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## Director's Note



Something terrific will come no matter how dark the present

- Rabindranath Tagore

This year started with a global crisis due to the ongoing nationwide lockdown caused by the raging pandemic COVID - 19, which has already ravaged much of the world.

This year Kolkata Sanved has entered its 16th year. We have come through all these years to face a new kind of world, learning everything anew. The whole world is going through a crisis and struggling with fear and loss. Yet, I hope that, despite our physical distance, we stand together and feel connected to one another.

These are times of sadness, pain, loss, fear and uncertainty - but within all this, we still find the strength to live. Using this strength, we have been able to reach out to many people through the medium of dance and movement. Let us share this strength with all mankind.

As Rabindranath Tagore once said: "Something terrific will come no matter how dark the present." It is with this hope that Kolkata Sanved moves forward on its path. We take a step forward, holding hands with all our well-wishers and supporters.

On behalf of Team Sanved, I want to thank all our partners, programme participants, donors, supporters, friends, well-wishers each and every individual who stood with us in this pandemic as well as in AMPHAN - Super Cyclone Disaster. As a community, let us take a deep breath and receive positive energy. Let us remember that life is blessed not because of the destinations we arrive. The nectar of life lies in the paths we travel to get there - the people we meet, the places we know, and the experiences we learn and grow from.

"Kolkata Sanved would like to share Positive Energy with everyone in this world. The KS Team sends you love, strength, positivity and peace. We invite you to breathe in deeply and feel the positive energy. "

**Sohini Chakraborty**  
Secretary & Founder Director

STAY SAFE, STAY WELL



# Highlights (2020 - 2021)

■ During this year, Kolkata Sanved adopted new ways of implementing the Sampoonnata approach to DMT through mixed methodology – a combination of online and on-spot DMT sessions, in order to cater to needs of the participants during the COVID-19 pandemic.

■ Based on the mixed methodology approach, Kolkata Sanved developed a psycho-social protocol for conducting online DMT and creative therapy sessions. Please refer to the link (<https://kolkatasanved.org/wp-content/uploads/2020/05/Kolkata-Sanved-online-DMT-session-and-Psycho-social-support-session-guideline.pdf>).

■ Kolkata Sanved launched its pilot prevention program in the community with 120 adolescent girls for building

trafficking resilient communities

■ We reached 775 participants in West Bengal, Maharashtra & Chennai through a mix of online and in-person DMT sessions, enabling them to cope with the traumas of violence and marginalisation.

■ The organization's work has been scaled up to 6 districts in West Bengal and 2 districts in Maharashtra. The comparatively newly reached states are Orissa and Jharkhand

■ Inclusion of Emergency Response: To address the COVID-19 crisis and the Amphan Super Cyclone, psycho-social well-being through DMT, WASH activities and awareness camps were integrated in our emergency response. Relief materials and hygiene kits distribution were also included in our

domain of work and we provided ration kits to 698 families (3490 individuals) & hygiene kits to 1000 adolescent girls in West Bengal.

■ 6520 individuals benefitted through WASH activities (building new tube-wells and repairing defunct tube-wells) in 2 districts of West Bengal, addressing the crisis of drinking water after the super cyclone Amphan.

■ A total of 579 participants were reached at care institutions and community centres through DMT based well-being sessions under psycho-social support at 11 locations in West Bengal & Maharashtra

■ For the first time, online modality was used during the Diploma in Dance Movement Therapy (in collaboration with Tata Institute of Social Sciences

Mumbai).

■ Kolkata Sanved and West Bengal Commission for Protection of Child Rights jointly initiated a Research study to assess the mental health need of the children residing in 19 Government run Child Care Institutions (CCI) in West Bengal

■ For the first time, the Global Biennial Summit on Dance Movement Therapy for Change was conducted through online mode on December 11th, 12th & 13th, 2020. The Summit, organised by Kolkata Sanved & Centre for Lifelong Learning, Tata Institute of Social Sciences Mumbai, focussed on the 'Role and Relevance of Dance

Movement Therapy (DMT) and other Creative Arts Therapies (CAT) in promoting Health and Wellbeing: The COVID-19 Pandemic Challenge'. The Summit involved representation from 9 countries, over a span of 3 days with 22 hours of zoom webinars, with 600 registrations, 300 participants, 47 experts, 10 experiential & knowledge series, 6 panel discussions. The panellists, speakers, and participants were from all over the world: India, Bangladesh, Abu Dhabi, Germany, Spain, Sri Lanka, UK, and USA.

