



SPECIAL EDITION

17 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

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



17 YEARS OF EMPOWERING LIVES

Director's Note:

This year marks the entry of 17 years of our journey. Every year Kolkata Sanved celebrates World Dance Day and its Foundation Day on 29th April. The celebration had been conducted virtually in 2020 due to the ongoing pandemic. This year Foundation Day celebration program had been postponed due to the severe 2nd wave of COVID-19 in the month of April, where in we have witnessed unparalleled loss and grief. Most of us were not prepared for the unpredictable and prolonged stress, uncertainty of the future, anxiety and extreme vulnerability during these tough times. However, Kolkata Sanved was able to run its entire program virtually and few in mixed methodology of In-person and virtual. We were also able to give the second cycle of relief in West Bengal and psycho-social support in pan India. We feel very grateful that even in this tough situation, we are able to run the organisation safely, although some of our colleague's health was badly impacted by COVID-19. We share our love, strength, positivity, gratitude and hope for all in this World.

ENHANCING
HOPE

Working with Solidarity

With the severe and deadly onslaught of 2nd wave of Covid - 19 , whereby many in the rural areas lost their livelihood after imposition of lockdown, Kolkata Sanved reached out to the affected families in North & South 24 Parganas, Murshidabad in West Bengal by collaborating with the partner organisations - Sundarban Social



Development Center (SSDC) South 24 Parganas, Suprava Pancha Shila Mahila Uddyog Samity (SPMUS) Murshidabad and Dearah Association for Social & Humanitarian Action (ASHA) in North 24 Parganas. Relief bags containing Rice, dal, oil, soyabean, salt, sugar,



sattu/chaatu, cholabadam, 2 packets of sanitary napkins, soap, mask, detergent were given to 150 extremely impoverished families living in remote areas, selected by the above mentioned 3 partner organizations.



An increase in the incidence of domestic violence during the ongoing pandemic, with loss of livelihood for daily wage earners, bringing out the frustration on their wife & children, has become widely prevalent in these trying times. Kolkata Sanved in collaboration with Bansra Birangana Seva Samity (BBSS) & Nari O Shishu Kalyan Kendra (NOSKK) distributed much needed dry rations & essential hygiene kits to 100 families in deep distress in Canning & Basanti in South 24 Parganas and Bauria in Howrah, made possible with the support from our generous donors.



As the ongoing Pandemic continues to restrict livelihood opportunities for the marginalised, Kolkata Sanved lived up to the occasion by carrying out the 2nd phase of relief distribution in the month of August, to the families suffering from deep distress, many having lost their primary bread winner in the deadly 2nd wave of Covid - 19. Ration bags containing Pulses, Soya bean, Chick Pea (badam), Chattu, sugar, salt, Mustard oil and Rice Bran oil were distributed to 250 deeply distressed families who had lost earning member in their respective families.

Kolkata Sanved's

ONGOING PROGRAM

Restoring smiles through dance

Through the Restoring Smiles through Dance project, we aim to facilitate a process of trauma recovery for adolescent girls who are survivors of gender-based violence and marginalization. First quarter, commenced with online DMT sessions under this project, with 3 batches of adolescent girls in Thane and Jalgaon districts of Maharashtra. Online DMT sessions were also started in one district of West Bengal under this project. One DMT session was also conducted with care providers in Bhiwandi, Thane.

A mix of online and in-person mode sessions is being conducted. As of 13th September 2021, a total of 74 DMT sessions (between July to September 2021) have been conducted and we expect to continue with regular DMT sessions during the rest of September. An orientation to DMT for participants coming from a community-based setting in West Bengal was also conducted.

A total of 122 survivors were reached under this program between July 2021 and September 2021.



