt how to present myself” During last year, five out of nine members of the Coochbehar unit have passed the entrance examinations for nursing training from the government and is undergoing the training at present. The members of Coochbehar unit had also organised a campaign programme under the guidance of Kolkata Sanved’s senior members in Coochbehar. The campaign provided a platform for the unit to build awareness regarding their work. The members got an opportunity to showcase themselves as role models and inspire other young girls to follow in their footsteps. In 2017, three members from the Coochbehar

unit was overwhelmed to get the opportunity to meet the Minister-In-Charge of Women & Child Development, West Bengal. The Minister from the state government heard about the work of the Cooch Behar unit and one of the members of the unit represented the unit’s work to her. The Minister was very impressed with her progress as a DMT practitioner and has assured her help in securing a job.

iii) Department of Women & Child Development, Maharashtra: Earlier Kolkata Sanved has been working with only civil society organisations in Maharashtra. In 2017, it presented a proposal to the Department of Women & Child

Development (DWCD) Maharashtra for collaborative project with government institutions. The Department has granted Kolkata Sanved the permission to facilitate customised DMT sessions at five new Government institutions in Maharashtra where the project is under implementation from January 2018. The project commenced with a workshop for the care-providers which included the Departmental Deputy Commissioner, Women & Child Development, Government of Maharashtra, along with the superintendents from 10 government-run CCIs in Maharashtra.



iv) Assessment of training needs of care providers in government-run child care institutions in West Bengal: Care institutions play a crucial role in facilitating reintegration of children in need of care and protection. Maintaining the psychosocial health of children living in shelter homes is essential to enable them to pursue a meaningful life in future, which makes the capacity of caregivers,

associated with shelter homes an extremely important factor having a bearing on the long-term well-being of children. An assessment of training needs of functionaries associated with a select number of care institutions in West Bengal was conceptualised by Kolkata Sanved with the intent of strengthening the response of shelter home to children in need of care and protection. An

assessment of training needs of functionaries associated with seven government-run CCIs in West Bengal was carried out by Kolkata Sanved and Praxis- Institute for Participatory Practices between April-August 2017. The objective of the assessment was to identify training needs of caregivers and supervisors associated with the selected shelter homes in West Bengal. As many as 63 care providers participated in the assessment, including 12 supervisors. A substantial proportion of caregivers (72%) in non-supervisory positions are backed by at least a decade of experience in discharging work as a caregivers, while as many as 30 out of the 51 caregivers (59%) have availed of trainings in various disciplines in the course of their professional career.

3. Restoring Smiles Through Dance

Restoring Smiles through Dance is Kolkata Sanved’s anti-trafficking programme where DMT is being used for trauma healing of survivors of trafficking and sexual violence. Through the programme, three main psychosocial areas in the process of rehabilitation and reintegration of a survivor are catered – perception of self-image, anger management and communication. The six months module based programme which is implemented as a research study has been implemented at two child care institutions in West Bengal

and one in Maharashtra. The programme being implemented as a research examined the impact of dance movement therapy on trauma related symptoms in a sample of 69 child survivors of sex trafficking and sexual violence living in child care institutions. The participants comprising a treatment group and a waitlist group with individuals were of 15-16 years of age. These DMT sessions were carried out among the participants (treatment group) for a period of two hours once a week.

According to a sex trafficking survivor “Whatever gets fixed in our hearts (about ourselves) whatever is good, bad, we carry this..... In my mind something had gotten fixed about myself that I am removing through DMT. It was stopping me from moving forward... I could control my mind (using DMT). The world I had created for myself earlier, I came out of it. I feel free”.



4. Sexual and Reproductive Health and Rights (SRHR) programme

Kolkata Sanved developed the Sexual and Reproductive Health and Rights (SRHR) module where DMT is used to enable vulnerable youth to access information on their sexual and reproductive health and rights. Kolkata Sanved initiated this module in the month of September 2017. The SRHR module was implemented through collaborations with various partner organisations. Mainly for adolescent girls (between the ages of 14 and 19), the module has been customised to meet the needs of adolescent girls living in rural areas, survivors of violence and abuse, young girls living with HIV as well women belonging to religious minorities. Through its pilot phase Kolkata Sanved has been able to reach 161 participants. Subsequent sections detail Kolkata Sanved's journey through these collaborations. The aim of this module was to give vulnerable young girls access to knowledge about their bodies. Having this knowledge they would be better equipped to take care of their health and well-being. It will also ensure that marginalised sections of society are not deprived of their right to this knowledge.

Society subjects us to various divisions, but we are also a part of society, we are also responsible for perpetuating these ideas, when we do so, divisions between girls and boys get created, these unfair restrictions get created, we have to stop following these too, and by using our knowledge we can resist these forces and help others resist it too".

- SRHR-DMT session participant

SRHR workshops 2017-18

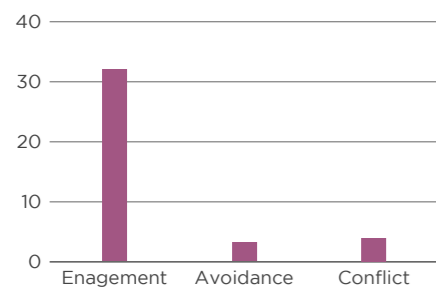
Serial number	Organisation	Profile	Participants
1	Sahid Bandana Smriti Mahila Abash (SBSMA)	Survivors of violence, living in CCIs	18
2	Sunkanya Home	Survivors of violence, living in CCIs	19
3	Training of Trainers unit	Survivors of violence, living in CCIs	14
4	Kaikhali Samadhan Samiti	Adolescents living in rural areas and at risk of being trafficked	22
5	Organisation for Friends Energies & Resources (OFFER)	Adolescent girls living with HIV	19
6	Hope Kolkata Foundation	Vulnerable adolescents living in CCIs	21
7	Institute of Psychological & Educational Research (IPER)	Vulnerable adolescents living in CCIs	10
8	Child In Need Institute (CINI)	Adolescent girls living in the community	16
9	Keertika	Adolescent girls who are in need of care and protection	14
10	Mitali	Adolescent girls who are in need of care and protection	8
Total			161

This module is divided into two thematic areas. Within the thematic area of Gender, Sex and Sexuality topics include learning about your reproductive organs, learning the concepts of sex and gender as well as learning about gender stressors and sexuality. The second thematic area focuses on the issues of menstruation, HIV/AIDS, sexual orientation and learning about your sexual and reproductive health and rights. The group process revealed moderate engagement scores and low avoidance and conflict scores.



As learnt from our field experience, the DMT based SRHR module has been successful owing to a number of factors. The process of knowledge attainment happened in two key ways. At one level the module helped participants gain important information about their bodies, at another level the module helped participants do away with misconceptions. Another important feature of the module is that in many communities it was enabling an access to these knowledge systems that was not present before.

