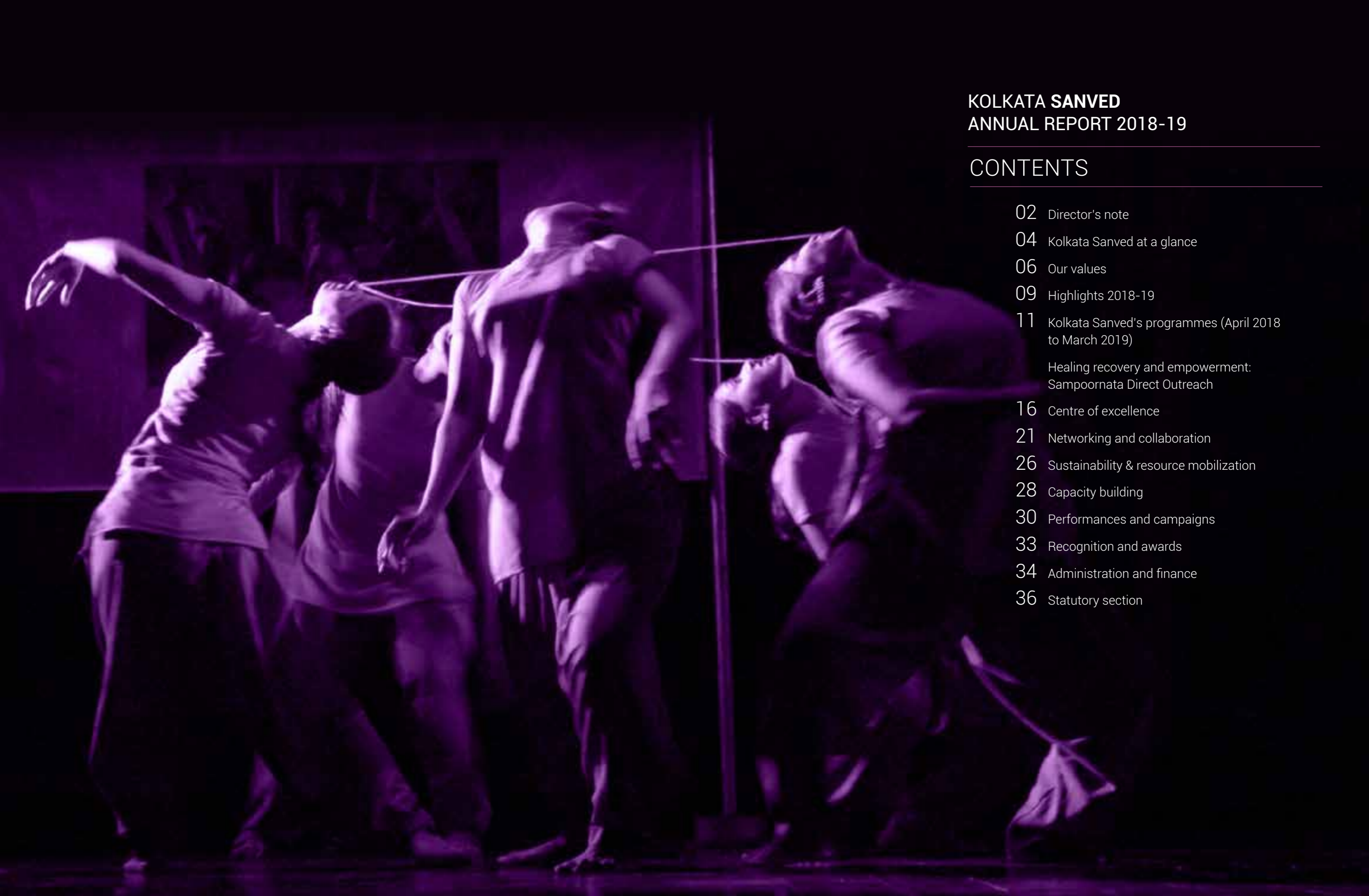


KOLKATA SANVED  
ANNUAL REPORT 2018-19



Transforming Lives.  
*One step at a time.*



## KOLKATA SANVED ANNUAL REPORT 2018-19

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# Director's note

We are now almost at one of the milestones for our organization. When the organization started, we began our work in a spirit of enthusiasm, curiosity and passion and were motivated by our dream. When the organization was completing 5 years, we were going through a struggle: we questioned whether our work would actually take place or not and we felt a sense of conflict about what will happen in the future. When the organization completed 10 years, we found that it had evolved into an establishment. Now, at the completion of 14 years, we have a lot of questions within us. The major one is: What legacy are we going to leave for the coming generations? Our passion and curiosity has materialized to create an establishment, but what will the legacy of that establishment be? Right now, at Kolkata Sanved, we are working with this idea in mind - we are nurturing the idea and are being nurtured as well.

We started our work through dance and this remains our only instrument and weapon through which we want to create social change. Establishing social change through dance and dance movement therapy is not easy, especially because the arts occupy a marginalized position in society, and dance becomes even more marginalized when we see it only through the lens of entertainment. We seek to establish a dance movement therapy that can bring about holistic change in mindset in a human being and in society, and that dance can be a powerful part of the movement for social

change.

We have gone through a lot of stress, pressure, barriers, financial problems but three things have held up the spirit of our team: courage, dreams and hope. These are our mantras and we will always keep it in mind as we move forward.

This organization may have been started by four or five of us, but many people have joined us since then. Many people have been part of our work and this movement in many different ways. This is a huge thing for us to have got. We are living in a time marked by instability and it is very critical and difficult to work and speak in a stable way. But, whatever it is, we have to find the light of hope, keep searching for new ways of being and keep dreaming of social change, and move forward together into the next decade. However, many barriers have come in our way over the years but we have kept reminding ourselves that we can move ahead through DMT and intend to keep doing so in the foreseeable future.

Thanking everyone again for their love, support and good wishes while walking on this path.

**Sohini Chakraborty**  
*Secretary & Founder Director*

“ We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams. ”

– Albert Einstein



# Kolkata Sanved at a glance

- Kolkata Sanved is an NGO that has pioneered the use of Dance Movement Therapy (DMT) for trauma healing and empowerment of marginalized communities. Its unique, culturally-contextualized DMT for Change model, called *Sampoornata*, has been designed for use in social development settings in India

- The initial focus of the organization was on using DMT for rehabilitation of survivors of gender-based violence. In the fifteen years since it was founded, its work has extended to child protection and empowerment of at-risk adolescent children and youth across all genders. *Sampoornata* not only enables beneficiaries recover from trauma,

but also graduates them towards holistic self-development and enhanced quality of life

- Kolkata Sanved's work is based on the core principle of gender equality. DMT encourages participants to exercise agency over their bodies and emotions, voice their opinions and access their rights

- The survivors to leaders model leads to a life-cycle engagement. Through the Dance Movement Therapy Leadership Academy (DMTLA), Kolkata Sanved trains participants to become full-fledged DMT practitioners and change-makers in their own right. This model was shaped by the fact that five of Kolkata

Sanved's Founding members were survivor-leaders. Currently, 70% of the core team of DMT practitioners has emerged from marginalized communities

- Kolkata Sanved has a collaborative strategy: it works through a wide network of partners in India and across South Asia.



## Our values

### Vision

To form a healthy, violence-free, gender-equal, creative society of empowered individuals.

### Mission

To build the ecosystem for Dance Movement Therapy-for-Change across Asia, and create leaders and changemakers 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

- Movement, that is not choreographed or staged for the sake of others, has a transformative power
- Dance has the power to give creative freedom and self-expression
- Dance is a significant force for resilience and resistance
- Commitment to life-long learning





## Highlights 2018-19

- Through our DMT sessions on various modules, we reached 1113 participants

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- We continued our partnership with the Government of West Bengal through our programmes on Building Life Skills of residents of government CCIs and on well-being of members of Kanyashree Clubs

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- 35 new DMT practitioners emerged: 3 from marginalized communities through Dance Movement Therapy Leadership Academy (DMTLA) and 32 through the DDMT course in partnership with CLL, TISS

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- We began conducting the DMTLA course in a new location - Bauria in Howrah - in collaboration with Nari-O-Shishu Kalyan Kendra (NOSKK). 16 future practitioners are currently being trained