Ongoing Psychosocial Support through DMT during COVID crisis

The second wave of the COVID 19 pandemic was a major crisis, bringing a sense of emotional distress, helplessness and grief. Against this backdrop, Kolkata Sanved conducted DMT sessions for psychosocial support for adolescent girls residing at

Kshamata Transformation Centre as well as for staff members of Kshamata. DMT session on Self Care for social workers at SPMUS, Murshidabad was also conducted. Total of 12 such DMT sessions were conducted, through which 29 adolescent girls and 21 social workers were reached. The DMT sessions were well-received by the participants who gave feedback that they felt a sense of relief from the extreme stress that they were facing during the ongoing pandemic.

A Total of 4 self-care sessions with 40 Azad Kishori leaders of Azad Foundation in 3 batches, was conducted by Kolkata Sanved. With Praajak Development Society, Kolkata Sanved did 20 hours of skill building workshop with their youth leaders, to be implemented for themselves as well as for the community children.

Training of Trainers for Social Workers at Murshidabad

In collaboration with Suprava Panchashila Mahila Uddyog Samity (SPMUS), Murshidabad, Training of Trainers project with 2 groups in order to create new Therapeutic Movement Practitioners.

The first group is that of survivors of trauma and violence who underwent the DMT trauma recovery process in the previous year. July 2021 saw the commencement of training with this group of 8 survivors. An orientation with participants and their parents was done before start of the training session. Currently, the training sessions are being conducted through a mix of online and in person modes.

The participants have expressed their eagerness to move forward with the training and spoken about how they have been empowered through DMT. One participant said:

"DMT has given me a lot of inner strength. Earlier, I would hesitate to talk in front of anyone. Now, even if there are 50 people in front of me, and they are all my seniors, I will be able to speak to them."

The second TOT group in Murshidabad is of 9 social workers at SPMUS. This group has completed training workshops and is now at the stage of going for practice facilitation. A review of learning has been done and practice facilitation commenced with this group.

Sampoornata Well-being club - a pilot model initiative to create trafficking resilient communities using Dance Movement Therapy (DMT)

The primary objective of the project is to create safety nets to guard against trafficking by strengthening local community resource (Capacity building of adolescent girls) and to develop community based social structures to sustain the initiative (collaborative network).

Project implementing areas are in Mandirbazar Block, South 24 Parganas, West Bengal with community based collaborative partner Sundarban Social Development Centre (SSDC).

In April 2021, DMT practitioners conducted weekly well-being sessions with 120 participants on connection between self and society, envisioning life and understanding emotions, developing agency and becoming a change maker. Home visits of the well-being club participants living in 4 Gram Panchayats were made by the social workers to make their families aware of covid



19 appropriate behaviour along with distribution of sanitizers and masks for the family members.

Due to movement restriction during lockdown declared by the Government in the months of May & June, no well-being club in-person sessions were possible so as to avoid gathering. During this period Community based social workers visited the participant's home and helped them to shift to safe place post YASS cyclone. In and around Mandirbazar, 36 homes were fully demolished and 540 homes partially



damaged. Villagers of the area faced severe loss and damage particularly loss of their cattle which was an important source of their livelihood.

In-person well-being club sessions resumed from the month of July onwards. DMT practitioners conducted well-being club sessions with 120 participants on self-care using positive energy and thinking. Building knowledge on different forms of violence and understanding the typology of violence.

(DMT) for Psychosocial Support in child care Institutions

From July 2020 to March 2021, Kolkata Sanved collaborated with the Department of Women and Child Development and Social Welfare, Government of West Bengal, to provide Dance Movement Therapy (DMT)-based psychosocial support sessions at three Child Care Institutions (CCIs), one each in Nadia, Malda and Murshidabad districts of West Bengal. Having received positive feedback from the participants and care providers at the CCIs, the sessions were resumed once again at the three CCIs from the month of June 2021 in the second phase of the project. Between June 2021 and September 2021 a total of 45 sessions were facilitated at the three CCIs. Given the COVID 19 situation, a mixed methodology was adopted and sessions were conducted in both online and in-person mode.