■ The Festival for Empowerment and Art for Life (FEAL) was a digitally-hosted arts-based well-being festival

held between 14th and 29th August 2020, organised collaboratively by Kolkata Sanved and British Council India. The festival consisted of 6 webinars having 6 experts from different fields with 363 participants through ZOOM platform, having 21.5K Live Face book and 612 You Tube viewership.

■ Recruitment of 3 graduate Therapeutic Practitioners from the marginalized community by Kolkata Sanved

■ Publication of 4 articles in national, international journals and books





# Healing, Recovery and Empowerment: Sampoornata Direct Outreach

Through the Sampoornata Direct Outreach programme, we reach marginalized communities through Dance Movement Therapy (DMT) sessions for healing, recovery and well-being. With the spread of the COVID – 19 pandemic, which led to increased levels of stress, anxiety and grief, DMT sessions became all the more

important in enabling participants to cope with the extreme distress and remain resilient.

From this year, we began conducting DMT sessions through mixed method (combination of online and in-person mode), in order to adhere to COVID related safety norms for the health of our participants and employees.

We reached participants in collaboration with partner organizations such as NGOs and government departments. The following table consists of the various projects that were conducted under this programme, and the number of participants reached through these.



## At a Glance: Healing, Recovery and Empowerment

Project	Objective	No. of partner organizations	No. of participants reached
1 Restoring Smiles through Dance	Coping with and recovering from trauma	4	235
2 Sampoonnata Well-being Club	Building trafficking resilient communities	1	120
3 Sexual and Reproductive Health and Rights (SRHR) workshop	Education and awareness on SRHR	1	12
4 DMT with care providers	Self-care and stress relief for social workers	4	44
5 DMT sessions for well-being of girls and women facing violence	Create a safe space and provide psychosocial well-being	1	146
6 Workshops on invitation	Introducing participants to DMT, Relief from stress	6	218
<b>Total</b>			<b>629</b>

### I. Restoring Smiles through Dance

Through the Restoring Smiles through Dance project, Kolkata Sanved works with adolescent girls who are survivors of gender-based violence and marginalization, in order to enable them to go on a journey of coping with and recovery from trauma. During this year, in the light of the COVID pandemic, the central aim

of the project was to enable trauma survivors to enhance their wellness, thereby building their capacity to cope with the present circumstances as well as past trauma. DMT sessions under this project were conducted in North 24 Parganas and Murshidabad districts of West Bengal and Mumbai and Thane districts of Maharashtra. We worked with participants living in 2 government-run Child Care Institutions and 1 NGO-run Child Care Institution,

as well as with 2 groups of participants living in community settings. The sessions were conducted through a mix of online and offline modes. Participants found that, through these sessions, their confidence to move and speak freely was enhanced. They also gained the ability to identify their emotions and regulate distressing emotions when they arose. DMT also gave them a chance to identify their inner strengths and resources.



Before DMT I was like a crumpled paper. I felt sad, bored, lazy and confused. Now, I am like a paper that is smooth, open and clear. I am able to follow the straight lines: I can understand my feelings and balance my emotions. I dance and play with balloons to make myself feel light and relaxed. I have learnt how to take in positive vibes for myself. DMT taught me to feel a sense of peace in my body.

*- a participant in DMT sessions under Restoring Smiles through Dance*

### II. Sampoonnata Well-being Club

From many years of experience, Kolkata Sanved has understood the importance of working in the community to prevent human trafficking. Through the Sampoonnata Well-being Club project, Kolkata Sanved has begun a pilot project in order to work to prevent trafficking of adolescent girls in high-risk, trafficking prone areas. The goal of this project

is to create two primary community-based structures: 1) a well-being club of adolescent girls from marginalized communities, through which they are capacitated through DMT to enhance their mental health and become aware of trafficking related risks and 2) a collaborative network of government and non-government actors who can take action in case of risks of trafficking. This project is being run in collaboration with a community-based NGO in a

trafficking-prone area in South 24 Parganas, West Bengal. A specialized DMT curriculum was created and DMT sessions with adolescent girls commenced in February 2021. Visits have also been done with local community administrators such as Block Development Officer, Panchayat Pradhan, Officer-In-Charge (police) in order to build rapport with them and enlist them as members of the collaborative network.

### III. Sexual and Reproductive Health and Rights (SRHR) workshop

During this year, 1 SRHR workshop (consisting of 6 sessions) was conducted in collaboration with a Kolkata-based organization, through which girls living in a slum area in Kolkata were educated around gender and sex, gender stressors,

menstruation, HIV/AIDS and safe spaces. The sessions were all educational and interactive in nature, with core principles and elements of DMT being integrated into the teaching methodology.