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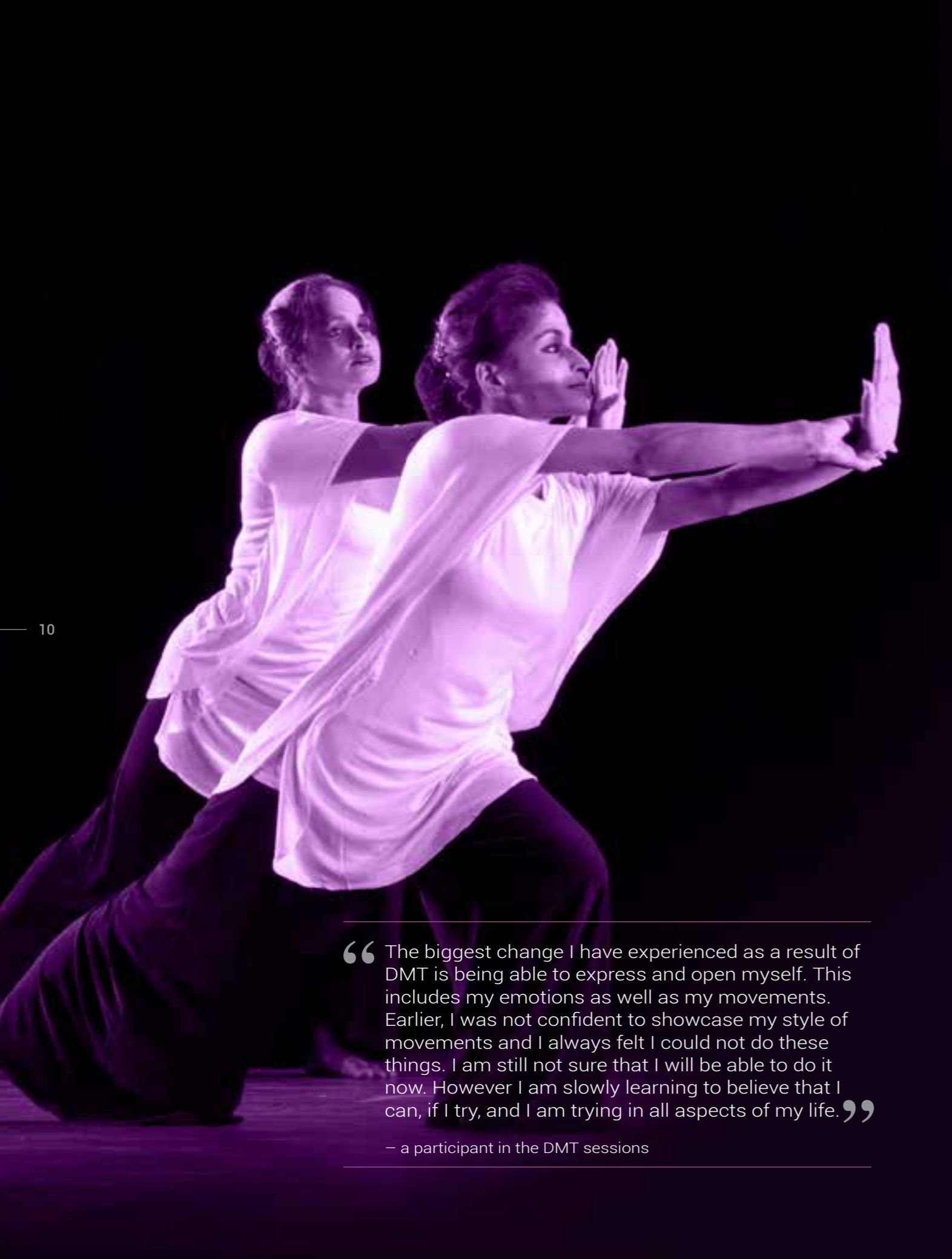
- We conducted the third phase of a research study on the impact of DMT on survivors of trafficking and sexual violence living in institutional care homes. This concluded the study and generated evidence on the effectiveness of DMT in reducing anxiety, PTSD and sexual concern amongst survivors

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- Along with CLL, TISS, we hosted the Second Biennial Summit on Dance Movement Therapy for Change on 7th and 8th December, 2018. The topic was: Building an ecosystem for integrated art-based interventions in India. It was attended by around 100 individuals, including DMT and expressive arts therapy practitioners, people working in mental health and public health, social development workers, dancers and educationists

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- We successfully launched and conducted the first round of a three-month certificate course on DMT for wellness, focusing on building a basic understanding of DMT and using it for self-care.



“The biggest change I have experienced as a result of DMT is being able to express and open myself. This includes my emotions as well as my movements. Earlier, I was not confident to showcase my style of movements and I always felt I could not do these things. I am still not sure that I will be able to do it now. However I am slowly learning to believe that I can, if I try, and I am trying in all aspects of my life.”

– a participant in the DMT sessions

## Kolkata Sanved's programmes: April 2018 to March 2019

### Healing, recovery and empowerment: Sampoornata Direct Outreach

Our core programme aims at healing, recovery and empowerment of participants through Dance Movement Therapy (DMT) sessions. Through our collaborative strategy, we partner with organizations serving marginalized communities (such as children in need of care and

protection, adolescent girls, survivors of sexual violence and people living with mental illness, among others) and conduct DMT sessions to enhance their well-being. In 2018-19, we conducted sessions with a wide variety of participants - on a weekly basis or through intensive workshops taking place across a number of days - as per the requirements of the project module.

Figure 1: Snapshot of our projects and reach in 2018-19

Project	Number of partner organizations/ institutions	Number of participants reached
1 Well-being, healing and empowerment of residents of Child Care Institutions		
i. Government-run	3	99
ii. Non-government run	3	68
2 Restoring Smiles through Dance: healing and recovery of survivors of sex trafficking	8	158
3 Transforming Steps - Life Skills Education through DMT	6	155
4 Sexual and Reproductive Health and Rights (SRHR)	3	79
5 Kanyashree Clubs: Well-being workshops	3	52
6 Empowerment workshop	5	115
7 DMT for people living with illness	4	158
8 Bloom	1	22
9 Other workshops	3	207
<b>Total</b>		<b>1113</b>



### 1. Well-being, healing and empowerment of residents of Child Care Institutions

We have partnered with both government and NGO-run CCIs. Participants include girls and women survivors of abuse, children who have faced poverty and homelessness, children recovering from drug addiction, children in conflict with the law and sex workers. The objectives of DMT sessions included: cultivating focus and attention, enhancing self-confidence and enabling participants to feel a sense of fun and enjoyment.



### 2. Restoring smiles through dance: healing and recovery of survivors of sex trafficking

Our module for psychosocial rehabilitation of survivors of trafficking - Restoring Smiles through Dance - was implemented in 8 shelter homes - 7 in Maharashtra and 1 in West Bengal. This module consists of 48 DMT sessions which focus on rehabilitation of survivors of trafficking by addressing three objectives: positive self-image, anger management and communication. Practitioners create a safe space in which participants are able to release traumatic emotions and heal. These sessions also help participants to practice self-care. In one of the shelter homes, practitioners even set up a buddy system so that participants can use self-care techniques they had been taught, together. Participants of these sessions gave a lot of positive feedback saying that: they now know how to be alert when they are in danger, they have learnt how to speak in front of others and have become more confident, and that these sessions helped them to envision a positive future. The results of this module were measured through an experimental study which used the Trauma Symptom Checklist for Children (TSCC) to understand the differences in six symptoms of trauma, before, in the middle and after the implementation of the module. The results indicated that there was a significant decrease in anxiety, post traumatic stress and preoccupation with sexual concerns after the DMT sessions.

“ DMT has helped me control my anger. I find myself not getting angry anymore. Earlier, the smallest things people would say would result in enraging me. I had absolutely no control over my feelings. However, now when I feel angry and hurtful, I dance and exercise, which keeps me calm and composed. ”

— a participant in the DMT Life Skills sessions



### 3. Sexual and Reproductive Health and Rights (SRHR) through DMT

We have created a module, which educates participants on SRHR, through DMT, films and discussion. The module consists of 16 sessions. It begins with a needs assessment and an orientation session for care-givers. The SRHR module has two major focus areas. The first set of sessions focuses on enhancing participants' understanding of their bodies, the reproductive system, sex, sexuality and gender. This also includes sessions on gender stressors so that participants are aware of how this aspect of our social identity affects our well-being. The second set of sessions focuses on healthy sexual and reproductive processes: it aims to demystify and destigmatise menstruation and enables participants to avoid sexually-transmitted diseases by giving them information on healthy sexual practices. It also addresses questions of safety and autonomy through sessions on identifying a safe space and on the rights of every individual to bodily integrity and autonomy. This module was developed in 2017, and during 2018-19, we did this workshop with girls from 2 schools at the community centre of an NGO.



### 4. Transforming steps: Life skills education through Dance Movement Therapy for children in Government Child Care Institutions (CCIs)

DMT is a powerful tool to facilitate learning as it enables participants to learn skills through the body and not just through cognition. This project uses DMT as a medium for children to acquire six life skills: self-awareness, creative thinking, assertiveness, decision-making, coping and resilience. It is implemented in the form of an 8-day workshop, which includes a needs assessment. We conducted this project with children living in 6 Government-run CCIs, in collaboration with the Department of Child Rights and Trafficking, Government of West Bengal. The CCIs included shelter homes for children in need of care and protection (both boys and girls), homes for children who have survived gender-based violence, observation homes for children in conflict with the law and a shelter home for the visually impaired. Participants reported increased feelings of positivity during the DMT sessions. Some participants also said that they were now able to maintain focus and tell right from wrong. Some participants staying in CCL homes reported that they were able to release their emotions and feel relaxed. Visually-impaired participants learnt how to communicate better using sound.



