



**SPECIAL EDITION**

**16 YEARS OF SANVED**

# HEAL THROUGH DANCE

• A KOLKATA SANVED NEWSLETTER •

## 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.

**Something terrific will come no matter  
how dark the present.**

— Rabindranath Tagore

## Director's Note

This year due to the ongoing Covid 19 Pandemic, uncertainty, fear, loss of loved ones and for some even livelihood, struggle for survival, threw challenges to many. Kolkata Sanved employees rapidly adapted to the new norm and embraced the new skill of working on a virtual mode. We received enormous support, love and energy from our program participants, partners, friends, supporters and well-wishers. Armed with strength and positivity, this quarter from July to September, were very eventful months, where work went on in full swing, in spite of all the challenges faced. Taking care of all safety precautions and with covid19 protocols in place, office premises was opened from July onwards.

Our emergency Support for Covid 19 and Amphan continued and extended to additional areas. Several field visits were conducted this quarter and most of our Dance Movement Therapy (DMT) intervention program started online, both in West Bengal and Maharashtra. Online sessions were conducted in Govt. run child care institutions (CCIs), in collaboration with Department of Women and Child Development and Social Welfare. Our community based DMT interventions continued at Murshidabad in collaboration with Suprava Panchasila Mahila Udyog Samiti (SPMUS). At Bauria in Howrah, our DMT Leadership graduated practitioners, started DMT community intervention with those in need, in collaboration with Nari O Sishu Kalyan Kendra (NOSKK). Program in Maharashtra continued with our partner Kshamta, in their training center and Govt.run CCIs in Maharashtra.



This quarter also witnessed a very important Art based wellbeing festival FEAL, in partnership with British Council. Other significant events in these 3 months are Dance Connect in collaboration with US Consulate Kolkata and Chennai. "Social Entrepreneurship in Unsocial Times" with Aparajita, apart from Kolkata Sanved regular Facebook series "Free mind and Free Body". This quarter also witnessed Individual honor and recognition of our Senior team member Sreeja Debnath, being showcased in Ei Samoy. I am thrilled to be included as one of the 100 Global Leaders by Vital Voices and am proud to be featured in the book "Vital Voices: 100 Women Using their Power to Empower."

On behalf of Kolkata Sanved, I express my heartfelt gratitude to all the employees who tirelessly worked in challenging situations due to the ongoing pandemic. Special mention and gratitude to Swapan Sardar, who worked day and night to ensure all employees, travel safely. On behalf of Kolkata Sanved, I thank all our program participants, partners, supporters, friends, well-wishers, each and every individual who stood by us in moments of crisis. Thank you all for your love, care, strength and positivity.

# **Wearing is Caring**

**#wearyourmask**



# SAFETY MEASURES

taken by Kolkata Sanved in office and during field work:

Keeping in mind the context of current Covid 19 situation, Kolkata Sanved has taken the following safety measures before reopening the office:

- A strategic decision was taken – all long distance employees will be working from home till March 2021 except while going on field visits. A duty Roster was prepared ensuring that all employees attend office not more than 4-5 days in a month.
- Help in building capacity of all employees including DMT Practitioners 'working from Home'. Supporting DMT practitioners in setting up work space in their homes.
- Up to 4 employees allowed at a time in office, so that physical distance can be maintained in office
- All employees were provided with safety kit which included mask, face guard, sanitizer, gloves and PPE for field visits
- All employees were picked and dropped by Office car
- Field visits by car were arranged, following all protocols
- Office premises sanitized once every week
- Daily sanitization of Office car
- Employee temperature checked before entering office premises
- Designate one room for keeping outside shoes and in the office all employee kept their own shoes
- Only office cook allowed in the kitchen
- No food from outside allowed in the office
- While in office, ensuring all employees have their masks on and frequently wash their hands using soap
- Employees were instructed to bring their own water bottles.