Figure 1:
Progress on group DMT scale



Participants felt a sense of empowerment as they were contributing to social change. Participants now felt they had the power and agency to live a life that ensures their well-being. They were able to overcome the entire stigma that was attached to their identities. Creating a space for acknowledging their efforts had powerful effects on their lives. This is an example of how the module enabled participants to make informed decisions that are ultimately empowering. In their words: "I am not going to worry about the reactions I get because I have more confidence in

my own choices and I know that I have made the decision to better myself."

The sessions inculcated within the participants a need to take care of their own health and hygiene as well as promote health and hygiene in their communities. A participant shared: "By knowing this I can take care of myself and as well as those in my family." The workshop created for the participants a non-judgmental space in which they could freely ask questions and clarify doubts.

The lack of safe spaces was one of the primary reasons why participants were unable to access knowledge. This helped those clear misconceptions and prevents risk. "Through this session we get the space to open up and discuss things freely. We wanted such a space as we had a lot of questions and we wanted a free space to ask these questions. I had a lot of questions about these topics, however I felt shy to talk about it, I

could speak about it to my friends, but that often wouldn't answer my questions, now I have a free space to ask my questions."

The sessions enabled participants to firstly accept themselves. They learnt to overcome the effects of stigma and discrimination society places on them. Here's an example: "Earlier I thought sex was a dirty word, I did not think expressing my sexuality was a good thing but now I've realised that sexuality is a part of me and it also needs expression. I also realised sexuality is simply the right to pleasure." To nurture their capacity of thinking critically, participants were very analytic while identifying the various social controls that impacted their lives. A participant remarked: "There's little differentiation between boys and girls when they are babies, as they grow up gender roles are enforced on them."

5. Empowerment programme

Empowerment workshop was a new project started by Kolkata Sanved in collaboration with Empowerment Institute, USA. The programme required to implement the workshop in West Bengal within the community. Kolkata Sanved has been nominated for a Scholarship Workshop Training Programme by the Empowerment Institute in

New York. The objective of this training programme is to train and prepare master trainers who will in turn facilitate workshops to support young girls and women in the community to focus on their life's vision and reintegrate within the society. The workshop focuses on the seven core areas of an individual's life - body, work, spirituality, sexuality, relationships, money and emotions.

The Empowerment Workshop has started an initiative to create

a support group from within the participants to continue their journey of self-discovery and support for each other. The work of the support group is also to create leadership among the participants to take the empowerment model within themselves and others. These participants are growing as leaders themselves and motivating their group to grow as well. The goal of the support group is to vision, transform, grow and motivate.

Kolkata Sanved Academy



Diploma in Dance Movement Therapy (DDMT) programme

The Kolkata Sanved and Tata Institute of Social Sciences (Centre for Life Long Learning), Mumbai, offer a one-year academy course in Dance Movement Therapy, inclusive of internship. This course is being offered both in Mumbai and Kolkata. The one-year diploma course on DMT for change has been going on in Mumbai and Kolkata. For the year 2017-18, a total of 43 students (28 from Mumbai and 15 from Kolkata)

enrolled for the course. The DDMT course is a rigorous programme that is comprised of didactic and experiential classes that provides both theoretical components and practical applications that are extremely suitable for the different population in various cultural settings all over the country and beyond. The success behind Kolkata Sanved's DDMT course lies in the fact that it is based on years of practice and observation which makes it unique and at the same time purely authentic. A survey was conducted on the

Kolkata Sanved Diploma in Dance Movement Therapy (DDMT) course to provide information about the profile of the students, number of pass-outs and how they are incorporating DMT in their professional fields. The total number of students who graduated through the diploma course between 2013 and 2018 is 135, of which, 95.8% were female. Students came from West Bengal, Maharashtra, Delhi, Kerala, Madhya Pradesh, Bihar, Rajasthan, Karnataka, Assam and Gujarat. During the past five years, students

have come from the US, the UK, France, Nepal and Austria. We had very diverse group of participants which included physicians, mental health professionals, dancers, social workers, public health associates, artists, physiotherapists,

alternative medicine practitioners, art therapists, architect, teachers and special educators, among others. Through the survey it has been observed that 80% of them are practicing DMT in their respective sectors. Some of them

have incorporated DMT into their modus operandi, especially the mental health professionals and the physicians. Some of them are practicing DMT independently.

Statistical Data From Survey Results

Serial number	Targeted fields	Targeted population	Mode
1	NGOs - 53.6%	Children - 75.4 %	Participation in regular DMTs - 52.2 %
2	Self-organised - 26.1%	Adult - 68.1 %	Participation in workshops - 59.4 %
3	Corporate - 2.9%	Women - 47.8 %	Participation in orientation workshops - 29 %
4	Other areas - 17.4%	Elderly - 29 %	Writing articles- 8.7 %
		Others - 11.6 %	Yet to participate - 7.2 %



19 alumni members (17 from Mumbai and one each from Kolkata and Delhi) and five students from the current batch, who responded to a survey on the DMT diploma course, shared very positive feedback about the process. The students are largely from their mid-20s to mid-30s with most of them holding a postgraduate degree. The alumni have reported that the

key learning's from the course that have stayed with them are learning to love oneself (an indicator of increased confidence and self-esteem), appreciation of the deep connection between mind and body and enhanced empathy for people and situations. Self-love and acceptance is an important theme that came through when the respondents shared how the

course has impacted them. Here's some feedback from a few of the participating alumni members:

- "Personally I have seen and experienced within myself a lot of changes. One of the important changes that I have experienced is that of accepting my own body and valuing it. I have learnt that I am absolutely fine the way I am and there is nothing wrong in it. Secondly, it allowed me to open up myself to explore different spaces, levels, rhythms unlocking the stereotypical or routine ways of behaviors, rhythms etc. It has also helped me to enter the new world of healing space where words don't matter, but your bodily rhythm and movements and the overall journey was quite overwhelming and enriching."
- "Movement heals and reveals.... From start to finish...It carries me through"
- "Kolkata Sanved took me on a

journey of deep introspection. They encouraged and assisted the process of deconstructing myself layer by layer and finally reconstructing a more sensitive yet stronger version of myself. Now I'm ready to serve and facilitate!"

- "Whatever led me to make this decision of pursuing DMT, I am really grateful for. This year has been so nourishing. It has been learning like no other, and it has reinforced my belief in the power of the arts like never before!"