### 5. Empowerment workshop

This is a 4-day intensive workshop that aims at enabling women to create a vision for their lives and providing them with tools to manifest it. It covers the seven core areas of an individual's life - emotion, relationships, sexuality, body, money, work and spirituality - and motivates participants to grow through the power of their dreams. These workshops were conducted in collaboration with Empowerment Institute, USA. The creative program manager at Kolkata Sanved is a certified Empowerment facilitator, who is mentoring two senior DMT practitioners in their training as future Empowerment facilitators. Both of the DMT practitioners conducted a set of Empowerment workshops together, with communities from 5 partner organizations. In the following year, they will conduct 4 empowerment workshops each, on their own.





### 6. Kanyashree Clubs: well-being workshops

In collaboration with the Government of West Bengal, we conducted DMT sessions with members of Kanyashree Clubs in three schools in Cooch Behar. These clubs have been set up as part of the Government's 'Kanyashree scheme', which aims at preventing child marriage and keeping adolescent girls from poor families in West Bengal in school. Based on the needs assessment, the objectives for these DMT sessions included enhancing movement capacity, overcoming hesitation, group bonding, bringing out creativity, increasing confidence, learning about oneself and body awareness.



### 7. DMT with people living with illnesses

We also conduct DMT sessions at hospitals for people living with chronic mental and physical illnesses. For people living with mental illness, our sessions focus on enhancing physical coordination and communication skills. For individuals with physical illness, such as children with cancer, we focus on the objectives of fun and relaxation, and stress release for parents.



**Other workshops:** Kolkata Sanved also conducted short-term workshops with partner NGOs, school teachers and students. Through one such workshop, we began to expand our geographical reach by conducting DMT sessions (aimed at building safe space, empathy and inclusion) for government school teachers and adolescent girls in a district in Odisha, in partnership with GAATW.



### Bloom: a Dance Movement Therapy project in two red-light areas in Kolkata

One major milestone for Kolkata Sanved this year was the independent creation and implementation of a DMT project by one of its members. Sabita Debnath, founder member and senior DMT practitioner of Kolkata Sanved, through her participation in the Social Action Lab of the American Center, independently conceptualized, gathered support for and is implementing 'Bloom'- a DMT project for women in two red-light areas. This project has been designed to empower participants and give them a space for enjoyment and relaxation. It also contains a media component, through which, creative forms of documentation and reporting were done.

Through partnership with Diksha, an NGO working in red-light areas, DMT sessions are being conducted in two such areas. It has been a challenging process, especially because it was difficult to access the space to conduct the DMT sessions, and to convince the participants to attend the sessions even while struggling through problems of poverty and unemployment. A total of 22 participants have been attending the DMT sessions, and they have given feedback that these sessions have had a positive impact on them: they have got a space for relaxation, and also began to believe that they are capable of creating new things - after an arts-based session, one of the participants shared: "This is the first time I have created something with my hands."

“ Through this class 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 either break out of these boxes or make more space within the box. ”

- a participant of the SRHR workshop

“ I didn't really know much about menstruation; I just got used to it happening. Now I have the knowledge and can keep myself safe. I also have the ability to give my children the answers they require. ”

- a participant of the SRHR workshop

# Centre of excellence



## 1. Dance Movement Therapy Leadership Academy (DMTLA)

In line with our 'survivors to leaders' model, DMTLA focuses on enabling individuals from marginalized communities to emerge as DMT practitioners. This consists of a one-year course along with an internship. During this year, DMTLA has been functioning in three locations:

**Howrah:** After conducting SRHR and Empowerment workshops with the community in Bauria, Howrah district - in collaboration with *Nari-O-Shishu Kalyan Kendra* (NOSKK), and receiving positive feedback for this, we extended

our partnership with NOSKK by starting a DMTLA course for members of the community in Bauria. In September 2018, we began the course with 27 students. At the end of the first semester, 19 students qualified to go forward. Currently, the second semester of the course is taking place, with 16 students.

**Kolkata:** Three trainees went through DMTLA and completed their 6-month internship at Kolkata Sanved. In the following year, they will be joining Kolkata Sanved as employees.

**Cooch Behar.** The Cooch Behar unit of Kolkata Sanved, which was set up in 2012 by DMTLA trainees living in Cooch Behar, was closed in January 2019, due to shortage of DMT practitioners. However, the two DMT practitioners who are still in Cooch Behar have been conducting DMT sessions there and assisting practitioners from Kolkata. The sessions they conducted include: SRHR workshops, life skills workshops and well-being sessions with Kanyashree Clubs.

### Sheena's Story

Sheena (name changed) is one of the new DMT Practitioners recruited by Kolkata Sanved. She grew up in a shelter home and first came into contact with Kolkata Sanved in 2015, when KS conducted DMT sessions at her shelter home. She was selected for the Dance Movement Therapy Leadership Academy program at the end of the session. However, being busy with academics, she could not continue with the training. After completing school, Sheena showed interest in rejoining the program and

subsequently completed her training in DMT, while continuing with her college education.

Personally, Sheena feels that DMT has brought about a remarkable change in her behaviour. She used to be a timid young girl who lacked confidence in herself. After undergoing the rigorous DMT training process she feels that her confidence level has soared and so has her self esteem and self worth. Today, she is actively involved in facilitating DMT sessions for children and vulnerable adults. Apart from her role as a DMT Practitioner, she

is working towards becoming a key spokesperson of Kolkata Sanved and plays a major role in interactions with donors and visitors.

Her dedication, commitment and eagerness to learn more is truly remarkable. She aspires to reach great heights in her career as a DMT Practitioner with Kolkata Sanved in the years ahead. In her own words "DMT process has helped me tremendously to become what I am today, and I want to reach out to those who can experience the process and benefit from it as well."

## 2. Diploma in Dance Movement Therapy (DDMT)

"You cannot differentiate motion from emotion, they are interconnected. Creative expression can bolster your communication skills, it can inspire dynamic relationships, it can work on your self-esteem, confidence, body image and the list is really long. It is transformative. Movement is not just about the popular belief of losing weight. It has almost become a language of expression for connecting with people but most importantly knowing one's true self. This is what DMT has done to me and many more in 1 year and we are looking to take this out in a big way."

- a DDMT 2018-19 participant

Kolkata Sanved, in collaboration with Centre for Lifelong Learning (CLL), Tata Institute of Social Sciences (TISS), offers a year-long diploma course in DMT. This takes place in both Kolkata and Mumbai and consists of experiential as well as theoretical classes and includes a three-month internship. It prepares future DMT practitioners to work with different populations in various cultural settings all over India, and beyond.

On 2018-19, a total of 34 students (26 in Mumbai and 8 in Kolkata) enrolled for the programme. They came from various states of the country- West Bengal, Maharashtra, Delhi, Rajasthan, Bihar and Nagaland and from varied professions such as

dance, choreography, teaching, physiotherapy, counseling and corporate work. 32 students graduated as DMT practitioners. The convocation was held on 30th June, 2018.

"Having witnessed Kolkata Sanved process in the open community, hospital and care institution, we were very motivated to create a partnership between TISS and Kolkata Sanved and was determined not to let the matter end with a mere evaluation report".

Professor Surinder Jaswal,  
Deputy Director, TISS, Mumbai

## 3. Online academy in collaboration with rise learning network



The online course on DMT has been designed and implemented in collaboration with Rise Learning Network. It aims to enable frontline social workers engaged in re-integration of children and adolescent survivors of sexual exploitation to become certified Therapeutic Dance and Movement Practitioners (TDMP), so that they can use DMT to meet psychosocial needs of the communities they work with. Spanning across six months, this course covers movement experience, theory, process and practice of DMT, general training on mental health and 70 hours of field practice. This course was conducted online from October 2018 to March 2019. 11 students from Latin America and Sub-Saharan Africa enrolled in the course. However, due to time differences only 2 students were able to complete the course. A part of this course was also taught through a face-to-face 5 day intensive workshop that was held in Argentina. This was conducted by the Founder Director and one senior DMT practitioner of Kolkata Sanved.