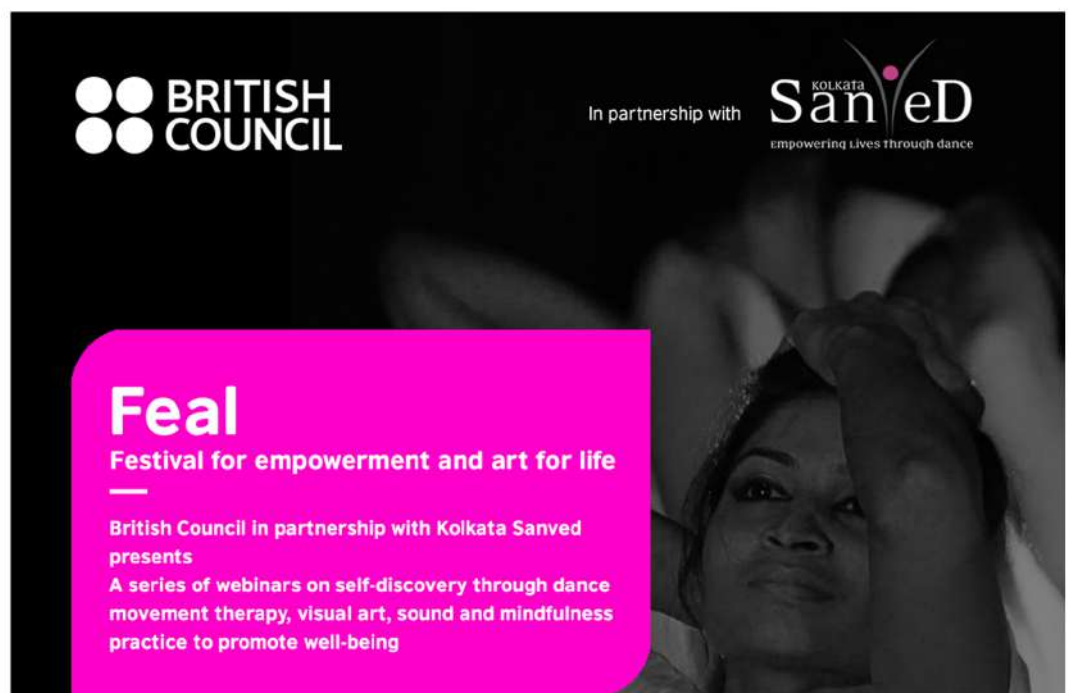


# Festival for Empowerment and Art for Life **FEAL**

"Freedom of expression, how to do creative practices, gratitude journal, euphoric recall, resource list were the major takeaways. I am truly amazed by the efforts which have been put together to bring to us the best of the practices we can follow, live by and experience during these testing times and thereafter!" ~ Garima Bharucha

Kolkata Sanved in partnership with British Council presented a series of webinars on self-discovery through dance movement therapy (DMT), visual art, sound and mindfulness practice to promote well-being.

Festival for Empowerment and Art for Life (FEAL) was a digitally-hosted arts-based wellbeing festival organized collaboratively by Kolkata Sanved and British Council India. The aim of FEAL was to enable participants to enhance their own sense of mental and emotional wellbeing, especially considering the adverse impact of the COVID-19 pandemic, which has led to widespread fear, uncertainty, isolation and loneliness. The focus was on bringing together resources and information around the use of creative and arts-based practice to build resilience and manage stress during the pandemic.





**BRITISH COUNCIL**  
In partnership with **Kolkata Sanved**  
empowering lives through dance

**Feal**  
Festival for empowerment and art for life

British Council in partnership with Kolkata Sanved presents  
A series of webinars on self-discovery through dance movement therapy, visual art, sound and mindfulness practice to promote well-being

**Date:** 14, 16, 21, 22, 28, 29 August 2020  
**Come and join us and celebrate your strength**  
Register: [https://us02web.zoom.us/join/register/WN\\_0UOpD-LcS6ySusyJHZU3RA](https://us02web.zoom.us/join/register/WN_0UOpD-LcS6ySusyJHZU3RA)  
Find out more on [www.britishcouncil.in](http://www.britishcouncil.in) | [www.kolkatasanved.org](http://www.kolkatasanved.org)  
#CultureConnectsUs #FestivalForFuture #Feal