Sexual and Reproductive Health & Rights

Online SRHR workshop was initiated in collaboration with the Aahan Foundation in the month of June and was completed in July 2021. This was the 1st time that SRHR workshops were being conducted online with 10 marginalised adolescent Tribal girls of Jharkhand. The sessions focused on topics like body awareness, learning about body parts, differences between gender and gender stressors and also touched upon intersex and transgender issues. The practitioners faced challenges because of internet connectivity issues and power outages. However through improvisation like shifting to WhatsApp video calls or giving participants homework, the sessions had been conducted successfully.





DMT Leadership Development

This year Kolkata Sanved's flagship program for creating Leaders from grassroots, DMTLD, program started at NOSKK in Howrah, Antaranga in Birbhum and Kshamata in Maharashtra, for the eighteen month period starting in May 2021 till October 2022. The Program objectives being, building Life skills and creating Change Leaders and Dance Movement Therapy Practitioners from grassroots.

After the preparation phase in the months of May and June, implementation started from end of July with a total of 30 participants. Online first semester sessions went on in full swing in the months of August & September 2021 at the above mentioned three centres. The participants were actively involved in the sessions which ran smoothly with support from Partner organisations.

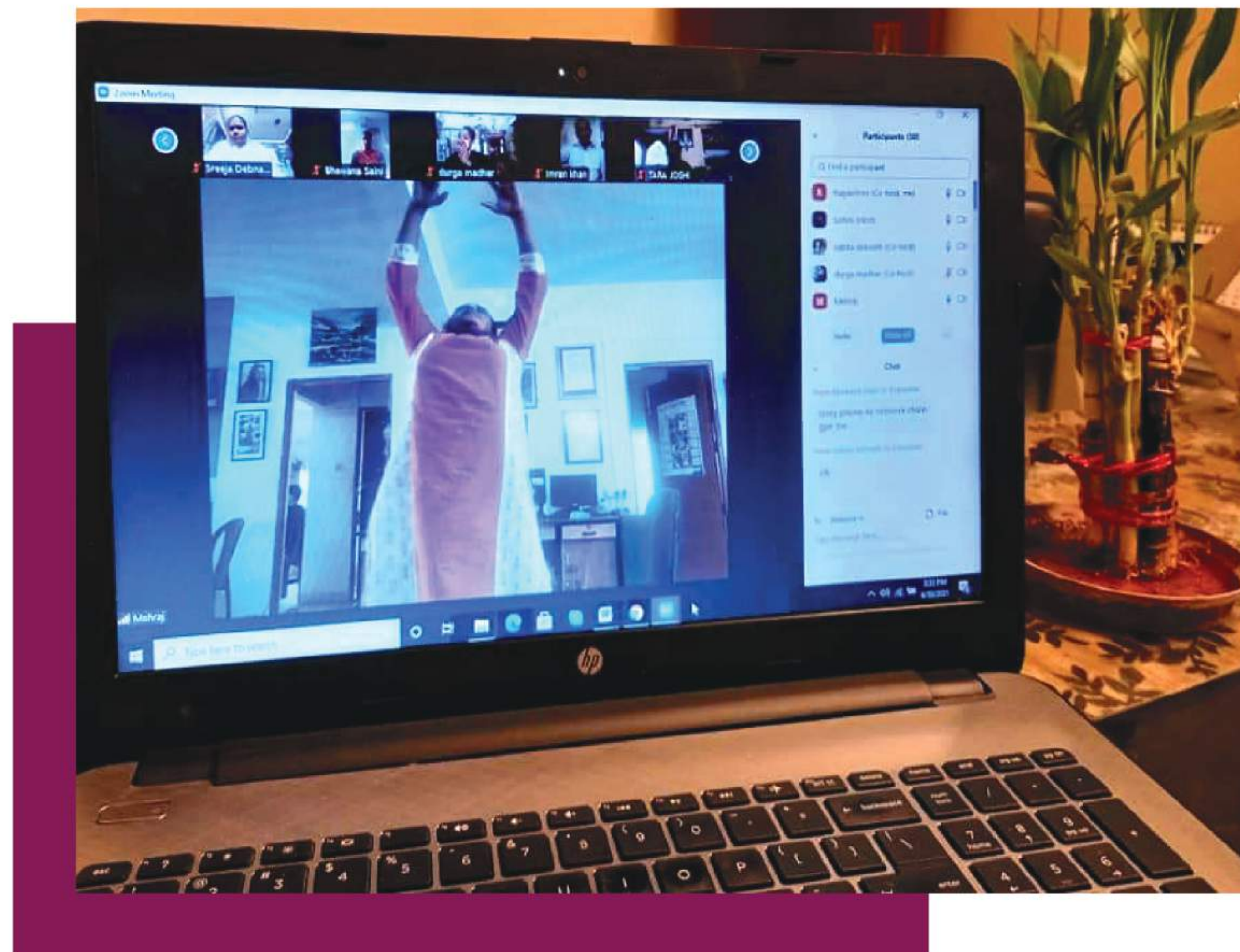
The eighteen month program will take participants through various training using DMT, post which they are expected to become Leaders and Change makers in their community.