### IV. DMT sessions with care-providers

Dance Movement Therapy sessions

were conducted with care providers and social workers working with adolescent girls. These were aimed at giving them an understanding of DMT and its benefits through an experiential process. The sessions also focused on giving care providers a sense of relief from stress and an opportunity for self-care.



I was experiencing a lot of worry before I joined the session, but these one and half hours made me completely forget these worrisome thoughts.

*~ a care provider who participated in DMT sessions*

### V. DMT sessions for well-being of girls and women facing violence

Kolkata Sanved collaborated with a partner organization in Howrah in order to guide and supervise eight newly graduated community-based therapeutic DMT practitioners in conducting a well-being intervention for individuals in their community who

were facing violence. Conducted in the community centre of the partner NGO, these sessions used DMT tools to create a safe space and provide psychosocial well-being to girl children and women facing physical violence, neglect and domestic violence.

### VI. Workshops on invitation

Kolkata Sanved conducted several DMT workshops on invitation through

both online and in-person mode. DMT sessions were conducted with a variety of factors including donors such as Azim Premji Philanthropic Initiatives and Kamonohashi Project, arts-based organizations such as Kolkata Centre for Creativity and academic institutions such as Nirmala Niketan School of Social Work Mumbai and Stella Maris College, Chennai.





# Emergency Relief Response

The year 2020 – 2021 was a year marked by a global crisis due to the COVID pandemic. This led to widespread distress, both in terms of access to basic needs and livelihoods and in terms of mental and emotional health. In this situation, Kolkata Sanved

stepped forward to work towards relieving the distress of marginalized communities. This was done through four primary strategies:

I. Psychosocial Support through Dance Movement Therapy

II. Provision of relief materials

III. Water, Sanitation and Hygiene (WASH) infrastructure

IV. COVID awareness campaigns

## Kolkata Sanved's Emergency Relief Response in West Bengal & Maharashtra: At a Glance

### Psychosocial Support through Dance Movement Therapy

	Number of Centers	Number of participants reached
In collaboration with DCRT, Government of West Bengal	4	251
In collaboration with community-based organizations in West Bengal	5	230
In collaboration with community based organizations in Maharashtra	3	98
<b>Total</b>		<b>579</b>

### Provision of Materials: Distribution of Relief and Hygiene Kits

District	Number of collaborative partner organizations	Number of families reached
Howrah	1	40
Kolkata	1	14
Murshidabad	1	20
North 24 Parganas	1	300
Paschim Midnapore	1	60
South 24 Parganas	2	264 families & 1000 adolescent girls
<b>Total</b>		<b>698 families &amp; 1000 adolescent girls</b>

**Total individuals reached 4490**

### Water Sanitation and Hygiene (WASH) Infrastructure

District	Number of defunct tube wells repaired	Number of new tube wells built	Number of individuals benefitting
South 24 Parganas	13	2	6000
North 24 Parganas	5	0	520
<b>Total</b>			<b>6520</b>

### COVID awareness campaign

District	Number of individuals reached through campaign
South 24 Parganas	60
Paschim Midnapore	60
<b>Total</b>	<b>120</b>

# Psycho-social Support through DMT

The COVID-19 pandemic led to an increase in mental and emotional distress worldwide. For children and adolescents living in marginalized communities, the pandemic resulted in increased uncertainty around nutrition and livelihoods, difficulties in accessing school (due to shift to online modes and the huge digital divide), increased likelihood of domestic violence, child marriage and trafficking. For children and adolescents living in Child Care

Institutions, the pandemic increased the uncertainty and distress around the timeline of restoration to their families.

Against this backdrop, Kolkata Sanved conducted DMT sessions in order to provide psychosocial support to children and adolescents living in the community and Child Care Institutions in West Bengal. This was done through a mix of online and in-person modes, in order to meet the needs of the participants.

The participants gave feedback that the experience of moving made them feel a sense of enjoyment and relief. They also mentioned that, through these sessions they felt a greater sense of bonding with their peers and were able to share their difficulties more freely. They also learnt to use dance and relaxation methods as tools for coping when distress arose within them.



Sometimes I start feeling bad but then these sessions help me regain my energy. My body feels very light and after doing movements I feel free and my mind and heart become peaceful. After doing meditation I have calmed my mind. After I learnt these, at times in the evening before sleeping I try to meditate for 15-20 minutes without music. After I do this, I have found that I feel better and hence I like doing these sessions.