**BRITISH COUNCIL**  
In partnership with **Kolkata Sanved**  
empowering lives through dance

**Feal**  
Festival for empowerment and art for life

**How daily creative practice can help during the pandemic**

**Panelists:**  
Ruth Dillon, artist, educator and cultural producer  
Dr Sohini Chakraborty, Founder-Director, Kolkata Sanved  
Dr Lata Narayan, retired professor, Tata Institute of Social Sciences  
Sally Davies, Sound therapy practitioner  
Radhika Singh, Assistant Director Programmes  
British Council, East and Northeast India  
**Moderator:** RJ Keisha Lobo, Youtuber, Mind Your Health

**Date:** Friday 14 August 2020  
**Time:** 4:30 p.m. to 6:00 p.m. IST  
Register: [https://us02web.zoom.us/join/register/WN\\_0UOpD-LcS6ySusyJHZU3RA](https://us02web.zoom.us/join/register/WN_0UOpD-LcS6ySusyJHZU3RA)  
Find out more on [www.britishcouncil.in](http://www.britishcouncil.in) | [www.kolkatasanved.org](http://www.kolkatasanved.org)  
#CultureConnectsUs #FestivalForFuture #Feal

Watch Live on Facebook 

FEAL took place through a series of six webinars held between 14th and 29th August 2020. These webinars were hosted on Zoom and were also streamed live on the YouTube (Webinar 1) and Facebook pages of Kolkata Sanved. Facilitators were Dr. Sohini Chakraborty, Tilottama Chowdhury, Ruth Dillon, Sally Davies, Dr. Lata Narayan. Each session was centered on an experiential component. Moderator was Keisha Lobo. The joint event was appreciated and well received by audience within and outside India.

81% of the participants gave feedback that they felt more equipped to bring art and creative practice in their daily life to build resilience and manage stress in this pandemic situation

93% of participants who gave feedback were from different parts of India, while 7% were from Canada, Switzerland, UK, USA and Australia.

46% of participants who gave feedback were between the ages of 18 and 35, while the rest were above 35.

96% of the participants gave feedback that they felt connected to the panelists and audience.



# Working with Solidarity: Kolkata Sanved Emergency Support Program for COVID 19 Pandemic and Super Cyclone Amphan

Emergency relief support was given to 44 trafficking survivors and their families associated with Bandsra Birangana Seva Samity (BBSS), our collaborative partner in South 24 Parganas. Rice, Dal, Mustard oil, Baby food, Sugar, Chili Powder, Turmeric, Biscuit, Soya bean, Egg, Potato, puff rice, Maggie, Mortein, Sanitary napkin, detergent powder, soap, toothpaste, Solar light, mat, water jug, umbrella were provided to the trafficking survivors in the blocks of Canning 1, Canning 2, Basanti and Kultali.

The economic situation due to the ongoing Pandemic coupled with the after effects of super cyclone Amphan has left several families on the brink of hunger and starvation. Adding to their woes and misery, the ecology of this fragile riverine area has been harmed in many ways. Leaves that have fallen from the trees into ponds and rivers in the super cyclone Amphan, contain poisonous secretion causing death to a large numbers of fishes, thereby causing devastation in fish farming or pisciculture.

Apart from relief distribution, Kolkata Sanved will be working with the 44 Trafficking Survivors on a long term basis by providing psycho-social support for their wellbeing and healing from their severe trauma and in the process, empowering them, using Dance Movement Therapy.





# Dearah Association for Social and Humanitarian Action (ASHA)

Kolkata Sanved team visited Dearah Association for Social and Humanitarian Action (ASHA) NGO working in Minakhan, Basirhat and Hingalgunj districts of North 24 Parganas to distribute relief to the families of 300 adolescent girls in the above mentioned districts. Total beneficiaries were 1500 individuals including the 300 adolescent girls.

ASHA NGO regularly works on child protection and Kolkata Sanved will be providing long term psycho-social support and empowerment to the adolescent girls using Dance Movement Therapy. Focus will be on to break the cycle of early marriage, pregnancy, domestic violence and create awareness for proper nutrition, health and build up on self-esteem using Dance Movement Therapy.



Also in order to arrest the acute shortage of drinking water in the distant tribal villages, Kolkata Sanved will get 6 defunct tube wells repaired and operational.