Building New Constituencies

With support from EMPOWER which provides financial grants and other value-added support to local organisations in emerging market countries, Kolkata Sanved entered into new Partnerships with NGOs based in Rajasthan, Mumbai and NCR. Sessions with the new Partner NGOs not only included wellbeing with their frontline Staff but also TOTs to create new Therapeutic Movement Practitioners. Being online, our in-house DMT Practitioners further strengthened their skill of conducting virtual DMT sessions, a remarkable feat, almost considered impossible, prior to the Pandemic. Kudos to KS DMT Practitioners who have effortlessly imbibed technology, enabling them to reach out online Pan India.

Some of the Partner NGOs with whom sessions are on in full swing currently, are Gramin Shiksha Kendra (GSK) based in Rajasthan, ABHAS (Action Beyond Help & Support) based in Noida working with children of migrant labors and IBTADA in Rajasthan working with deprived women of the region by organizing, educating and empowering them. Self - care and wellbeing sessions have been conducted online with overwhelming 176 Staff members of IBTADA.



Diploma in Dance Movement Therapy (DDMT)

The Diploma in Dance Movement Therapy Program of Kolkata Sanved in affiliation with Tata Institute of Social Sciences, School of Social works, Centre for Lifelong Learning started it's 2nd Semester (June 2021 – September 2021) online



for the Batch of 2020-21. Even though the 2nd semester was to be an offline program, due to the ongoing COVID - 19 pandemic, a unanimous decision was taken by the steering committee to continue the program online.

It has been and continues to be a learning experiencing for all fronts – students , Faculty and the Management staff. The 1st Semester of the program was a learning ground that for the first time, Diploma in Dance Movement Therapy can be conducted online. With the ongoing 2nd Semester, the learning curve has increased and progressed for the online platform, making this the first time to have Diploma in Dance Movement Therapy Program being conducted completely online. Towards the end of the semester, students will be entering into their Internship program for the same and we wish them luck for this new upcoming venture.

Pilot Study to assess the mental health & care status of the children in Govt. run CCI in West Bengal

Child Care Institution (CCI) as defined under the Juvenile Justice (Care and Protection of Children) Act, 2015 means Children Home, Open Shelter, Observation Home, Special Home, Place of Safety, Specialised Adoption Agency and fit facilities. Under these arrangements, children in conflict with law (CCL) are provided with residential care, support and protection in Observation Home, Special Home and place of safety.

The present pilot study has used a mixed methodology and utilised both qualitative and quantitative techniques tools to collect relevant information. The present study has used Strength Difficulties Questionnaire³ (SDQ) instrument to define emotional, behavioural and relational functioning of the children living in CCI. The SDQ is a screening instrument for the children aged 4-18 years to know their mental status.

Data collected through screening of SDQs with 20% of present children of two CCIs, viz- 1. Shuvayan Home for Boys, Balurghat, West Bengal; (here SDQ was administered with 9 children out of 45 total present resident children); 2. Sahid Bandana Smriti Balika Abash (here SDQ was administered with 6 children out of 28 present resident children). The SDQ administration has followed self-reporting method.