Training of Trainer (TOT) programme

In line with the spirit of survivors emerging as healers, Kolkata Sanved has developed a Training of Trainers (TOT) programme for girls and young women from marginalised backgrounds. This is two-year-long course. The

two key areas in which the TOT seems to have made a difference include positive reengagement with life and society and capacity-building in terms of life skills and employability. The narratives by the girls show that their self-confidence and ability to negotiate with parents about their life decisions has increased. The Training of Trainers (TOT) programme during the year 2017 - 2018 was conducted at two locations - Kolkata and Coochbehar in West Bengal. A total of 15 trainees from Kolkata and Coochbehar underwent this programme and 7 have qualified for their internship. The current batch of TOT participants who have been undergoing training for eight months reported that the course is motivating because they feel free and personal

problems can be shared in the class. According to them, DMT and regular dance classes are very different. In their words, "DMT means we can help each other.... we can change people through this class. It's not only dance, it is discipline and focused on individual change. Girls get more respect here".

The TOT participants expressed the value of the course by sharing that it had helped them discover a sense of purpose beyond mundane activities; that it had helped them become confident, articulate and expressive. The three trainees from Kolkata who have entered into their internship have been integrated into the main programme as they have performed remarkably well and is in a position to assist senior DMT practitioners in the field.



This programme has undergone a change over the last year and has been compiled into a one-year Survivor Leadership Academy programme which will be implemented in the coming year. It is from this programme that Kolkata Sanved majorly gets in future DMT practitioners aligned to the idea of 'survivors becoming healers'. The Coochbehar unit of Kolkata Sanved also originated from this programme and the pass outs are presently undergoing their internships at various organisations.

Online academy

Kolkata Sanved piloted online DMT training of trainer course for psycho-social rehabilitation and reintegration in collaboration with Rise Learning Network since October 2017. The online course will be provided till April 2018. Currently, eight students from Sub-Saharan Africa are undergoing this course where

sessions are provided on line twice a week. On completion of the course, practitioners will qualify as Therapeutic Dance Movement Practitioner (TDMP).

Knowledge exchange visit

Max Mueller Bhavan, Mumbai and Kolkata Sanved have enjoyed a relationship since 2007. As a result, Max Mueller Bhavan, Mumbai and Kolkata Sanved have collaborated in various ways towards showcasing the important role of DMT for change, in the Indian context. From 2016, Max Mueller Bhavan, Mumbai playing a crucial role in terms of supporting the Kolkata Sanved-TISS academy programme by bringing in an international guest faculty.

Kolkata Sanved was invited at BTd - Berufsverband der TanztherapeutInnen Deutschland, (German Dance Therapy Association) to present Kolkata Sanved's work along with the diploma in DMT programme in

collaboration with TISS. It was a knowledge exchange visit for Kolkata Sanved with BTd. The entire programme was supported by Max Mueller Bhavan, Mumbai.

Customised DMT curriculum

Kolkata Sanved developed customised DMT-based curricula during the year, namely:

- Curriculum on Sexual & Reproductive Health & Rights (SRHR)
- Curriculum on Trauma Healing Resilience (in developmental stages)
- DMT Foundation Course (CDFC) for Life Skills: a community-based certificate course and
- DMT Life Skills and Practitioner course (DDLp): an 11-month-long community-based diploma course for aspiring practitioners under DMT Leadership Academy

Research and Publications

Research study

The Restoring Smiles through Dance is Kolkata Sanved's evidence-based programme with survivors of trafficking which focuses on the impact that DMT can create on trauma survivors.

This study examined the impact of dance movement therapy on trauma related symptoms in a sample of 69 child survivors of sex trafficking and sexual violence living in child care institutions. The participants (average age ranged between 15-16 years) were randomly assigned to a dance movement therapy treatment group (N=35) and a wait listed control group

(N=34). The intervention was a culturally adapted form of Dance Movement Therapy specifically for survivors of sexual trauma. The intervention module focused on self-image, anger management and communication. Data were collected from government and NGO-run CCIs in Maharashtra and West Bengal. Following a pre, mid test and post-test design, Trauma Symptom Checklist for Children (TSCC) was used to measure impact of DMT on psychological parameters. The DMT module was completed between pre and mid-test and between mid and post-test. The entire process lasted for six months. Results

showed significant improvement on levels of anxiety, depression, anger, posttraumatic stress and dissociation in the group receiving DMT as compared to those not receiving it at mid and post-test phases. Sexual concerns among survivors attending DMT became clinically non-significant by post-test as well. Implications of using DMT for survivors in low resource settings such as child care institutions in India are discussed. The table below indicates comparison of percentage of children whose scores reached clinically significant levels for the six psychological dimensions at pre and post-test are given in table XX.

Children with clinically significant scores on TSCC at pre and post-test

Symptoms	Pre				X ²	Post				X ²
	DMT n = 35		WL n = 34			DMT n = 35		WL n = 34		
	N	%	N	%		N	%	N	%	
Anxiety	20	57	15	44	1.17	4	11	13	38	6.67**
Depression	20	57	17	50	0.35	2	6	17	50	16.95***
Anger	9	26	6	18	0.66	0	0	6	18	6.77**
Post-traumatic stress	9	26	6	18	0.66	2	6	4	12	0.78
Dissociation	5	14	3	9	0.50	1	3	6	18	4.13*
Sexual concerns	23	66	19	56	0.70	10	29	15	44	1.80

* = significant at 0.05 level, ** = significant at 0.01 level, *** = significant at 0.00 level

The significant improvement in the group receiving DMT compared to the group not receiving the intervention with respect to anxiety, depression, anger, posttraumatic stress and dissociation showed that DMT is significantly better than non-

treatment. A paper is being prepared to be presented in a journal for publication on the above study. During January 2018, Kolkata Sanved has been able to scale-up this programme with the Women & Child Development, Government of Maharashtra. As

a result, the programme is being implemented at five government-run CCIs and 4 NGO-run institutions in Maharashtra and one government-run CCI in West Bengal.



Capacity-Building Programmes



The purpose of our capacity building programmes is to enhance skills and qualities of DMT practitioners, Coordinators and Managers of Kolkata Sanved for creating second line of leadership and strengthening excellence in execution. Trainings are provided as per the need of different working groups. The major capacity building trainings those Kolkata Sanved members underwent last year focused on nurturing leadership

qualities, personal growth, theme-based production development, assessment of personal training needs and training on strategic planning.

- **Leadership training:** Training on various aspect of leadership was provided to the second line leaders in the organisation to capacitate their ability to lead the organisation in various capacities in the future. The three-day workshop conducted in March 2018, focused on nurturing and

developing human potential and emotional intelligence, situational leadership, goal-setting, effective communication, time and stress management and soft skills development (personal grooming, etiquette and presenting oneself as a leader).