#### 4. Research study of survivors of sexual violence and trafficking: impact of DMT in an institutional care setup

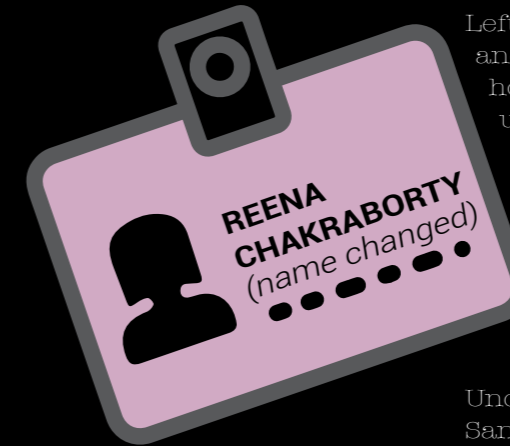
"When you're traumatized, you're afraid of what you're feeling, because your feeling is always terror or fear or helplessness. Body-based techniques help you feel what's happening in your body and to breathe into it and not run away from it. So you learn to befriend your experience."

Psychiatrist and traumatic stress expert - Bessel van der Kolk, 2015

In 2018-19, the third phase of a study on the impact the Restoring Smiles through Dance DMT module on survivors of sexual violence was conducted. The first two phases took place in 2015 and 2017. The third phase was conducted with participants from three care institutions (two in Maharashtra and one in West Bengal).

The study was conducted in the form of a randomised control trial, with residents of the institutions being divided into a DMT group and a non-DMT waitlist group. Data was collected from both groups three times: pre-DMT, in the middle of the DMT module (once half of the sessions were complete) and post-DMT.

Quantitative data was collected through the Trauma Symptom Checklist for Children (TSCC), which has six clinical scales measuring anxiety, depression, anger, PTSD, disassociation and sexual concern, and through the satisfaction with life scale. In addition, qualitative data was collected by interviewing survivors who showed the two extremes of outcome - very good and very bad. The results of the study showed that DMT had a statistically significant impact on anxiety, PTSD and sexual concern. However, a major limitation of the study is low sample size and high rate of attrition due to floating population within the care institution. This makes it difficult to generalize the results.



Left by her parents in the care of her uncle and aunt, Reena came to live in a shelter home after being sexually abused by her uncle. She was labeled as a liar by her aunt, who refused to believe that she was abused. At the shelter, Reena felt alone, without any friends. Most of the time, she cried, or quarrelled with other residents. She refrained from participating in any activities at the home.

Under these circumstances, Kolkata Sanved's DMT session became a space that she enjoyed being in, because of the love and warmth she received from her peers and the DMT facilitators. She found it to be a space of free expression where she did not have to face abuse, judgmental opinions, or stigmatization from the other participants.

Through DMT, Reena has found spontaneity in her life again. She has made many friends and has stopped feeling alone. Through DMT sessions focused on physical and mental well-being, she learned to overcome the negativity and hostility that she faces at the shelter. She now understands that the other residents are hostile because they are also passing through their own trauma, and she has developed empathetic feelings for them.

As per Reena's feedback, the DMT classes have enabled her to become focused and determined. She dreams of a future for herself now. Her goal is to become an IPS officer as she loves her country. She is working diligently towards this goal.





## Networking and collaboration

2018-19 was a very important year for our efforts to form bonds and collaborate with other actors in the fields of women's rights and child protection and to create an ecosystem for DMT and the expressive arts therapies in the social development sector.

### Round table meet and presentations in ICMEC and GFW, USA

From 16th May to 30th May, 2018, our Founder Director, Sohini Chakraborty, travelled to USA to spread awareness about Kolkata Sanved's work. She participated in a roundtable held by International Center for Missing and Exploited Children (ICMEC) in Virginia. Her presentation on DMT as a mental health service and Kolkata Sanved's model contributed to ICMEC's research on the topic - Barriers to Access for Medical and Mental Health Services for Survivors of Child Trafficking. She also gave a presentation to Global Fund for Women (GFW), San Francisco.

### Panpapanpalya conference, Australia

Held between July 8th and 13th 2018 in Adelaide, this was the Second Joint Congress of daCi (Dance and Child International) and WDA (World Dance Alliance) Global Education and Training Network, and was attended by the world's largest gathering of dancers, educators, artists and community participants generating new ideas and thoughts for dance in the 21st Century. Namrata Kanuga, Creative Programme Manager at Kolkata Sanved, presented a paper titled 'Kolkata Sanved: Healing, Changing and Empowering Lives' at the conference.

### Round table discussion with US Ambassador on human trafficking

On 12th October, 2018, US Ambassador Kenneth I Juster visited Kolkata Sanved, accompanied by Consul General Patricia Hoffman and American Center Director James Dragon. Several people participated in the roundtable discussion, including Ms. Ananya Chatterjee Chakraborti, Chairperson of the West Bengal Commission for Child Rights, DMT practitioners and management of Kolkata Sanved, and individuals working in the anti-trafficking sector from Delhi, Bihar and Jharkhand. The topics of discussion were: the extent and scope of the problem of human trafficking, role of the police, law enforcement and civil society, challenges of rehabilitation, economic empowerment of survivors and the lack of recognition of mental health as an issue. Three survivor-leaders also spoke about their success stories of rehabilitation. The discussion ended with a performance by Kolkata Sanved and a DMT experiential session.

### Cooch Behar state level workshop

Kolkata Sanved participated in a State-Level Workshop on the topic 'Mental Health Needs of Children in Child Care Institutes (CCIs)' in Cooch Behar on 27th June 2018. This was organized by the West Bengal Commission for Protection of Child Rights (WBCPCR) and attended by officials from National Commission for Protection of Child Rights (NCPCR), District Administrator and officials for the North Bengal districts, care givers from CCIs, mental health experts, NGO professionals and children from CCIs. There were 150 participants, including 25-30 children. DMT practitioners from Kolkata Sanved, along with 3 trainees from the Cooch Behar unit, conducted a DMT session to share the value, importance and positive effect it has, not only on children but also on caregivers.



## Second Biennial Summit on Dance Movement Therapy for change: building an ecosystem for integrated art-based interventions in India



“It’s time for a revolution, in curriculum, to include DMT and other art-based therapies...Each child is differently abled and situated differently in society. When you ignore the mental health of a child, you ignore the mental health of a nation. It’s time to challenge the system, to not merely create clerks.”

– Ananya Chakraborti, Chairperson WBPCR

On 7th and 8th December, 2018, Kolkata Sanved and Centre for Lifelong Learning (CLL), Tata Institute of Social Sciences (TISS) held the Second Biennial Summit on Dance Movement Therapy for Change. This took place in collaboration with Paul Hamlyn Foundation (PHF), Vital Voices Global Leadership Network, USA, and Kamonohashi Project, Japan.

The Summit was held at TISS, Mumbai. About 100 people participated, including DMT and Expressive Arts Therapy (EAT) practitioners, people working in the field of mental health and people working in social development, dancers, academicians and students. The First Biennial Summit, held in 2016, had brought together

DMT and EAT practitioners to explore the scope of arts-based interventions for social development and change. The purpose of this second, Summit was to discuss how an ecosystem for DMT and EAT can be built actively in different sectors in India.



The Summit began with an interactive welcome dance led by DMT practitioners from Kolkata Sanved. Following this, the Chief Guest, Ananya Chakraborti, Chairperson of the West Bengal Commission for Protection of Child Rights (WBCPCR), declared the Summit open. The opening of the Summit was marked by several inaugural speeches and the inaugural panel on the role, success and achievements of DMT and other expressive arts in India. This panel was moderated by Dr. Lata Narayan, retired professor at CLL-TISS and former convenor of DDMT in TISS Mumbai, and the speakers were Sohini Chakraborty, Dr. Sabiha Vasi, current convenor of DDMT at TISS and Sachin Sachdeva, Country Director (India) of Paul Hamlyn Foundation.

The keynote address was given by the chief guest, Ananya Chakraborti, who, apart from being Chairperson on WBPCR, is a former Board Member of Kolkata Sanved. She began her speech by commending Kolkata Sanved’s DMT practitioners as real-life heroes. Noting that DMT is a powerful and inclusive way of addressing children’s mental health issues, she called for a revolution in our processes of thinking and learning, leading to the recognition of DMT and the creative arts as essential to growth. She looked forward to the

possibility of working with DMT at WBCPCR.

This speech was followed by a series of experiential workshops, which was fitting since DMT and other EATs cannot be completely understood without experiencing them. Each participant attended two workshops. The first workshop, which was attended by all participants, was conducted by Professor Bonnie Bernstein, international level Dance Movement Therapist, and co-facilitated by four senior DMT practitioners of Kolkata Sanved:





There were four panel discussions, followed by working group discussions, on the need, scope, challenges and strategies to use DMT and EATs in different settings: health, social development, education and policy integration. This was followed by concluding remarks and vote of thanks. This Summit ended with the announcement of the Third Biennial Summit, which is planned for 2020.

Jhulan Mondal, Sabita Debnath, Sreeja Debnath and Tiltotoma Chowdhury. Activities included: using everyday work movements, moving with imagery, and using voice and improvisational dance to access a sense of agency.

