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.
In the last year we have faced many adversities and have lost many acquaintances, with anxiety being our constant companion every minute. Yet, we have all moved forward with a ray of hope. Pandemic has taught us to be resilient over time. We have learned to think creatively and identify new ways to get out of constant fear of the Pandemic. In these three months we have been able to come out of our movement restrictions and reach the field sites in-person.

However during Pandemic, a decision has been taken that our work strategy for all programs will include both virtual and in-person methods of delivery. In spite of all the struggles we are better equipped to conduct sessions online. After successful completion of Semester I of Dance Movement Therapy Leadership Development Academy, Internships are currently on. We have been able to run our programs outside the State of West Bengal. Training of trainer TOT has been completed both virtually and in-person with GraminSiksha Kendra, in Sawai Madhopur in Rajasthan. Our Diploma DMT Academic programme in collaboration with Centre for Lifelong Learning (CLL), Tata Institute of Social Science (TISS) Mumbai course work is completed and field practicum has started. This Diploma programme with CLL-TISS, Mumbai has been upgraded to Post Graduate Diploma. We also had many events this quarter. After about a year and a half since the outbreak of the Pandemic, we did an in-person dance performance. Our annual autumn event “Sharad Adda” had been organised with limited audience. I am delighted to share that in the midst of so many adversities, all members of Kolkata Sanved worked very hard as a team with their energy, hope, strength and have always been there to support each other. We hope everyone stays healthy and take care of their body and mind.
Mental Health Festival: FEAL-Feel Your Pause

Festival of Empowerment & Art for Life (FEAL) 2021 on 1st, 2nd & 3rd October 2021, 5:00 pm to 7:30 pm IST

Keeping in mind World Mental Health Day on 10th October, Kolkata Sanved organised second year FEAL festival in the month of October. The on-going pandemic since 2020 has had a huge impact on mental health in general. In the last one and half years, we have witnessed unparalleled loss and grief. Most of us were not prepared for the unpredictable and prolonged stress, fear, uncertainty of the future and extreme vulnerability during these tough times. Building better mental health was the need of the hour. FEAL is a digitally-hosted Arts-based wellbeing festival organised by Kolkata Sanved and reached out to audience in India and abroad. This year FEAL festival included Mindfulness practice, Authentic movement, music for healing, Visual Art and storytelling. Sessions were over zoom along with live streaming on Facebook for a more interactive learning experience.
"Akasher Anandabani" - The annual Autumnal meet of Kolkata Sanved on 9th October 2021

With the advent of autumn and onset of festival Season, Kolkata Sanved celebrated life, energy, rhythm and creativity. The year had been dark with the ongoing pandemic but in the middle of this darkness, we had to find our inner guiding light, joie de vivre. Kolkata Sanved celebrated the burgeoning of new life, hope and strength for the journey ahead.

On 9th October holding their annual autumnal meet, this year at Sukanto Culture Manchain Panchasayar (New Garia), bringing in the happy message of Sharodiya Greetings, Sanjivani and rhythm of living in different creations.
Program included story telling by Sociologist, lyricist and story writer Arna Sheel, performance by Bharatnatyam exponent Mehraj Khatoon, Arya Chakraborty on Tabla and Lahra and songs by Oishani apart from Samyaapart dance performance by Kolkata Sanved team. Renowned singer & composer Srikant Acharya graced the occasion. Keeping Covid protocols in mind, limited number of guests had been invited to this program.
Kolkata Sanved was invited to perform at ‘Confetti’, East Zone Meet held by Inner Wheel Club in Swabhum on 23rd October 2021. The performance of Kolkata Sanved focused on women empowerment. Inner Wheel is the largest women’s volunteer organization in the World and is spread over 104 countries while being particularly strong in India.
On October 25th, Vital Voices with Oprah’s OWN Network Now This, the largest social media news platform, hosted a one-hour live primetime television special that celebrates the power of girls and women leading the next generation of change. Kolkata Sanved Founder Director Dr. Sohini Chakraborty being one of the speakers, spoke about Kolkata Sanved model using dance therapy to address trauma. Inspiring voices from the VV network included Former U.S. Secretary Hillary Clinton, best-selling Poet Amanda Gorman, Vital Voices CEO Alyse Nelson, Diane Von Furstenberg, Nobel Peace Prize Winner, Malala Yousafzai to name a few. 6.5 million viewers of the event live and post-event.
Post Graduate Diploma in Dance Movement Therapy

We are pleased to announce that our collaboration with Center for Lifelong Learning, Tata Institute of Social Sciences Mumbai has been taken to the next level as we upgraded our existing diploma program to a Post Graduate Diploma in Dance Movement Therapy in order to provide advanced-level skills, theoretical and practical experience and knowledge on DMT.