Emergency Support provided by Kolkata Sanved included the following:

- Nutrition: Dry rations consisting of flattened rice, packet of biscuits, sugar, milk powder, mustard oil, pulse, soya chunk and packet of salt
- Menstrual Health: Sanitary Napkins for girls and women
- Mosquito net
- Safe Drinking water: Restore 6 defunct tube wells
- Calcium Carbonate
- COVID-19 precaution: Masks for the whole family, soap and detergent powder.



# Sundarban Social Development Centre (SSDC):

Second cycle of emergency relief consisting of Tarpaulin, Lidded Bucket, Mug, Mosquito net, Soap, Sanitary napkin, Mask, Bleaching powder, Calcium Carbonate, Phenyl was given to 1000 adolescent girl's family and 5000 individuals residing in Mandirbazar and Pathar Pratima blocks of South 24 Parganas, in collaboration with Sundarban Social Development Centre (SSDC).

For the next three years, Kolkata Sanved will work on the mental health, wellbeing and empowerment of 120 adolescent girls by providing psycho-social support using Dance Movement Therapy.

Kolkata Sanved project team members along with members of collaborative partner organization SSDC visited the selected areas for relief distribution, installation of new tube-wells and washing of defunct tube-wells. The selection of locations for tube-wells was done by SSDC and confirmed by Kolkata Sanved based on interaction with the community people during the field visit. After need assessment visit made by Kolkata Sanved at Pathar Pratima for assessing the need of the local people pertaining to availability of drinking water, it was observed that the 13 identified defunct tube-wells were in bad shape having brittle rusted body, making them fragile and in desperate need of repair. Based on the observed need, Kolkata Sanved in collaboration with SSDC repaired the 13 defunct tube wells and installed 2 new tube wells at Gopalnagar Gram Panchayat in South 24 parganas. Through this relief work, KS is able to reach out to 6000 community members who were badly affected by AMPHAN and are getting access to safe drinking water after being tested in Government laboratory.





# Suprava Panchashila Mahila Uddyog Samity (SPMUS):

In the second cycle relief distribution in collaboration with Suprava Panchashila Mahila Uddyog Samity (SPMUS) in Berhampore, Murshidabad, dry rations consisting of puffed rice, pulses, cooking oil, soyabeans, jeera powder, turmeric powder, eggs, biscuits, tea, sugar and salt along with hygiene kits consisting of soap, detergent, sanitizer, disinfectant, masks and sanitary napkins were distributed to 15 adolescent trauma survivors and their families. The 15 survivors are participants of Kolkata Sanved's DMT program on trauma healing.



## Nari O Shishu Kalyan Kendra NOSKK:

Second round of Relief and Hygiene Kits consisting of dry ration comprising of Musur dal, oil, soyabeans, chili powder, turmeric powder, biscuit, sugar, salt and hygiene kits containing soap, detergent, sanitizer, mask and sanitary napkins were distributed by Kolkata Sanved in collaboration with Nari O Shishu Kalyan Kendra NOSKK, to 40 families from the marginalized communities residing in the villages of Khaskhamar, Khajuri, Nalpur and Chalkbanekha. The relief kit items had been finalized as per the need of the community people during these times of crisis, in consultation with the collaborative partner.





## KOLKATA SANVED's ONGOING PROGRAMS :

### Dance Movement Therapy (DMT)-Based Psychosocial Support in Government-run three Child Care Institutions(CCI's)

1st September 2020 marked the beginning of online wellbeing program using Dance Movement Therapy, with the children in CCI, in collaboration with the Directorate of Child Rights and Trafficking, under The Department of Women and Child Development, Government of West Bengal. In the month of September, 17 sessions with 59 children have been conducted, which also included 29 adolescent girl participants from two CCIs belonging to the category of children in need of care and protection (CNCP) under JJ Act. 30 adolescent boy participants from one CCI are CCL (Children in Conflict with the law) under the JJ Act. All the minors are currently residing in government run Child Care Institutions in Malda, Murshidabad and Nadia districts of West Bengal.