This was followed by three

parallel experiential workshops, with Summit participants being divided into three groups. The workshops were on: Healing Power of Theatre for Persons with Special Needs, Authentic Movement and Creative Awareness with Visual Arts and Music.

### Recommendations and conclusions arising from the Summit

DMT and EAT are needed for social change because they are holistic in nature and incorporate the spirit of inclusion and social justice

- Minimal infrastructure is required, so they are ideal for use in low-resource settings
- They are more approachable than traditional talk therapy

#### Strategies to Address Major Challenges

##### Combating lack of awareness and credibility

- Evidence-based documentation and research through traditional and non-traditional methodologies and by both practitioners and academics
- Collaboration with academia
- Doing DMT and EAT workshops with decision-makers from potential partner organisations

##### Addressing lack of funding

- Framing proposals focusing on well-being as a goal rather than on DMT/EAT as methodologies
- Taking members of potential funding organisations through the DMT process

#### Bringing about up-scaling and sustainability

- Expanding existing DMT and EAT courses and creating new ones
- Using the collaborations with partner organisations to scale up

#### Sector-wise recommendations

##### Health

- Integrating knowledge of DMT and EAT with education in the field of public health
- Creating strategic structured modules of DMT based on the need of the participants

##### Social development

- Giving experiential workshops on DMT and other expressive arts therapies to decision-makers in the social development sector (like government officials)
- Integrate DMT and other EATs into existing courses and schemes in the social development sector (for example: social work courses and training programmes for ASHAs)
- Creating a network/database of DMT and other EAT practitioners across India
- Getting funding from CSR

#### Education

- Creating awareness among the stakeholders like the school management and parents
- Building a resource base for educators and training them in DMT and EAT

#### Policy

- Documentation at all levels: individual cases, community models and group processes
- Using positive feedback of communities to create pressure on policy makers
- Establishing a foundation or think-tank to research on the impact of this work and to create papers with policy recommendations

“While doing formal research is essential, it is also important for all of us to remember that the evidence already exists in each one of us. Each of us is the evidence. Each of us has to be the evidence.”

– Dr. Vikram Gupta,  
Public Health Consultant



## Sustainability and resource mobilisation



### DMT for wellness: a short-term certificate programme

“ Unique, fun, empowering and something that has bought so much change in my life in a short time... I became a happier, calmer and more focused person and would urge everyone to experience the joy of letting yourself be, of just letting your body move and experience the oneness of body and mind. ”

– 'DMT for wellness' participant

From March to May, 2019, Kolkata Sanved, in collaboration with The Doodle Room, conducted a short-term certificate programme on DMT. This three-month long course, conducted across 12 sessions, is aimed at creating a basic understanding of DMT and of how to use it for self-care and wellness. In total, 7 participants applied for the course, and 4 participants received certificates of completion.

### DMT for stress release: workshops with corporate organizations

Spreading awareness on DMT amongst corporate organizations enables us to mobilize resources, making our organization and work sustainable. On 20th March, 2019, we conducted a stress management workshop at the State Bank of India (SBI). The senior management team, including the Managing Director and the CSR head of SBI participated in the workshop.

### Awareness event:

In order to increase awareness and garner support for Kolkata Sanved, we conducted two events at Princeton Club, Kolkata, on 25th August and 22nd September, 2018. This event included performances by Kolkata Sanved and a partner organization - Nari-O-Shishu Kalyan Kendra, as well as the screening of Little Stones, an international documentary showcasing Kolkata Sanved, followed by an interactive discussion with the audience.

# Capacity building

Capacity building programme for our employees - DMT practitioners, coordinators and managers - is an essential component of our work. Through these efforts, we aim to enhance the skills of our employees to carry out DMT sessions and implement all our programmes and to create a second line of leadership.

"It is essential to understand that 'health' does not only mean 'not having an illness'."

World Health Organisation, 2013



## DMT and mental health

■ **Advanced DMT workshops with Bonnie Bernstein:** As she has been doing for the past 10 years, Professor Bonnie Bernstein, international level Dance Movement Therapist, conducted 12 days of advanced DMT training with our senior DMT practitioners. This year, she revised many of Blanche Evan's techniques with them. She also asked them to reflect on what skills they need, to make their DMT practice more effective. Conducting DMT sessions with visually impaired participants emerged as a skill the

practitioners wanted to work on, so some sessions were devoted to this

■ **Trauma, Healing and Resilience:** From 18th to 22nd June, a workshop on trauma, healing and resilience was conducted by Ms. Samantha Kinkaid. One component of the workshop also focused on curriculum integration. This was third in a three-part series of workshops conducted by Samantha

■ **Advanced counseling training:** In November and December 2018, Terre des Hommes (TDH) organized basic and advanced

counseling training for individuals working in the anti-trafficking sector. These were attended by one project coordinator and one senior DMT practitioner from Kolkata Sanved

■ **Knowledge building:** From April 2018 to August 2018, weekly classes for Knowledge building of DMT practitioners were conducted by Maya Sen, Project Coordinator at Kolkata Sanved. The topic of these sessions was 'Understanding Trauma'. There were also some sessions on counseling skills as well as 'Self of the Therapist'.

## Social action: planning and implementation

■ Three practitioners from Kolkata Sanved attended the American Center Social Action Lab, which gave participants training in different topics related to social action: such as gender equality and sex education. They were then taken through the process of building a social action project on these topics, and each participant was allocated some funds to implement it. Through this, the Bloom Project for conducting DMT in red-light areas was conceptualised and implemented

by Sabita Debnath, DMT practitioner and Founder Member of Kolkata Sanved

■ The head of Administration and Finance and head of Programmes of Kolkata Sanved attended a workshop on finance for non-profit organizations, conducted by Paul Hamlyn Foundation (PHF)

■ In September 2018, a three-day workshop was held for all employees of Kolkata Sanved on the Child Safeguarding Policy of Kolkata Sanved. This policy was formally created in 2017, and the purpose of this workshop was to orient employees on the policy

and to equip employees with basic skills to address safeguarding issues. The training was conducted by Lopa Bhattacharya, an external consultant who was instrumental in the creation of the policy.

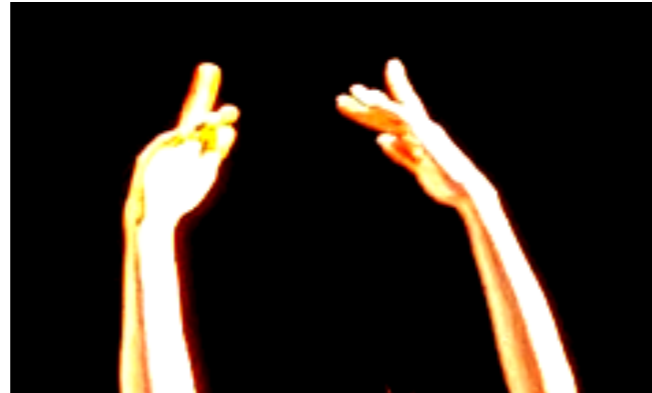
## Personal growth

Enhancing well-being and personal growth of employees is one of the core values of Kolkata Sanved. This year we continued to provide each employee with 12 personal growth sessions a year, one each month. This enabled them to reflect on themselves and work on self-care.



# Performances and campaigns

Through our performances, we use dance as a medium of telling stories, as a medium of celebration and therefore as a medium of advocacy. Our performances and campaigns in 2018-19 were as follows:



**Kolkata Sanved Foundation Day:** On 30th April, 2018, we celebrated our 14th Foundation Day through a performance at Indian Council for Cultural Relations (ICCR) Kolkata. This performance questioned the restrictions faced by women in society and highlighted our vision to resist these and bring about positive change.

**43rd Kolkata International Book Fair:** On 8th February 2019, our DMT practitioners conducted fun movement activities with under-privileged children at WBCPCR Child Safety corner at the 43rd International Kolkata Book Fair, which was held at Central Park Mela Ground in Salt Lake.



**One Billion Rising:** On 14th February 2019, we performed for the 'One Billion Rising' campaign to end violence against women, held at Loreto House, Kolkata.



**Media advocacy programme in association with WBCPCR:** On March 1st, 2019, we participated in a media advocacy programme conducted by West Bengal Commission for the protection of child rights, along with several other NGOs. This consisted of a workshop on the topic: 'Protection of Child Rights and Role of Media'.