- **Sessions on personal growth:** The personal growth sessions are provided monthly once to all the members of Kolkata Sanved. Most of the group members have been found to gain strength to face

challenges, deeper exploration of inner self and reviewing their roles and strategies at the personal and professional level through these sessions. The aim of the sessions is to get the individual to identify the discrepancy between their 'real selves' and their 'possible selves'. These sessions also help to identify what is stopping people from communicating with each other. The sessions thus also help to surface misgivings about each other, and consequently resolve issues that have remained unresolved because of the lack of open communication. The group sessions so far have focused on reviewing self, promotion of self-esteem and assessing and developing group feelings. Participants have mostly overcome the anxiety related to the process and report (which had been observed in the beginning days of the process) which is a positive outcome. It has helped the participants to concentrate and participate in the process wholeheartedly.

- **Training Need Assessment:** The Rhythm of Life - a need assessment exercise for the staff of Kolkata Sanved was facilitated by Praxis Institute for Participatory Practices in June 2017. The objective of the assessment was to support Sanved's staff in enhancing their professional skills

and capacity in service delivery, by identifying key capacity needs that any design of a capacity-building programme should address. Since the inception of Kolkata Sanved in 2004, its staff and associates have gone through intensive processes of experiencing and applying dance as a medium of social change. Some of them came into contact with the organisation as survivors of suffering themselves and experienced the transformative potential of the approach. Subsequently, they turned into facilitators of such transformation for fellow survivors. Over the years, the practitioners of DMT have acquired a range of capabilities in the course of reaching out to hundreds of individuals, including survivors of sexual violence and trafficking, enabling them to come to terms with their adversities through the approach of DMT. With increase in popularity of the approach, the managerial staff had to exert their professional capabilities extensively to keep pace with emerging demands. The process of exploring essential skills and capabilities among the Kolkata Sanved staff resulted in identification of six categories (altogether comprising 51 specific capabilities) related to personal strengths, managerial skills, communication skills, creative

skills, human sensitivities and technical skills.

- **Thematic production:** The DMT practitioners of Kolkata Sanved underwent training from 5th to 8th February 2018 on developing a dance choreography named Flow. Facilitated by the renowned performer, writer, speaker, entrepreneur and mentor, Dr. Anita R. Ratnam, the training focused on women raising their voices against gender violence and inequality. The production was staged on the 9th February 2018 as a part of Kolkata Sanved's global campaign to speak up against gender-based violence - Dance for Revolution.

- **Residential capacity-building training for Kolkata and Coochbehar trainees:** The residential training programme aimed at providing advanced capacity-building training to DMT practitioners to hone their skills was held in December 2017 at IITD Joka. It was an 18-day training programme attended by 15 trainees from Kolkata and Coochbehar. Topics included classes on dance and movement, Laban movement analysis in DMT, DMT-based modules on sexual and reproductive health and rights, personal growth sessions and leadership skills development sessions.

Sustainability and Resource Mobilisation

Generating new pool of funds is one of the major roles in ensuring the smooth functioning of the organisation. The availability of resource mobilisation personnel helped to explore these areas and not only be dependent on donor grants but also generate income from the CSRs. We were able to mobilise local resources both in kind and donation. The organisation is happy to have been able to tap three funders - Kolkata Gives, SVF Entertainment and Ceratizit. Apart from these, visits were also made to NGOs to discuss future collaborations.

Customised DMT workshops

Kolkata Sanved has started offering DMT for Change workshops to its partners. These workshops are being customised and module specific catering to the needs of the organisation. These include 1 day orientation workshops, stress management workshops, five to ten-day-long module-based workshops or short-term (a minimum of three months) project-based workshops.

During 2017-18, Kolkata Sanved has provided workshops through New Saraswati House India Pvt. Limited to school teachers of Delhi Public School and Elegant Public School at Gaya, Bihar. A similar workshop with teachers was conducted at Bokaro, Jharkhand through NSHIPL. Both the workshops in

the academic institutions focused on stress release and stress management. It also facilitated a day-long workshop for women and girls in difficult circumstances through DITO Social Welfare Association for their physical and emotional well-being and self-awareness. In addition, Kolkata Sanved organised and launched an advocacy programme 'Feel the Difference, Make a Difference' to make people aware of the organisation's work and DMT and also to tap CSR initiatives. Kolkata Sanved organised four such events during last year.

Networking and collaboration

Leadership exchange programme: Kolkata Sanved was happy to have two of our talented Dance Movement Therapy practitioners, Sreeja Debnath and Sangita Naskar, visit our funder Kamonohashi in Japan from 9th to 19th September 2017. The visit was to showcase DMT at various organisations in Japan and to meet the Board of the organisation to display the work done by Kolkata Sanved and the progress made over the years. It was a successful and fulfilling visit and well-deserved exposure for the practitioners working in this project at Kolkata Sanved.

• **Empowerment Global Gathering:** Kolkata Sanved was represented at the Imagine Empowerment Global

Gathering at Morocco in February 2018. Representatives from 22 NGOs from 12 different countries participated in this gathering. The aim of the global gathering for 'Imagine Empowerment' was to have the participating countries focus on their present state with the empowerment workshop and where do they want to go. There were sharing and exchange of best practices that work with varied populations and the value to adapt it to their own culture or population.

• **Global Cultural Leadership Summit 2017, Abu Dhabi:** This was the world's first summit to convene leaders from the worlds of the arts, media, public policy and technology to address the role that culture can play in solving some of the greatest challenges of our time. This event featured Sohini Chakraborty and Kolkata Sanved as one of the thought-leaders and influencers in the worlds of culture, media, public policy, and international affairs. The event took place in Abu Dhabi, the UAE from April 9th to April 13th 2017. The summit was hosted by the Abu Dhabi Tourism & Culture Authority and was presented in conjunction with the FP Group, publisher of Foreign Policy magazine and TCP Ventures, LLC, a producer of artistic endeavours and an advisory firm focused on issues associated with arts and culture.

Advocacy campaigns and performances



• **Dance for Revolution:** The Dance for Revolution is another advocacy tool used by KS to break the silence around violence against women. This is a large scale public event which utilises the power of dance to create awareness and dialogue on violence against women. Across the world, the arts are being used to contribute to the effort to meeting a number of the

Sustainable Development Goals. Kolkata Sanved is a part of that goal, especially the 5th SDG goal focusing on gender equality. The Kolkata Sanved's Global Campaign Dance for Revolution is an annual programme showing the power of art, movement to change lives and take a stand against gender based violence. We want to address the global audience, youth of the city

about standing up against violence against women and make the event a public forum, inspiring the next generation to take a stand for justice and gender equality. This campaign was launched in 2014 by Eve Ensler, the renowned American performer, feminist and activist best known for her play, the Vagina Monologues and One Billion Rising. In the last two years,



we have had as our ambassadors Dr. Mallika Sarabhai and Maya Krishna Rao for this event. This year we collaborated with The Presidency University, Kolkata to address the youth of the city. The campaign was organised at the Derozio Hall, Presidency University on 9th February 2018. The programme included an inspirational performance facilitated by Dr. Anita Ratnam with trained dancers and Dance Movement Therapy practitioners from Kolkata Sanved and students of Presidency University. A panel discussion and a unique movement experience with the audience with drumming followed. The panel included eminent speakers from different walks of life who believes and uses art to as a major component to bring in change in society.