DMT practitioners will receive intensive and enhanced training that will enable them to facilitate advanced-level movement therapy with: People having Special Needs, Autism and Developmental Disorders, People suffering from Violence and Sexual trauma and people living with Mental Illness. Through this program, students will get a thorough understanding of how movement and dance can be used for embodiment in professional capacity. The program will also help in capacity and skill-building of students who wish to undertake research on DMT.
As part of 16 days of Activism against Gender-Based Violence, Kolkata Sanved and Prajnya organised a Body Freedom Workshop on 5th December 2021. This was an open invitation to join the experiential process to understand about Dance movement therapy and how it can be used as a tool to connect with one’s body. Participant’s reflections were overwhelmingly positive and a few participants even pointed out being pleasantly surprised by the spontaneous movement of their own and feeling liberated in their bodies.

The Body Freedom Workshop
Sunday, December 5, 2021, 11 a.m. to 1 p.m

Register to attend: https://cutt.ly/16d21dance
1. Restoring Smiles through Dance: Dance Movement Therapy for Trauma Recovery - October 2021 to December 2021

This project works towards trauma recovery of survivors of violence through the Dance Movement Therapy process. We conducted 82 DMT sessions across 3 centers in Maharashtra and 2 centers in West Bengal. DMT batches at 2 centers were completed during this period, for whom certificate ceremonies were held, where participants shared the changes they had experienced within themselves during DMT sessions: enhanced confidence, reduced fear, ability to control anger, balance emotion and building a positive relationship with their bodies. The sessions were conducted through a mix of online and in-person modes. We reached 114 adolescent girls through this project. Between October and December 2021, we also conducted review visits in Murshidabad and Maharashtra.
Training of Trainers in Murshidabad

We are conducting Training of Trainers with 2 groups in Murshidabad - one group of adolescent girl survivors of violence and 1 group of social workers working at Suprava Panchashila Mahila Uddyog Samity (SPMUS).

With the group of adolescent girls, training sessions are currently taking place, while the social workers are working on practice facilitation. We have reached 8 adolescent girls and 9 social workers through this project.
2. Sampoornata Wellbeing Club: a pilot model initiative to create trafficking resilient Communities using DMT

**Project Objectives**

- To create safety nets to guard against trafficking by strengthening local community resource (Capacity building of adolescent girls)
- To develop community based social structures to sustain the initiative (collaborative network).

In the last quarter of 2021, DMT practitioners conducted weekly well-being club sessions with 116 adolescent girls in non-verbal communication, building assertiveness, developing confidence through negotiation skills and making their voice heard, developing negotiation and decision making skills, developing ability to become independent, ability to overcome barriers, understanding emotions and feelings, release anger, prepare participants for in-depth exercises, building self-tool for coping, making posters on different topics for community awareness, communicate emotions through sounds and develop effective listening to understand basic communication skills.
Out of 120 Participants 116 attended sessions regularly with interest. 4 participants dropped out due to marriage & physical issues. The parents of all participants were aware about the objectives of the project and expressed their interest to know the DMT session details.

**Impact:**

Decision making, Self-awareness, confidence of the participants increased. Their family members became aware about what they are learning through the session. Parents could observe definite changes in behaviour and communication. Participants started creating awareness among other adolescent girls in their community regarding protection and ways to prevent trafficking. They also developed courage to express what they have learnt from the session through DMT and what sort of help they need from collaborative network members for adolescent girls who are vulnerable towards trafficking and domestic violence.

3. **Sexual & Reproductive Health & Rights (SRHR)**

In the last three months Kolkata Sanved successfully concluded online SRHR sessions in Angara, Jharkhand with adolescent Tribal girls in collaboration with partner organization, Aahan Foundation. The partner organization has further requested us to facilitate more sessions in Angara. Kolkata Sanved is currently implementing in-person SRHR sessions at two locations in Sickline and Chitpore within Kolkata with a total of 24 adolescent girls from the marginalized slum communities.
Dance Movement Therapy Leadership Development (DMTLD) program happening parallelly with 11 sessions running simultaneously at three locations - Kshamata in Maharashtra, Nari-O-Shishu-Kalyan-Kendra (NOSKK) in Howrah & Anta Ranga in Shantiniketan, Semester-I ended in October 2021. The internship of 30 participants from these locations started from mid-November after detailed planning in the first two weeks. The internships were on in full swing in the month of December 2021, and continue until 1st week of January 2022.
5. Psychosocial Project

The last online DMT based psycho social support session with adolescent girls from Gilbert Hill and Juhu Galli, Mumbai, was completed and new project began with 12 new adolescent girls from Bharat Nagar, Mumbai in the online mode in October 2021. Between October and December 10 sessions have been facilitated.