In-depth interview via structured questionnaires were also conducted with person-in-charge /administrator of the two CCIs. Specific structured questionnaires were administered with two care givers and two children from each CCIs. An observational checklist was followed by the surveyors to note the standard of care, living conditions and overall environment of the CCIs.

Capacity Building Workshops

Workshop on Child Rights and Child Protection

Taking into account that our practise involves engagement with children residing in both community as well as institutional settings, a need to understand child rights and the legal framework governing children was recognised. Consequently a workshop has been initiated for the Kolkata Sanved staff members. In September, 2021 a full day in-person session was facilitated by an external resource person with an extensive field experience in the area of child rights and child protection in West Bengal. The session involved learning about child rights and the various laws governing children in India through fun, engaging activities and facilitator presentation.



SRHR Workshop

In the process of updating the existing SRHR module, a need for better and in-depth understanding of the LGBTQI+ community and their concerns was recognised. A workshop was organised in the month of June, 2021 for all Kolkata Sanved DMT

Practitioners. The workshop involved four half day online sessions. The workshop was facilitated by an external expert, Anindya Hajra- Director of Pratay Gender Trust and a trans-woman. Through presentations, activities and lively discussions, Anindya Hazra traced the history by which sexual minorities and

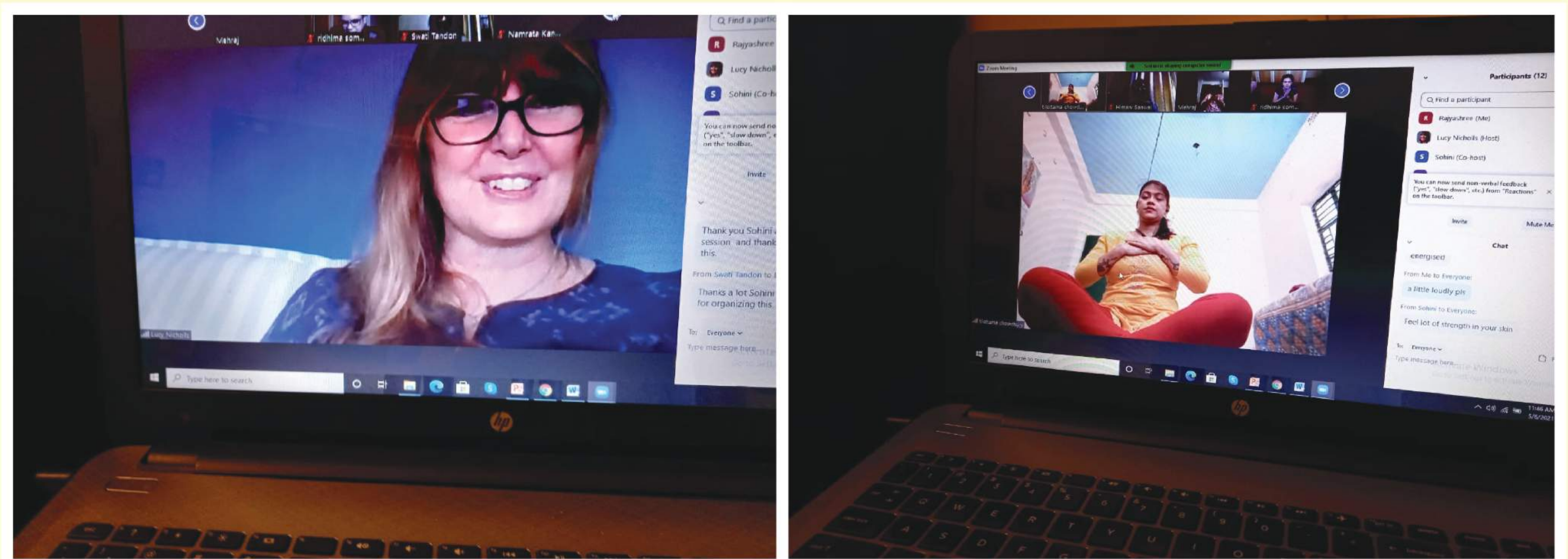
alternative genders have been criminalised and unnecessarily medicalised, their consequent manifestations in the present in the form of national laws, societal biases and discrimination was also discussed. The workshop helped the practitioners get a more holistic understanding of LGBTQI+ issues and its complexities.