• **Kolkata Gives Foundation exhibition:** Kolkata Gives Foundation is a charitable trust fund that was created in 2013 to provide a source of financial assistance and various capacity building workshops for NGOs. Kolkata Gives champions the cause of philanthropy, generosity and giving through print and social media. They organise an annual event that brings donors and NGOs under a common roof showcasing the work of deserving NGOs. Such an exhibition was organised by Kolkata Gives on 25th February 2018 at Hotel Radisson, Kolkata. It was an orientation session of the NGOs for prospective donors. Five team members represented Kolkata Sanved at the event. It was a fabulous advocacy and networking experience for Kolkata Sanved, as the team got the

opportunity to interact with a lot of people who took keen interest in the organisation's work. The event connected Kolkata Sanved with 100 prospective donors including 22 strong potential donors.

• **Performance for Advocacy:** In collaboration with Rangakarmee, Kolkata Sanved staged a performance at Studio Theatre Binodini Keya Mancha on Thursday, 25th March 2018. Kolkata Sanved presented Proiti - The Driving Force, celebrating the transformative power of dance and dance movement therapy. The overall theme of the performance was reconnection and a sense of finding freedom within the body. This presentation was not merely a performance, but also an expression of energy and spirit.



• **Kolkata Sanved featured in international award-winning documentary:** One of Kolkata Sanved's remarkable achievements in advocating the Sampoonata model based on Dance Movement Therapy is the worldwide featuring of an international documentary film, entitled Little Stones. Sohini Chakraborty and Kolkata Sanved featured in this documentary. Little Stones is an award-winning documentary that weaves together the personal stories of four women artists from across the world who dedicates their lives to empowering women and survivors of gender-based violence. Using their individual art forms of painting, dance, design, and music, these women celebrate creative, entrepreneurial, and arts-therapy based solutions to the most pressing challenges facing women

globally. From a graffiti artist speaking out against domestic violence in the Favelas of Brazil to a dancer rehabilitating sex-trafficking survivors in India, each of these women is contributing a stone to the mosaic of the women's movement through their art. This film is being internationally screened and completed more than 50 screenings. In Kolkata, it was screened at Sishir Mancha on the occasion of Kolkata International Film Festival on 17th of November 2017. Few important screenings where our Founder Director has been invited to speak are as follows:

- 1) Public event at Atlas Performing Arts Centre with a housefull show on March 11th 2018
- 2) Congressional screening on March 12th 2018 where

Jamie Ruskin, representative, is scheduled to speak along with all the women in the film

- 3) Screening at United Nations Commission on the Status of Women on March 14th 2018

The trailer can be watched at <https://vimeo.com/187500137>



Administration and Finance

• Strategic growth plan reviewed and new pathways developed:

In April 2017, Kolkata Sanved underwent a workshop strategic growth and scaling-up of the organisation with the support of Publico and Kamonohashi, Japan. The overall objective of the workshop was to develop feasible plans of scale-up, budget (expenditure) and fundraising for our growth and expansion. Kolkata Sanved was able to develop a scale-up plan along with the fund-raising strategy with the help of Publico which the organisation started putting into practice in 2017.

• Creation of Senior Leadership Team (SLT):

The Senior Leadership Team (SLT) of Kolkata Sanved was formed on 29th April 2017 with a vision to steer the organisation towards Centre of Excellence. The initial 8 members' team included four founder members and three senior managers and the Director of the organisation. At present it is a nine-member team after the inclusion of the

Director of Resource Mobilisation. The SLT is the organisation's core decision-making and coordinating team. The main purpose of this team is to execute strategic activity by providing direction and guidance to achieving and sustaining excellence. This team is periodically mentored and coached by the Director of the organisation to build sector leaders. The team meets monthly once to check the progress of the organisation. There is also provision for the team to meet as and when required, especially in situations of crisis.

• Institutional impact evaluation:

Kolkata Sanved was able to complete its institutional evaluation during 2017 – 2018 with the support of Paul Hamlyn Foundation, U.K. The six-month evaluation process was facilitated by two eminent external evaluators, Anuradha Rajan and Tejinder Singh Bhogal. Two debriefing sessions of the impact evaluation were organised in Kolkata and New Delhi with the objective of generating

awareness about the power of Kolkata Sanved's DMT module as a transformative tool, thus attempting to create a demand for the same in the market. In the words of the evaluators:

The purpose of this institutional evaluation, which included entire Kolkata Sanved programmes and organisational processes, was to understand how far the organisation has been successful in bringing in the desired change in the lives of the survivors. The evaluation also helped to assess to what extent the organisational process have catered in achieving the desired outcome. The evaluation process which was spread over a period of 6 months, included workshops, focus group discussions, field visits and reviewing the organisation written records of activities conducted over the years. The change which took place as a result of Kolkata Sanved's interventions as observed are as follows:

1. Kolkata Sanved has been able to reach out to various target populations, apart from its core population of women and adolescent girls. This comprised of the elderly, children with special needs and people living with mental illness.

2. The change as evident among the DMT practitioners was their enhanced self-esteem and self-confidence, their capacity to articulate and express and to dream of a bright future ahead.

• **The staff retreat:** The staff retreat is an important aspect of Kolkata Sanved's programme. It comes as a space for bridging gaps and providing solution to issues that may emerge within the organisation or external to it. During this year the retreat took place at Prantik, Deulti during May 2017. The topics of discussion in the retreat included conceptualising the Centre of Excellence, revisiting the vision and mission of the organisation, resolving workplace conflicts,

establishing partnerships and revisiting the appraisal system of the organisation, forming a senior management team and streamlining departmental roles in the organisation.

• **Kolkata Sanved safeguarding policy:** Kolkata Sanved has been able to upgrade its existing Child Protection policy to Safeguarding Policy for Children & Vulnerable Adults. The present policy has been the formulated with inputs from all the working members of Sanved through a day-long workshop. The policy sets out the statutory requirements for Kolkata Sanved to discharge its appropriate accountability for safeguarding children, young people and vulnerable adults at risk of harm or abuse. The long term goal is to strengthen the organisational safeguards for children and vulnerable adults in Kolkata Sanved. The policy aims to:

• To identify risks to children and vulnerable adults coming in contact with the organisation

• To identify potential risks and risk mitigation strategies within the context of organisational work

• Outline principles, attitudes, expectations and ways of working that recognise safeguarding as everybody's business and that the safety and well-being of those in vulnerable circumstances is at the forefront of our business

• To create a safeguarding structure that ensures accountability

• To align safeguarding with the vision and mission of the organisation

• To uphold the rights of children and vulnerable adults

• To enforce disciplinary and other necessary measures on policy violation or in case of safeguarding matters

“A truly amazing feature of KS's evolution is a conscious choice to facilitate the growth of DMT practitioners from among the populations being targeted by DMT. This move is informed by the principle of empowerment, a core tenet of KS's work. Due to this, the stake of the core team has also been very high. This has also translated into deep empathy and a keen understanding of what will work in resource poor settings.” - Anuradha Rajan

“The organisation is a place that promotes creativity, learning and art. It is concerned with having positive (as opposed to negative) energy. It believes in balancing formality and informality, flexibility and time lines. It lives equality. Above all, it is also a caring space.” - Tejinder Singh Bhogal



Governing body members

As we reflect upon Kolkata Sanved's journey, we wish to express our deep gratitude to all our founding members and board members who have supported the vision and contributed so much in order to help Kolkata Sanved grow into what it has become today.