The DMT based self-care sessions that had been initiated in May 2021 as part of COVID support also came to an end in December 2021 with 5 sessions being facilitated in the last three months. 16 Care Providers had participated in the sessions and gave positive feedback for the sessions.

In November and October 2021, 4 online DMT based self-care sessions were facilitated with 23 sex workers in Bhiwandi red light, Mumbai. 4 more in-person sessions have been initiated with the participants following a request for in-person sessions made by the participants.

After receiving permission from the Government of West Bengal to facilitate in-person sessions at the Government CCIs, we began in-person sessions at CCIs in Malda and Murshidabad in November under the ongoing project named DMT based well being sessions. In the last three months a total of 16 sessions (2 online and 14 in-person) were facilitated. While the sessions at Ananda Ashram Murshidabad have been witnessing ups and downs, the sessions at Shaishalishishu Kanya Abas, Malda, have been going well and have received positive feedback from the participants and care providers at the CCIs.
6. Diploma in Dance Movement Therapy

Diploma in Dance Movement Therapy program, collaboration between Centre for Lifelong Learning (CLL), School of Social Work (SSW), Tata Institute of Social Sciences TISS Mumbai and Kolkata Sanved is a Dance Movement Therapy Academy programme. The present batch of 2021 completed their online theory classes and is presently going through their internship with various partner organizations. The internship is both online and offline mode keeping the ongoing pandemic situation in mind.

Preparations are on for the Graduation of batch 2019 – 20 and will be receiving their certification soon.

The new Academic year for 2022-2023 will see a huge positive leap for the programme which will be a Diploma in Dance Movement Therapy and Post Graduate Diploma in Dance Movement Therapy (with the exit option at Diploma level). Prospectus and call for application is out.
7. Empowerment Workshop Programme

The Empowerment workshop programme that had been on hold till now due to the pandemic, has been able to take its steps towards the in-person field sessions. The first in-person session in two years was conducted by Kolkata Sanved’s Empowerment Facilitator / Mentor Ms. Jhulan Mondol and observed by apprentice Ms. Sandhya Karmakar.

Kolkata Sanved is also happy to announce Ms. Namrata Kanuga Graduate as a certified Coach for Empowerment Workshop.

Twinkles to the Kolkata Sanved Empowerment Team as they move forward in their journey to empower.
After completion of online TOT classes, the in-person session took place at Gramin Siksha Kendra (GSK) in Sawai Madhopur in Rajasthan in the last week of December 2021. The participants being primarily GSK school Teachers were taken through TOT to create new Therapeutic Movement Practitioners. After weeks of online session the participants were thrilled to experience in-person sessions with the KS facilitators Founder Director Sohini Chakraborty and Senior DMT Practitioner Tilottama Choudhury.

20 adolescent girls and boys from Karam Margin Faridabad, 15 adolescent girls from ABHAS in Noida participated in Healing and Well Being sessions for enhancing their ability to regulate
emotions and manage stress, reduce hesitation and enhance confident body language. The young participants were a vibrant energetic lot. TOT sessions in full gear at Chintan Environment Lajpat Nagar New Delhi with Leaders emerged from grassroots.

20 young girls and boys from OSCAR participated in a 5 hour long self-care session wherein DMT was incorporated in their pre-existing The Buland Project, the main objective of the session was to work on positive self-image. The group was open to explore, learn and share. They were alert and active throughout the sessions and were looking forward to the next sessions in the coming months.

20 social workers from PUKAR participated in DMT sessions for self-care. Despite tuning in virtually, they actively participated in the sessions and hoped to practice the learning in their daily lives.
Alumni Advance Skill Building Programme launched: December 2021

Kolkata Sanved and Centre for Lifelong Learning, TISS, Mumbai, in collaboration with the Goethe Institute-Max Mueller Bhavan Mumbai, launched its Alumni-Training of Trainer Programme in December 2021. This ToT is for our Alumni’s advanced skill development in Dance Movement Therapy. Martina Piff is facilitating this training programme being delivered virtually. The first batch consists of 20 alumni.
Gratitude From Kolkata Sanved

Note of thanks and heartfelt gratitude to all our wellwishers, donors, Partners, volunteers who stood by us in these trying times ready to support in all our endeavours.