### Restoring Smiles Through Dance

Through the Restoring Smiles through Dance project, Kolkata Sanved is working towards enhancing wellness and coping skills of adolescent girl trauma survivors. From July to September 2020, we reached out to 82 participants across 4 centres (2 in West Bengal and 2 in Maharashtra). A total of 27 online DMT sessions were conducted. In order to adapt to difficulties with internet connectivity, 2 DMT based sessions via phone were conducted at one centre in Maharashtra and facilitated 2 DMT-based creative engagements through 5 sets of conference calls at 1 centre in West Bengal. Apart from sessions with trauma survivors, 6 online DMT sessions with care providers were conducted in West Bengal, which focused on dealing with stressors of the pandemic. At one centre, these sessions are also aimed at building basic DMT skills amongst care providers so that they can apply these skills with individuals who do not have access to internet-based sessions. The Restoring Smiles through Dance project is enabling trauma survivors to access experiences of enjoyment, learn to create their own self-care routines and build their leadership skills during the pandemic.



## Sampoornata Wellbeing Club: a pilot model initiative to create trafficking resilient communities using DMT

This program was initiated since July 2020. From many years of experience Kolkata Sanved (KS) plans to work in community to prevent human trafficking especially trafficking of adolescent girls by creating two primary community based structure such as wellbeing club by adolescent girls and collaborative network of community key stakeholders. For this purpose (KS) established collaboration with community based NGO, Sundarban Social Development Centre (SSDC) located at village- Sultanpur, Block-MandirBazar and District – South 24 Parganas., West Bengal. The project team members from both organizations KS & SSDC visited local community administrators including BDO, CDPO, OC (police), Panchayet Pradhan for rapport building and involved them as members of collaborative network. Social workers visited houses of adolescent girls (age range 13 to 19 years) for the orientation of family members and screened the names of willing participants for wellbeing club. Also a specialized curriculum was developed to work with these adolescent girls.

## Community based intervention at Bauria

Kolkata Sanved in collaboration with Nari O Sishu Kalyan Kendra (NOSKK) started wellbeing intervention using DMT during the Covid 19 crisis. Eight community based therapeutic DMT practitioners started DMT wellbeing intervention in Bauria , Howrah at the community center run by NOSKK. Through the DMT process they seek to create a safe space and provide psycho social well-being to girl children and women who are often facing physical violence, neglect and domestic violence. Wellbeing sessions are also being provided to those facing fear, uncertainty and other psycho-social issues because of the ongoing pandemic. KS continues to provide support to these newly graduated DMT practitioners, to help and improve their skills and capacity as well as enhance personal development in the form of communicative English classes, advance DMT classes and personal growth sessions.



# **Research project by Kolkata Sanved and West Bengal Commission for Protection of Child Rights (WBCPCR) on Mental Health Gap Assessment of Residents in CCIs of West Bengal**

This is a research project on mental health gap assessment of the children who are staying in Government run Child Care Institution (CCI) in west Bengal.

Under this project, research tools and questionnaires have been prepared. Research team has been oriented on research tools, methodology, Child Rights, Juvenile Justice Act 2015, Protection of Children from Sexual Offences Act 2012, Integrated Child Protection Scheme etc.

Currently awaiting permission from WBCPCR for the initiation of Pilot study and main research study due to Pandemic situation.

## **Free Body and Mind Series**

From August 2020, Kolkata Sanved launched Free Body, Free Mind series. Videos are released every month in this series, where one can see how you can freely express yourself through dance and movement, even within space constraint.



# INDIVIDUAL RECOGNITION

## Sreeja at the launch of Debipaksha in Ei Samay Gold on the occasion of Mahalaya

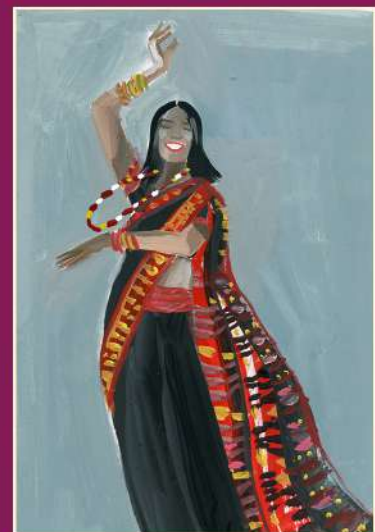
Being a recipient of the Swayangsiddha award from Ei Samay last year, for her incredible journey from being rescued from child trafficking, her path towards healing and recovery over the years using Dance Movement Therapy, fruition of her dreams and experiencing the freedom to move and express herself freely without fear or inhibitions, Board and Founder member Sreeja Debnath, was invited to speak at 'Ei Samay Gold' a Podcast service, on her incredible journey inspiring millions, in their launch of Debipaksha, on the occasion of Mahalaya on 17th September.