President

Bhaswati Ghosh

Founder and Secretary

Sohini Chakraborty

Treasurer

Anuradha Mukherjee

Executive Member

Dr. Bipasha Roy

Executive Member

Dr. Urmimala Sarkar

Executive Member

Sreeja Debnath

Executive Member

Sohini Bhattacharya

Team members

A successful programme is always supported by a passionate team, and at Kolkata Sanved, we are blessed with a team that exemplifies passion, creativity and innovation, driving us towards our dream with their hard work, commitment and dedication. The present team includes:

Team West Bengal

Anwari Begum

Bithika Roy

Chumki Dey Sarkar

Dipali Das

Durga Madhar

Jhulan Mondal

Jhuma Das

Madhusudan Basu

Maya Sen

Mehraj Khatun

Moumita Bhattacharjee

Namrata Kanuga

Pinki Das

Rajyashree Dutta

Sabita Debnath

Samita Bhattacharya

Sampa Roy Guchhait

Sangita Naskar

Sobha Pahari

Sohini Chakraborty

Sreeja Debnath

Swapan Sardar

Tilottama Chowdhury

Team Maharashtra

Bhavisha Dedhia

Krupa Meheta

Renelle Snelleksz

Shrilekha Sisodia

Zankhana Joshi

External guest faculty for Diploma Academy and Leadership Academy

1. Alice Laing
2. Dr. Aditi Bandyopadhyaya
3. Dr. Chandrani Dasgupta
4. Jhulan Mondal
5. Lesli Nazareth
6. Martina Piff*
7. Maya Sen
8. Mayuri Pandit
9. Nandini Ghosh
10. Natasha Agarwal
11. Professor Bonnie Bernstein*
12. Professor Lata Narayan
13. Renelle Snelleksz
14. Rossana Rodrigues
15. Rumya Natarajan
16. Samata Biswas
17. Shalaka Sisodia
18. Sohini Chakraborty
19. Shuktara Lal
20. Tilottama Chowdhury
21. Urmimala Sarkar
22. Vidyashree Rai Chetri

*international guest faculty

Volunteers and Interns

Volunteers are one of the key pillars of this organisation. We have had so many incredible individuals who have worked with us not simply as volunteers, but as integral team members who value our vision and help take Kolkata Sanved towards its realisation. In the last fourteen years, more than 100 volunteers have worked with us, donating their time, expertise and passion, and they continue to contribute to our success. Thank you sincerely for all of your effort, well-wishes, and love.

During last year, the volunteers and interns who have been with Kolkata Sanved and generously contributed to its growth are:

1. Anushua Banerjee
2. Chaitali Das

3. Imon Sengupta
4. Krishnendu B. C.
5. Mishal Sheth
6. Nayana Prasad
7. Nidhi Doshi
8. Nikita Kabra
9. Nitya Basrur
10. Pravleen Kaur Chowdhury
11. Reeta Bandyopadhyay
12. Rhea Kaikobad
13. Sohini Bhattacharya
14. Suman Rajak
15. Swati Ahuja
16. Tanya Sen

Resource persons/Consultants

We have a constant flow of resource team who helped in our growth. They contributed their availability and skill for the

“Volunteering at Kolkata Sanved was a very rewarding experience of learning and building perspective. Everyone was very helpful and encouraging in enhancing my process of learning. I was given exposure to a wide range of activities through work like documenting DMT sessions, participating in data collection for research, writing proposals, reports and research papers and working on social media. It was also a time of personal growth for me: I was inspired by the dedication to the cause, reflective culture and openness to new thoughts that is present across the organisation. When I finished volunteering, I realised I was leaving not just an organisation but a group of people whose warmth, positivity and openness had made them like family to me. The process of volunteering enriched me and inspired me to work towards a better future.”

- Rhea K., Azim Azim Premji University

organisation whenever Kolkata Sanved needed their support. We are earnestly thankful to our resource team who are mentioned below:

1. Alope Maji
2. Damini Sahay
3. Debdeep Mitra
4. Dr. Chandrani Ghosh
5. Gowri Bai Ammanabrolu
6. Jagir Singh Jabbal
7. Lopamudra Bhattacharjee
8. Poonam E. Nawale
9. Praxis – Institute of Participatory Practices
10. Riddhi Doshi
11. Saloni Shah
12. Soumyadipta Kundu
13. Tandrima Bhattacharya

Donors

Kolkata Sanved is thankful to all its funders who believe in this innovation and has committed for long-term support. Our present funders are:

1. AmplifyChange (United Kingdom)
2. Blossomy Project
3. Ceratizit India Private Limited
4. Courageous Girls
5. Driftseed
6. Holder Family Foundation
7. Human Capability Foundation (United Kingdom)
8. Indian Railway Ophthalmic Physician Association
9. Kamonohashi Project (Japan)
10. Kolkata Gives Foundation

11. Paul Hamlyn Foundation (United Kingdom)
12. Santosh Lalita Jain Foundation
13. Shree Venkatesh Films Entertainment Private Limited
14. Target Charity (United Kingdom)
15. Tides Foundation (United States)
16. Trisys Communications Private Limited
17. Utsav
18. Vital Voices Global Partnership (United States)
19. We Trust Foundation

Partners

Kolkata Sanved's process and methodology was based on the principle of collaboration with partner organisations. Our collaborators played a significant role in our journey. They have helped us develop a successful model. We are very thankful for their support. In the last 13 years, we have worked with more than 60 partner organisations, internationally. We express our gratitude to all of those who stayed beside us through successes, challenges, failures and achievements. Our present working partners are listed below:

National

1. All Bengal Women's Union, Kolkata
2. American Centre, Kolkata
3. Anjali, Kolkata
4. Azad Foundation, Kolkata
5. Centre for Lifelong Learning (Tata Institute of Social Sciences), Mumbai