Events

1. Wellbeing Workshops with Staff/Teachers and Children of British Council:

On 6th May 2021, Kolkata Sanved conducted online DMT session promoting wellbeing & selfcare in these trying times, for the Staff and Teachers of British Council. Post session participants shared how they felt energised & free after the session.



Online DMT session with children was conducted on 8th May which was thoroughly enjoyed not only by the young children but also by the Facilitators conducting the online session



2. Wellbeing series:

Showing short videos on relaxation, handling of stress, self care techniques etc by in house DMT Practitioners continues during these trying times, in the on-going pandemic Worldwide.

ART & ACTIVISM

TRANSFORMING NARRATIVE & NORMS ON GENDER EQUALITY

Sohini Chakraborty
Kolkata Sanved - Dance
Movement Therapy

Poornima
Aravani Art Project - Wall
Murals with sex workers

Jasmeen Patheja
Blank Noise, Mobilizing to end
victim blame #INeverAskFort

Anika Verma
Panel Moderator
Breakthrough

11th June, Friday
8.30 - 10.00 pm IST

Register here:
bit.ly/geunconference



3. Art & Activism:

A proud moment for Kolkata Sanved when Founder Director Sohini Chakraborty was invited to be a panel speaker on Art & Activism-Transforming Narrative & Norms on Gender Equality at Young Feminist Conference organised by Generation Equality Forum and Breakthrough on June 11, 2021.

4. Tete-a-tete:

Live on Instagram with Dr Sohini Chakraborty on 20th June 2021, 10:30 A.M. onwards.

A tete-a-tete with some brilliant single women of today



NOT A BRIDGET JONES

Dr. Sohini Chakraborty
20th June 2021
10.30 am



5. Virtual Graduation Ceremony with TATA Trust at Nagpur Mental Health Hospital:

Kolkata Sanved, in collaboration with TATA Trust-Udaan Project, completed a pilot run at Nagpur Mental Health Hospital to create Therapeutic Movement Practitioners. The training was conducted both in person and virtual mode. Dance Movement Therapy is now being used on a regular basis at the hospital by 7 successful Graduates who work at the hospital as care providers and case managers. Glimpses of the online Certificate ceremony



6. Kanyashree Program on 14th August 2021:

Like every year in collaboration with Department of Women and Child Development and Social Welfare, Government of West Bengal requested Kolkata Sanved to choreograph a performance presented by the adolescent girls of Sukanya Home at Rabindra Sadan. After the outstanding performance presented by Sukanya Home girls at the annual Kanyashree event, there was a request from the Government to teach classical dancing to the girls in Sukanya Home. Choreography by Mehraj Khatoon ably assisted and supported by Jhuma Das.



7. Movement Workshop at Ghare Baire

A movement workshop on interpreting Art through gestures and textures, exploring the translation of energy between the act of creating and the act of viewing Art was organised in collaboration with GhareBaire Museum on 19th September. Participants were of all ages ranging from early 20s to mid eighty. Highly energetic participants were taken through gestures & textures for interpreting Art. Keeping the on-going Pandemic in mind, the number of participants was restricted to eight. With colourful scarves given to them, participants expressed strong and light movements playfully, around the gallery, drawing inspiration from the paintings around.



Although the participants were mostly very young and high on energy and enthusiasm, the older participants kept pace with the youngsters and were not to be left behind in any of the activities. The oldest participant more than eighty years of age, actively took part in all the proceedings, leaving the others in awe and admiration of the elderly gentleman.

This was the second event in collaboration with GhareBaire Museum. A feat thoroughly enjoyed by the participants and facilitators Jhulan Mondal and Mehrnaz Kahtun.