# "Vital Voices: 100 Women Using their Power to Empower,"

The book launched on 5th September featuring Our Founder Director Sohini Chakraborty among 100 women leaders of the World. This book showcases women leaders (social, business, and political) around the World redefining power and include luminaries like Hillary Rodham Clinton, Melinda Gates, Tina Brown, Amani Ballour, Kakenya Ntaiya, Diane Von Furstenberg Edited, Laura Alonso, Kiran Bir Sethi, Panmela Castro, Sunitha Krishnan and many more. Edited by Alyse Nelson, Art by Gayle Kabaker, Published by Assouline. Find out More : <https://www.vitalvoices.org/-donate-to-receive-our-new-vital-voices-book/>



Popular Bengali daily newspaper  
'Bartoman Patrika' published Founder  
Director's Journey and Kolkata Sanved  
DMT Model on 29th September 2020.

<https://bartamanpatrika.com/detailNews.php?cID=29&nID=236651>

## Events:

# Aparajita, Saluting Womanhood

On 25th July from 5:30 pm onwards, Founder Director Sohini Chakraborty, took part in the prestigious online event on Facebook Live "Social Entrepreneurship in Unsocial Times" organized by Aparajita, Saluting Womanhood, wherein the audience were taken into the World of dance and shown how it can be used to support, uplift and empower women.

## DANCE CONNECT BREAKING BOUNDARIES

Kolkata Sanved in collaboration with American Centre, Kolkata, jointly hosted a prestigious online event "DANCE CONNECT Breaking Boundaries" on 25th September. The event was moderated by Monica Shie, American Center Director and Public Affairs Officer at the U.S. Consulate in Kolkata. The online event was well appreciated by viewers in India and abroad.





## **Gratitude to our supporters :**

We are amazed and touched at the way people reach out to us and extend their support from all over the world. This feeling of solidarity towards a better community and a better world gave us strength and energy. Our goal is: to support community who are in devastating conditions so that they can feel safe physically, emotionally and socially. By supporting Kolkata Sanved in these trying times, you all are taking a step to empower lives with dignity and respect. Thank you for your contribution, love and support . Thank you for being with us and having faith and belief in us.

## **We want to thank all our Donors & Supporters who stood by us in these moments of crisis.**

- Aparajeeta Sanmarg
- Azim Premji Philanthropic Initiatives
- AWO International
- Blossomy Project
- Dalyan Foundation
- Human Capability Foundation
- Paul Hamlyn Foundation
- Target Charity
- We Trust

## **Individuals who supported through different crowd funding resources**

- Dr. Frank Hoffman
- Patrizia Pollaro
- Sydney Skov
- Jacob Berman
- Marianne Eberhard-Kaechele
- Martina Piff
- Heinz Giesen
- Martin Gronemann
- Klaus Hoffman
- Dr. Paqualis Kekes
- Jens Riese
- Marc Wehning
- Sahar Romani
- Amrapali Maitro
- Nathalie P Stromsted
- Grant Harold
- Ankita Singh
- Owen Metzger
- Michael Balaban
- Marin Roper
- Melissa Ruibal
- James Kruz
- Kathleen Horn
- Philip Trautman
- Joy Smith
- Cassidy DeMos
- Janique L Robillard
- Sophia Kruz
- Sharon Chaiklin
- Sara Soulmon
- Geraldine Fobes
- Margaret Baxter
- Sarah Wiese
- Vibha Singh
- Aditi Sen
- Surajit Kundu

## **Appreciating our Volunteers for their support :**

- Gayatree Joshi
- Poulomi Pal
- Keisha Lobo Rodrigues
- Krishnendu B.S
- Sruthi Iyer
- Mallickarjoon Roy