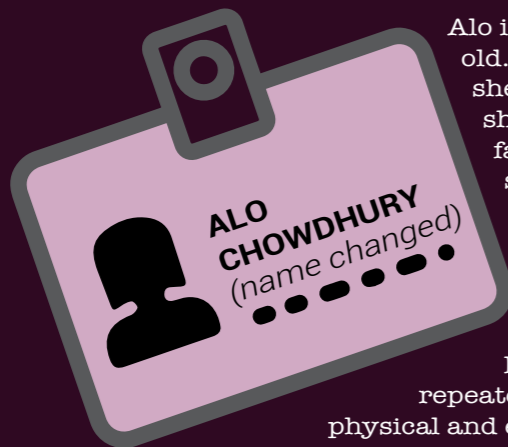
**My Name Keeps Changing Campaign:** On 18th April, 2018, Kolkata Sanved participated in this campaign, hosted by a women's rights network, called Maitree, which aimed at increasing awareness about the rise of violence against women and girls.



**Kanyashree Day celebrations:** Kanyashree Prakalpa is a programme conducted by the Government of West Bengal to enable adolescent girls to avoid child marriage and complete their education. For the celebration of Kanyashree Day on 14th August, 2018, DMT practitioners from Kolkata Sanved choreographed the performance done by residents of one Kolkata-based shelter home.



**Trafficking in Persons (TIP) Conclave:** From 13th to 15th March, 2019, we participated in the Eighth TIP Conclave, held at the American Center. There was a performance as well as a showcase of our work at the NGO open house. Two of our practitioners also took part in a programme titled: 'Strengthening Survivor Voices through Storytelling': a workshop in which they told their inspirational stories through video.



Alo is 18 years old. When she was 6, she lost her father, and since then, her life has been a constant struggle. She has had to face repeated sexual, physical and emotional abuse. She has experienced betrayal and exploitation from many people, including her mother, brother, other relatives, employers and police.

After Alo's father's death, her mother abandoned her and her brother, on the streets of Dharavi in Mumbai. She returned later, but, when Alo reached puberty, her mother forced her into prostitution, by threatening her and physically abusing her. In her efforts to avoid her mother, Alo ended up in a house where a man and his son abused her and she later found herself in a brothel in Uttar Pradesh. Finally, she escaped and was brought to a shelter home in Maharashtra.

Psychological tests revealed that Alo was struggling with anxiety, depression, post traumatic stress, dissociation and sexual concerns. Anxiety and depression manifested as lack of appetite, sleep disturbances, and lack of interest in life in general. She suffered constant reminders, thoughts and feelings associated with her traumatic past and intense levels of fear and distress around anything concerning sex. She also felt a strong sense of being abandoned. Despite all this, she had an even stronger survival instinct. Her time in the shelter home increased her confidence. She also received attention

and care like she had not done before.

Dance Movement Therapy sessions have also had a very positive impact on Alo. Initially, she was reluctant to attend the sessions. She has spoken about how she began DMT sessions in a negative way, without much interest in it and with a tendency to fall asleep during relaxation exercises. However, as the sessions proceeded, she says that she experienced a positive change in her ability to control anger and grief. Corroborating her feelings, the psychological assessment after DMT sessions indicated reduction in Alo's levels of anxiety, depression and anger. She also says that, because of DMT, she was able to communicate her feelings, thoughts and needs and that attending the sessions helped her develop a sense of self-identity and express herself without fear. She still needs to recover her ability to trust, form relationships and have positive coping strategies in place. Having experienced the changes within herself, she was very motivated to continue with DMT in order to heal as much as she could.

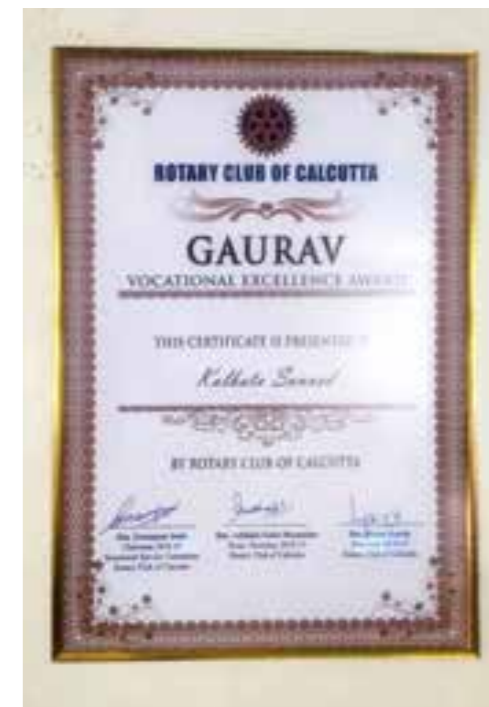
Alo is like any other young adult, full of dreams and ideas about the future, though her past is most extraordinary. She wants to pursue education in order to find employment and control her life. Her experiences of being exploited and having no control over her life, sexuality and emotions have made her value her sense of independence even more. She does not like being confined in the shelter home and would like to experience life on her own terms. She wants to improve the rest of her life, while living with her past.

## Recognition and awards

On 2nd January 2019, senior DMT practitioner, Mehraj Khatoon performed her *Arengatram*, signifying her graduation in Bharatnatyam from Darpana Performing Arts Academy, Ahmedabad.



On 30th January 2019, our Founder Director, Sohini Chakraborty was felicitated at the book launch of *Soul Curry* by Sarmita Dey.



Kolkata Sanved received the 'GAURAV' Vocational Excellence Award from The Rotary Club of Calcutta, on 29th January 2019, in recognition of its work with children who have survived abuse and violence as well as vulnerable adults.



On 8th March 2019, on the occasion of International Woman's Day, 5 DMT practitioners from Kolkata Sanved were felicitated by SVF Entertainment in recognition of their inspirational fight against the odds to change their own lives.

# Administration and finance

## Governing Body Members:

Bhaswati Ghosh	President
Sohini Chakraborty	Secretary
Anuradha Mukherjee	Treasurer
Dr. Urmimala Sarkar	Executive Member
Sreeja Debnath	Executive Member
Sohini Bhattacharya	Executive Member
Dr. Bipasha Roy	Executive Member



## Team members

- |                      |                           |                         |
|----------------------|---------------------------|-------------------------|
| 1. Anwari Begum      | 8. Maya Sen               | 15. Sampa Roy Guchhait  |
| 2. Bithika Roy       | 9. Mehraj Khatun          | 16. Sohini Chakraborty  |
| 3. Chumki Dey Sarkar | 10. Moumita Bhattacharjee | 17. Sonali Ghosh        |
| 4. Dipali Das        | 11. Namrata Kanuga        | 18. Sreeja Debnath      |
| 5. Durga Madhar      | 12. Pinki Das             | 19. Swapan Sardar       |
| 6. Jhulan Mondal     | 13. Sabita Debnath        | 20. Tilottama Chowdhury |
| 7. Jhuma Das         | 14. Samita Bhattacharya   |                         |

## Consultants/Resource persons

- |                            |                                      |                             |
|----------------------------|--------------------------------------|-----------------------------|
| 1. Alope Majhi             | 11. Lopamudra Bhattacharjee          | 20. Shrilekha Vivek Sisodia |
| 2. Angira Chakraborty      | 12. Madhusudan Basu                  | 21. Shuktara Lal            |
| 3. Bhavisha Dediha         | 13. Natasha Agarwal                  | 22. Snehal Mohan Gaikwad    |
| 4. Cristabele              | 14. Poonam Eknath Nawala             | 23. Sobha Pahari            |
| 5. Debashree Bhattacharjee | 15. Prof. Bonnie Bernstein (Probono) | 24. Sruthi Suresh Iyer      |
| 6. Debika Das              | 16. Rajyashree Datta                 | 25. Suhani Patwardhan       |
| 7. Dr. Chandrani Ghosh     | 17. Renelle Andrea Snelleksz         | 26. Suparna Rudra           |
| 8. Gowribari Ammanabrolu   | 18. Samantha Kinkaid                 | 27. Tandrima Bhattacharya   |
| 9. Keisha Lobo Rodrigues   | 19. Shilpi Khandelwal                | 28. Vikram Iyenger          |
| 10. Krupa Doshi            |                                      | 29. Zankhana Joshi          |

## Faculty for diploma programme and DMT leadership academy

- |                           |                                        |                             |
|---------------------------|----------------------------------------|-----------------------------|
| 1 Alice Laing (Probono)   | 7 Jhulan Mondal                        | 12 Natasha Agarwal          |
| 2 Arna Seal               | 8 Mathuram Chidambaram Balasubramaniam | 13 Renelle Andrea Snelleksz |
| 3 Angira Chakraborty      | 9 Maya Sen                             | 14 Samata Biswas            |
| 4 Bhavisha Dediha         | 10 Martina Piff (Probono)              | 15 Shalaka Vivek Sisodia    |
| 5 Dr. Aditi Bandhopadhyay | 11 Nandini Ghosh                       | 16 Shuktara Lal             |
| 6 Dr. Urmimala Sarkar     |                                        | 17 Tilottama Chowdhury      |