6. Child In Need Institute, Kolkata
7. Commits Institute of Journalism and Mass Communication, Bangalore
8. Creative Movement Therapy Association of India (CMTAI), Bangalore
9. Darpana Academy of Performing Arts, Ahmedabad
10. Delhi Public School, Gaya
11. Department of Child and Women Development, Government of Maharashtra
12. Department of Child and Women Development, Government of West Bengal
13. DITO Social Welfare Association, Kolkata
14. Elegant Public School, Gaya
15. Hope Foundation, Kolkata
16. Institute of Psychological and Educational Research, Kolkata
17. Iswar Sankalpa, Kolkata
18. Jeevika Development Society, Kolkata
19. Kaikhali Samadhan Samiti, Kultali
20. Keertika, Kolkata
21. Khula Aasman, Mumbai
22. Lumbini Park Mental Hospital, Kolkata
23. Mitali, Kolkata
24. Mukti Rehabilitation Centre, Kolkata
25. NSHIPL, Bokaro
26. Organisation for Friends Energies and Resources, Kolkata
27. Paint Our World, Kolkata
28. Parichiti, Kolkata
29. Rescue Foundation, Mumbai

30. New Saraswati House Private Limited, Kolkata
31. Save The Children, Kolkata
32. Swayam
33. Tata Medical Centre, Kolkata

International

1. American Dance Therapy Association
2. Blossomy Project
3. Sahay – Children International
4. Terre des Hommes
5. Vital Voices

Individual Supporters

We want to thank all of our friends and well-wishers. Thank you for

being with us and believing in the transformative power of dance and DMT. Without you it's was not possible for us to complete the successful 13 years.

1. Arup Bandhoyopadhyay
2. Chandrani Vivek Bagdey
3. Chintita Bose
4. Chumki Sharma
5. Dr. Kaveri Sarkar
6. Jayati Banrjee
7. Jayati Mukherjee
8. Lata Narayanan
9. Malini Lahiri
10. Minakshi Ghosh

11. Moushumi Basu Roy
12. Nandita Bhattacharjee
13. Neeta Thanka
14. Sandip Kantha Mukherjee
15. Santanu Sanyal
16. Shampa Bhattacharjee
17. Sohini Chakraborty
18. Subhadra Sen
19. Subrata Roy
20. Sukanya Das
21. Sukhendu Barua
22. Surajit Kundu
23. Urmi Sengupta
24. Yasia Leiserach



Statutory Section

Auditors' Report

We report that we have examined the Balance Sheet of **KOLKATA SANVED**, (LOCAL & FOREIGN CONTRIBUTION) Registered office at 100/76, Jessore Road, Bhagabati Park, DumDum, Kolkata-700074, and City & Correspondence Office: P-27, Gariahat Road South; Dhakuria, Kolkata - 700 031., as at 31st, March, 2018 and the Income & Expenditure Account and the Receipts & Payments Account for the year ended as on that date, all annexed hereto. These financial statements are the responsibility of the management of the Society. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with the auditing standards generally accepted in India. Those standards require that we plan and perform the audit to obtain reasonable assurance 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 include assuring the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit 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 examination

of those books. The Balance Sheet, the Income & Expenditure Account and the Receipts & Payments Account 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 audit.

In our opinion and to the best of our information and explanations given to us, the said accounts give a true and fair view :

- a. in the case of the Balance Sheet of the state of affairs of the above named Institution as at 31st, March, 2018; and
- b. in the case of the Income & Expenditure Account, of the excess of Income over Expenditure for the year ended as on that date.

For GAUTAM BASU & CO.

Chartered Accountants

FIRM REGISTRATION No. : 313010E



(GAUTAM BASU)

Proprietor

Dated: 10th August, 2018

Membership No. 050924

Income & Expenditure Account for the year ended 31st March, 2018 (Local & Foreign Contribution)

	Amount (Rs.)		Amount (Rs.)	
To General				
Programme Cost	23400.00			
Programme Support Cost	68836.00			
Administrative Cost	179712.00			
Salary	498760.00	770708.00		
To Academy Course (2016-2017)				
Programme Cost	52463.00			
Programme Support Cost	14603.00	67066.00		
To Academy course (2017-2018)				
Academy course(17-18)	89706.25			
Administrative cost	42800.00			
Programme cost	157195.60			
Irest	20244.00			
Advance TOT	12000.00	321945.85		
To Amplify for change				
Indirect cost	79054.00			
Monitoring & evaluation	78010.00			
Project Activity	491104.00	648168.00		
To ING Foundation				
Programme cost	946700.00			
Administrative cost	19519.00	966219.00		
To IREST Retreat		136961.00		
Mental Health (Donation)		13922.00		
Foundation Day		18984.00		
To Depreciation		111759.00		
To Excess of Income over Expenditure Transferred to General Fund A/c.		1091507.87		
		10045313.58		10045313.58

For GAUTAM BASU & CO.

Chartered Accountants

FIRM REGISTRATION No. : 313010E



(GAUTAM BASU)

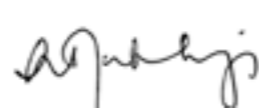
Proprietor

Membership No. 050924

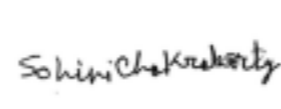
Dated: 10th August, 2018



Bhaswati Ghosh
President



Anuradha Mukherjee
Treasurer



Sohini Chakraborty
Secretary

Receipts and Payments Account for the year ended 31st March, 2018 (Local & Foreign Contribution)

	Amount (Rs.)		Amount (Rs.)	
RECEIPTS				
Opening Balances :				
Cash in Hand (F.C)	5235.55			
Cash in Hand (local 448)	5481.00			
Cash in Hand (local 848)	1801.29			
Indian Bank (A/c No. 448762506)	791054.25			
Indian Bank (A/c No. 779068967)	7197750.11			
Indian Bank (A/c No.848043654)	635931.95	8637254.15		
Grant Account :				
Grant Received Paul Hamlyn Foundation	1220650.00			
Grant Received From Kamonohashi	2126758.50			
Grant Received From ING Foundation	1631867.00			
Grant Received For IREST	179448.29			
Grant Received From HCF	1699351.00			
Grant Received From Blossmy	349820.90	7207895.69		
Fixed Deposits		7491476.00		
Interest Received				
Interest from SB Bank A/C.	371966.00			
Interest from Investments	526311.00	898277.00		
		2420264.79		
Income from Academy	685274.00			
Donation	1303942.79	0.00		
From Regular Training Classes	122928.00			
Income from Workshop	306020.00			
Income from other	2100.00			
PAYMENTS				
Human Capability Foundation			807383.60	
Programme Cost	355707.00			
Administrative Cost	451676.60			
Human Capability Foundation (17-18)			642312.00	
Programme Cost	543402.00			
Administrative Cost	98910.00			
Kamonohashi Proj Antitraffic (2016-2017)			838457.00	
Programme Cost	800773.00			
Administrative Cost	37684.00			
Kamonohashi Proj Antitraffic (2017-2019)			442709.44	
Programme Cost	399632.00			
Administrative Cost	43077.44			
Paul Hamlyn Foundation			1445962.00	
Programme Cost (2014-2017)	828662.00			
ADMIN STAFF	171600.00			
Overhead Cost	206096.00			
PERSONNEL	239604.00			
TARGET (2016-2018)			668489.00	
Programme Cost	396775.00			
Programme Support Cost	271714.00			
TIDE Foundation			295065.82	
Programme Cost	198882.00			
Programme Support Cost	96183.82			
VV Lead (2016-2017)			382705.00	
Salaries	345394.00			
Other Direct Cost	37311.00			
General (Local)			374989.00	