## Volunteers and interns

- |                       |                    |                    |
|-----------------------|--------------------|--------------------|
| 1 Abhinav Nyayapati   | 6 Mahima Sabherwal | 11 Sayani Hore     |
| 2 Amanda Timms        | 7 Manisha Jaiswal  | 12 Shiva Ghausi    |
| 3 Dona Doshi          | 8 Namya Bose       | 13 Sophie Merrison |
| 4 Imon Sengupta       | 9 Rhea Kaikobad    | 14 Tejash Dutta    |
| 5 Jhilam Gangopadhyay | 10 Sanghamitra Das |                    |

## Donors

- |                                |                                           |                                                                            |
|--------------------------------|-------------------------------------------|----------------------------------------------------------------------------|
| 1 Ceratizit India Pvt. Ltd.    | 7 Paul Hamlyn Foundation                  | 11 WE Trust                                                                |
| 2 Dalyan Foundation            | 8 SVF Entertainment Pvt. Ltd.             | 12 World First for Training & Research Ch, Global Education Trust (TARGET) |
| 3 Global Giving Foundation INC | 9 The Foundation for Rebuilding Childhood |                                                                            |
| 4 Human Capability Foundation  | 10 Vital Voices Global Leadership Network |                                                                            |
| 5 Kamonohashi Project, Japan   |                                           |                                                                            |
| 6 Kolkata Gives Foundation     |                                           |                                                                            |

## Partners

- |                                                                        |                                             |                                                                   |
|------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------|
| 1 All Bengal Women's Union                                             | 11 Iswar Sankalpa, Kolkata                  | 24 Directorate of Child Rights & Trafficking, West Bengal         |
| 2 American Center, Kolkata                                             | 12 Keertika, Kolkata                        | 25 Empowerment Institute, USA                                     |
| 3 Anjali, Kolkata                                                      | 13 Mukti Rehabilitation Centre              | 26 Kanyashree Department, West Bengal                             |
| 4 Azim Premji University                                               | 14 Nari-O-Shishu Kalyan Kendra              | 27 Katakhalai Swapnopuron Welfare Society                         |
| 5 CDC Printers Pvt. Ltd.                                               | 15 NJ's Sound Machine                       | 28 Rescue Foundation                                              |
| 6 Centre for Lifelong Learning, Tata institute of Social Sciences      | 16 Samikhani                                | 29 Srijan Foundation                                              |
| 7 Department of Women and Child Development, Government of Maharashtra | 17 Sparsha, Panskura, West Medinipur        | 30 Terre des Hommes India                                         |
| 8 Department of Women and Child Development, Government of West Bengal | 18 Suprava Panchashila Mahila Uddyog Samity | 31 Usha Martin Schools                                            |
| 9 Freeset                                                              | 19 Team Work                                | 32 West Bengal Commission for Protection of Child Rights (WBCPCR) |
| 10 GAATW                                                               | 20 Terre Des Hommes (TDH)                   | 33 World Vision India                                             |
|                                                                        | 21 Thakurpukur Cancer Hospital              |                                                                   |
|                                                                        | 22 The Doodle Room                          |                                                                   |
|                                                                        | 23 V3 Talent Sourcing LLP                   |                                                                   |

## Individual supporters

- |                         |                           |                      |
|-------------------------|---------------------------|----------------------|
| 1 Anuradha Mukherjee    | 8 Manisha Jaiswal         | 15 Shilpi Khandelwal |
| 2 Asha Rani             | 9 Pradeep Kumar Mohapatra | 16 Shiva Ghausi      |
| 3 Chinmoy Bhattacharyya | 10 Probal Chakraborty     | 17 Suzie Craddock    |
| 4 Chumki Sharma         | 11 Samya Foundation       | 18 Urmi Sengupta     |
| 5 Classic Oilfield      | 12 Sandip Mukherjee       | 19 Utpal Banerjee    |
| 6 Debdip Mitra          | 13 Sarmita Dey            |                      |
| 7 KPS Hanspal           | 14 Shakti Vahini          |                      |

## 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, 2019 ; 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*

Membership No. 050924

Dated: 23 rd. September 2019 UDIN-19050924AAAAFT5420



Income & Expenditure Account for the year ended 31st March, 2019  
(Local & Foreign Contribution)

	FC (Rs.)	Local (Rs.)	Consolidated (Rs.)
<b>EXPENDITURE</b>			
b/d	6630936.93	0.00	6630936.93
To World First for Training & Reasearch Global Education Trust			494869.00
Programme Cost	296389.00		
Programme Support Cost	198480.00		
To Tide Foundation			152020.00
Programme Cost (TIDE Foundation)	114551.00		
Programme Support Cost (TIDE)	37469.00		
To Vital voices Global Partnership			625352.00
Other Direct Cost	76087.00		
Programme Activities	204198.00		
Salaries	345067.00		
To GENERAL (FC)			1077563.00
Administrative Cost (General)	77018.00		
Programme Cost (General)	19560.00		
Programme Support Cost (General)	16394.00		
Programme Salary (Donation)	472967.00		
Administrative Salary (Donation)	315562.00		
Administrative Salary (General)	69830.00		
Audit Fees (General)	11800.00		
Argentina VISA	94432.00		
To DMT Diploma Academy (Expenditure)			219054.00
Academy Course	35174.00	10500.00	
Administrative Cost		31641.00	
Convocation(Academy)		2489.00	
Programme Cost (LC)		114895.00	
Stationaries		352.00	
Supervision (Local)		24003.00	
To Life Skill Program in Govt. run CCI			65169.00
Training Implementation(CII)		42652.00	
CONSULTANCY FEES FOR LIFE SKILL(LOCAL)		22015.00	
Monitoring (Life Skillgovt Pro.)		304.00	
Need Assesment (CII)		198.00	
c/d	9015914.93	249049.00	9264963.93

Income & Expenditure Account for the year ended 31st March, 2019  
(Local & Foreign Contribution)

	FC (Rs.)	Local (Rs.)	Consolidated (Rs.)
<b>EXPENDITURE</b>			
b/d	9015914.93	249049.00	9264963.93
General (Local)			789373.00
Administrative Cost (Local)		83269.00	
Audit Fees (Local)		5900.00	
Campaign Programme (Local)		2229.00	
Consultancy (Local)		75500.00	
Donation Individual (a/c 448)		138319.00	
Foundation Day(Venkatesh)		153086.00	
Kolkata Gives (Local)		276695.00	
Programe Support Cost(Local)		15231.00	
Programme Cost (Local)		2006.00	
Workshop & DMT Session (Local)		19810.00	
Award Prog. at CII Foundation (448)		5790.00	
Celebration for Sarodotsav (Local 448)		11278.00	
Nutrition (448)		260.00	
Retreat on Trauma Healing Resilience			38111.00
Accomodation & Food for Participants	7928.00		
Faculty Food	938.00		
Food for Facilitator	650.00		
Hall Rent	8280.00		
Local & Outstation Travel	11405.00		
Local Travel for Facilitator (A/c 448)		2007.00	
Refreshment for Workshop (448)		6503.00	
Training Materials	400.00		
To Depreciation	77147.00	50500.24	127647.24
To Excess of Income over Expenditure Transferred to General Fund A/c.	306319.78	1010981.76	1317301.54
	9428982.71	2108414.00	11537396.71

For GAUTAM BASU & CO.

Chartered Accountants

FIRM REGISTRATION No. : 313010E



(GAUTAM BASU)

Proprietor

Membership No. 050924

UDIN - 19050924AAAAFT5420

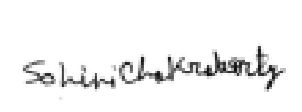
Dated: 23rd September, 2019



Bhaswati Ghosh  
President



Anuradha Mukherjee  
Treasurer



Sohini Chakraborty  
Secretary

Receipts and Payments Account for the year ended 31st March, 2019  
(Local & Foreign Contribution)

	FC	Local	Amount (Rs.)
<b>RECEIPTS</b>			
<b>To Opening Balances :</b>			
Cash in Hand (FC)	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		
Indian Bank (A/c No.848043654)		687883.95	9791351.92
<b>To Grant Account :</b>			
Grant Received Paul Hamlyn Foundation	1200336.00		
Grant Received From Kamonohashi	1215879.64		
Grant Received From We Trust	1714030.00		
Grant Received From Dalyan Foundation	275000.00		
Grant Received From HCF	1869351.00		
42 Grant Received From Global Giving	431502.34		
Grant Received From World First For Training & Research Ch Global Education Trust,	1800000.00		8506098.98
Fixed Deposits	6913492.00	1051643.00	7965135.00
<b>To Interest Received</b>			
Interest from SB Bank A/C.	314300.00	98415.00	
Interest from Investments	468618.00	47854.00	929187.00
<b>To Income from Other Source:</b>			1586721.32
Income from Academy		367042.00	
Donation	38576.32	867231.00	
Donation from GFC Rebuilding childhood		45000.00	
From Regular Training Classes		138204.00	
Income from Workshop		125668.00	
Income from other		5000.00	
Reimbursement of Expenses Received		14000.00	
Less : Expenses for Reimbursement		0.00	14000.00
Advance for Programme	1448544.00	513771.00	1962315.00
c/d	25065771.33	5689037.89	30754809.22

	FC	Local	Amount (Rs.)
<b>PAYMENTS</b>			
<b>By Dalyan Foundation</b>			159304.00
Over Head Cost (Dalyan)	29787.00		
Programme Cost (Dalyan)	57517.00		
Program Staff (Dalyan)	72000.00		
<b>By Global Giving</b>			56929.00
Administrative Cost (GG)	46359.00		
Implementation (GG)	9545.00		
Need Assessment (GG)	1025.00		
<b>By Human Capability Foundation</b>			1737513.72
Leadership Academy (HCF)	52500.00		
Operational Cost (HCF)	347456.00		
Regular Dance MovementTherapy Classes (HCF)	159497.00		
Salary of HR & Admin HCF)	187250.00		
Sampoornata - DC (HCF)	756155.00		
Sustainability & Resource Center (HCF)	171925.72		
Administrative Cost (HCF)	62730.00		
<b>By WE TRUST</b>			1448449.00
Miscellaneous Cost	5515.00		
Operational Cost (We Trust)	378393.00		
Programme Cost (We Trust)	88639.00		
Programme Staff Salary (We Trust)	975902.00		
<b>By KAMONHASHI - Project Japan</b>			1893777.21
Administrative Cost (KAMO)	99014.00		
Operational Cost (KAMO)	302202.21		
Program Cost (KAMO)	301238.00		
Salary of Prog. Staff(KAMO.)	1022448.00		
Workshop With (KAMO.)	168875.00		
<b>By Paul Hamlyn Foundation</b>			1334964.00
Admin Staff (PHF )	85800.00		
Any Other Cost (PHF)	8813.00		
Over Head Cost (PHF)	216320.00		
Personnel (PHF)	416985.00		
Programme Cost (PHF)	607046.00		
c/d	6630936.93	0.00	6630936.93

Receipts and Payments Account for the year ended 31st March, 2019  
(Local & Foreign Contribution)

	FC	Local	Amount (Rs.)
<b>RECEIPTS</b>			
b/d	25065771.33	5689037.89	30754809.22
PF Employees Contribution	32531.00		32531.00
TDS & P. Tax	293486.00	45721.00	339207.00
Refund over advance for rent	60000.00	10000.00	70000.00
TDS Refund		53040.00	53040.00
c/d	25451788.33	5797798.89	31249587.22

	FC	Local	Amount (Rs.)
<b>PAYMENTS</b>			
b/d	6630936.93	0.00	6630936.93
World First For Training & Research Ch Global Education Trust,			494869.00
Programme Cost (Target)	296389.00		
Programme Support Cost (Target)	198480.00		
<b>Tide Foundation</b>			152020.00
Programme Cost (TIDE Foundation)	114551.00		
Programme Support Cost (TIDE)	37469.00		
<b>Vital voices Global Partnership</b>			625352.00
Other Direct Cost (VV Lead)	76087.00		
Programme Activities	204198.00		
Salaries(VVIEad)	345067.00		
<b>GENERAL ( FC)</b>			1056937.00
Administrative Cost (General)	68192.00		
Programme Cost (General)	19560.00		
Programme Support Cost (General)	16394.00		
	472967.00		
Administrative Salary (Donation)	315562.00		
Administrative Salary (General)	69830.00		
Argentina VISA	94432.00		
<b>DMT Diploma Academy (Expenditure)</b>			219054.00
Academy Course	35174.00	10500.00	
Administrative Cost		31641.00	
Convocation (Academy)		2489.00	
Programme Cost (Academy)		114895.00	
Stationaries (Academy)		352.00	
Supervision (Local)		24003.00	
c/d	8995288.93	183880.00	9179168.93





## Annexure - A

Schedule of Fixed Assets as on 31st March, 2019  
(Foreign contribution)

Particulars	Amount (Rs.)						
	W.D.V. as on 01.04.2018 (FC)	Addition during the year with in 30.09.2018 (FC)	Addition during the year after 30.09.2018 (FC)	TOTAL (Consolidated)	Rate of Dep.	Depreciation during the year (FC)	W.D.V. as on 31.03.2019 (FC)
Furniture & Fixtture	33448.75	0.00	0.00	33448.75	10.00	3345.00	30103.75
Office Equipment	56753.00	0.00	0.00	56753.00	15.00	8513.00	48240.00
Computer	30283.00	0.00	0.00	30283.00	40.00	12113.00	18170.00
Bed & Beddings	1696.00	0.00	0.00	1696.00	10.00	170.00	1526.00
Utensils	607.00	0.00	0.00	607.00	10.00	61.00	546.00
Refrigerator	0.00	0.00	0.00	0.00	15.00	0.00	0.00
Motor Vehicle	352968.00	0.00	0.00	352968.00	15.00	52945.00	300023.00
	<b>648960.18</b>	<b>0.00</b>	<b>0.00</b>	<b>475755.75</b>		<b>77147.00</b>	<b>398608.75</b>

46 Schedule of Fixed Assets as on 31st March, 2019  
(Local contribution)

Particulars	Amount (Rs.)						
	W.D.V. as on 01.04.2018 (FC)	Addition during the year with in 30.09.2018 (FC)	Addition during the year after 30.09.2018 (FC)	TOTAL (Consolidated)	Rate of Dep.	Depreciation during the year (FC)	W.D.V. as on 31.03.2019 (FC)
Furniture & Fixtture	42090.82	16190.00	0.00	58280.82	10.00	5828.00	52452.82
Office Equipment	14531.88	46365.00	34550.00	95446.88	15.00	11726.00	83720.88
Computer	12007.44	68500.00		80507.44	40.00	32203.00	48304.44
Bed & Beddings	798.01	0.00	0.00	798.01	10.00	79.00	719.01
Utensils	570.15	0.00	0.00	570.15	10.00	57.00	513.15
Refrigerator	4046.89	0.00	0.00	4046.89	15.00	607.00	3439.89
Motor Vehicle	0.24	0.00	0.00	0.24	15.00	0.24	0.00
	<b>74045.43</b>	<b>131055.00</b>	<b>34550.00</b>	<b>239650.43</b>		<b>50500.24</b>	<b>189150.19</b>

## Annexure - B

Statement of Grant Account for the year ended 31st March, 2019  
(Local & Foreign contribution)

Sl. No	NAME OF DONORS	Amount (Rs.)					
		Grant Received in Advance as on 01.04.2018	Grant Received during the year (2018-2019)	Capital Grant Received during the year	Grant Refund During the year 2018-2019	Grant received in advance as on 31.03.2019	Net Grant for the year 2018-2019
1	Grant Received From Paul Hamlyn Foundation	457018.22	1200336.00			343289.09	1314065.13
2	Grant Received From KAMONOHASHI - Project Japan	1044271.00	1215879.64			0.00	2260150.64
3	Grant Received From Global Giving	0.00	431502.34			374573.34	56929.00
4	Grant Received From Human Capability Foundation	1057039.00	1869351.00			1188876.28	1737513.72
5	Grant Received From TIDE Foundation	154431.00				0.00	154431.00
6	Grant Received From World First For Training & Reasearch Ch Global Education Trust,	615474.00	1800000.00			1920605.00	494869.00
7	Grant Received From Vital voices Global Partnership	625687.00				0.00	625687.00
8	Grant Received From WE TRUST	682648.00	1714030.00			941960.00	1454718.00
9	Grant Received From Blossmy	349820.90	0.00			0.00	349820.90
10	Grant Received From Dalyan Foundation		275000.00			115696.00	159304.00
		<b>4986389.12</b>	<b>8506098.98</b>	<b>0.00</b>	<b>0.00</b>	<b>4884999.71</b>	<b>8607488.39</b>

For GAUTAM BASU &amp; CO.

Chartered Accountants

FIRM REGISTRATION No. : 313010E



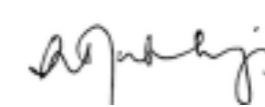
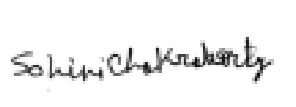
(GAUTAM BASU)

Proprietor

Membership No. 050924

UDIN - 19050924AAAAFT5420

Dated: 23rd September, 2019


Bhaswati Ghosh  
President

Anuradha Mukherjee  
Treasurer

Sohini Chakraborty  
Secretary

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“ We seek to establish that dance movement therapy can bring about holistic change in mindset, in a human being and in society, and that dance can be a powerful part of the movement for social change.”

– Sohini Chakraborty

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Kolkata - 700029. Phone number: 91 33 2423 6119  
Registration number: SO121508