Receipts and Payments Account for the year ended 31st March, 2018 (Local & Foreign Contribution)

	Amount (Rs.)		Amount (Rs.)		
Reimbursement of Expenses Received	68509.00		Programme Cost	138397.00	
Less : Expenses for Reimbursement	51201.00	17308.00	Administrative Cost	236592.00	
			General	770008.00	
Advance for Programme		1858813.00	Programme Cost	23400.00	
			Programme Support Cost	68836.00	
PF Employees Contribution		201947.00	Administrative Cost	179012.00	
TDS & P. Tax		261653.00	Salary	498760.00	
			Academy Course (2016-2017)	67066.00	
			Programme Cost	52463.00	
			Programme Support Cost	14603.00	
			Academy course (2017-2018)	321945.85	
			Academy course(17-18)	89706.25	
			Administrative cost	42800.00	
			Programme cost	157195.60	
			Irest	20244.00	
			Advance TOT	12000.00	7057092.71
			Amplify for change	648168.00	
			Indirect cost	79054.00	
			Monitoring & evaluation	78010.00	
			Project Activity	491104.00	
			ING Foundation	949219.00	
			Programme cost	946700.00	
			Administrative cost	2519.00	
			IREST Retreat	136961.00	
			Mental Health (Donation)	13922.00	
			Foundation Day	18984.00	
			Fixed Asset (Sch-A)	12600.00	
			Advance for Programme	1858813.00	
			TDS received	80208.00	

Receipts and Payments Account for the year ended 31st March, 2018 (Local & Foreign Contribution)

	Amount (Rs.)		Amount (Rs.)		
			Advance for Rent (Security Deposit -CESC)		
			PF Contribution	188781.00	
			TDS & P.Tax	261653.00	
			Liability for Audit Fees	12000.00	
			Closing Balances :		
			Cash in Hand (F.C)	19340.73	
			Cash in Hand(448)	46915.00	
			Cash (848)	19332.29	
			Indian Bank (A/c No. 448762506)	1661078.65	
			Indian Bank (A/c No. 779068967)	7356801.30	
			Fixed Deposits	7965135.00	
			Indian Bank (A/c No.848043654)	687883.95	17756486.92
			28994888.63	28994888.63	

For GAUTAM BASU & CO.
Chartered Accountants

FIRM REGISTRATION No. : 313010E



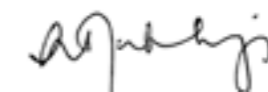
(GAUTAM BASU)
Proprietor

Membership No. 050924

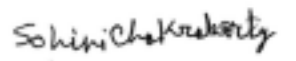
Dated: 10th August, 2018



Bhaswati Ghosh
President



Anuradha Mukherjee
Treasurer



Sohini Chakraborty
Secretary

Annexure - A

Schedule of Fixed Assets as on 31st March, 2018
(Local & Foreign contribution)

Particulars	Amount (Rs.)						
	W.D.V. as on 01.04.2017	Addition during the year with in 30.09.2017	Addition during the year after 30.09.2017	TOTAL	Rate of Dep.	Deprecia- tion during the year	W.D.V. as on 31.03.2018
Furniture & Fixtture	74432.57	0.00	9000.00	83432.57	10.00	7893.00	75539.57
Office Equipment	79946.88		3600.00	83546.88	15.00	12262.00	71284.88
Computer	70484.44			70484.44	40.00	28194.00	42290.44
Bed & Beddings	2771.01	0.00	0.00	2771.01	10.00	277.00	2494.01
Utensils	1308.15	0.00	0.00	1308.15	10.00	131.00	1177.15
Refrigerator	4760.89	0.00	0.00	4760.89	15.00	714.00	4046.89
Motor Vehicle	415256.24	0.00	0.00	415256.24	15.00	62288.00	352968.24
	648960.18	0.00	12600.00	661560.18		111759.00	549801.18

For GAUTAM BASU & CO.

Chartered Accountants

FIRM REGISTRATION No. : 313010E

(GAUTAM BASU)

Proprietor

Membership No. 050924

Dated: 10th August, 2018

Bhaswati Ghosh
PresidentAnuradha Mukherjee
TreasurerSohini Chakraborty
Secretary

Annexure - B

Statement of Grant Account for the year ended 31st March, 2018
(Local & Foreign contribution)

Sl. No	NAME OF DONORS	Amount (Rs.)					
		Grant Received in Advance as on 01.04.2017	Grant Received during the year (2017-2018)	Capital Grant Received during the year	Grant Refund During the year 2017-2018	Grant received in advance as on 31.03.2018	Net Grant for the year 2017-2018
1	Grant Received Paul Hamlyn Foundation	660099.37	1220650.00			457018.22	1423731.15
2	Grant Received From Kamonohashi	168617.71	2126758.50			1044271.00	1251105.21
3	Amlify for Change	657783.00				0.00	657783.00
4	Human Capability Foundation	809605.14	1699351.00			1057039.00	1451917.14
5	TIDE Foundation	449497.00				154431.00	295066.00
6	Grant Received From Target	1283963.00				615474.00	668489.00
7	Grant Received From VVLead 2nd	1008392.00				625687.00	382705.00
8	ING Foundation		1631867.00			682648.00	949219.00
9	Grant From Blossmy		349820.90			349820.90	0.00
10	IREST (Trauma Healing Resilience)		179448.29				179448.29
11	Grant Received Sandip Kantha Mukherjee						0.00
12	Grant Received Venkatesh Film						0.00
13	Grant Received Kolkata Gives Foundation						0.00
		5037957.22	7207895.69	0.00	0.00	4986389.12	7259463.79

For GAUTAM BASU & CO.

Chartered Accountants

FIRM REGISTRATION No. : 313010E

(GAUTAM BASU)

Proprietor

Membership No. 050924

Dated: 10th August, 2018

Bhaswati Ghosh
PresidentAnuradha Mukherjee
TreasurerSohini Chakraborty
Secretary