~ a participant in DMT session for psycho-social support



## Provision of Relief Materials

With the sudden nationwide lockdown due to the pandemic, daily wage earners lost their livelihoods overnight. Families from poor socio-economic circumstances struggled to make ends meet and ensure that they had adequate food to eat on a daily basis. In West Bengal, the crisis became even more severe with the Amphan Super Cyclone leading to loss of or damage to homes, water and sanitation facilities.

Although Kolkata Sanved's primary role

is to provide mental health services through Dance Movement Therapy, in this grave crisis, we understood that the provision of relief to meet basic needs is a precursor to mental and emotional wellbeing. Therefore, we collaborated with several partner organizations in order to provide relief materials in several districts of West Bengal.

Relief materials provided included basic rations such as rice, pulses, soya bean, oil, salt, turmeric powder, soap,

detergent and sanitary napkins. The materials given varied from place to place depended on need and context in each area. For example, in blocks in South 24 Parganas, the major needs after the Amphan Cyclone consisted of temporary shelter materials (tarpaulin) and water and sanitation materials (eg. mosquito net lidded bucket, soap, bleaching powder, phenyl). In some areas, relief distribution was done in 2 phases in order to provide the families with 2 rounds of support.

## Water, Sanitation and Hygiene (WASH) Infrastructure

The Amphan Super cyclone led to severe damage to tube wells, affecting the access of local communities to safe drinking water. There was major

water shortage, with families having to walk 2 - 5 kilometers to get access to drinking water. Kolkata Sanved worked towards this problem in the districts of

North and South 24 Parganas through the construction of new tube wells and washing or repairing of defunct tube wells.

## COVID Awareness Campaigns

With the spread of the COVID pandemic, new behaviors had to be learned worldwide, in order for individuals to protect themselves and others from contracting the virus. Moreover, several harmful myths about COVID needed to be combated so that infected individuals and survivors were not stigmatized. In order to address these issues,

Kolkata Sanved conducted 2 COVID awareness campaigns in West Bengal- 1 in Paschim Midnapore and 1 in South 24 Parganas. 60 participants (30 adolescent girls and 30 women) attended each of these campaigns. Each campaign was carried out in 2 phases, with 30 attendees in each phase. Participatory demonstrations were given on the correct ways of

wearing masks and washing hands, and videos were shown on COVID appropriate behaviors and creative tools to keep one positive and cope during these times. The awareness campaigns were followed by distribution of relief materials to the attendees.



## We Care: Safety Measures taken by Kolkata Sanved

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

- We ensured all our employees' health, safety and job.
- 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.
- A maximum of 4 employees were allowed at a time in office so that physical distance can be maintained in office and gradually the number was increased as per situation.

- Focussed on building capacity of all employees including DMT Practitioners to adopt to the 'Work from Home' mode. Supporting DMT practitioners in setting up work space at their homes.
- All employees were provided with safety kits which included mask, sanitizer, face guard, gloves and PPE for field visits.
- All employees were provided with pick & drop facility by the office car while travelling from home to office and back.
- Field visits by car were arranged following all COVID protocols
- Office premise was sanitized once in every week

- Daily sanitization of office car
- Thermal checking of employees before entering office premise
- One office space designated for keeping outside shoes
- Apart from office cook, no other staff members were allowed in the kitchen, in order to maintain safe distance.
- No food from outside was allowed in the office
- While at office, using masks and washing hands frequently at regular intervals by the employees were ensured





## Centre of Excellence (Leadership, Training and Research)

### I. Dance Movement Therapy Leadership Development Academy

Following the graduation of 8 community-based DMT practitioners in March 2020, Kolkata Sanved continued to provide support to the newly graduated DMT practitioners through a 10-month long handholding process. This process involved Personal Growth sessions, advanced training in Dance Movement Therapy, training on communicative English and Sexual

and Reproductive Health and Rights (SRHR), along with supervision during an internship. The internship was done in collaboration with Nari-O-Sishu Kalyan Kendra (NOSKK), an NGO in Bauria. The internship consisted of two parts. The first was providing mental health support to individuals from marginalized communities coming to NOSKK for legal support around

domestic violence and marital discord. The interns created a safe space for the clients to express themselves and work towards their well-being. A total of 146 such clients were reached by the interns. The second part of the internship consisted of basic DMT sessions given to a group of 25 participants who had enrolled for a computer course with NOSKK.







## II. Training of Trainers (TOT)

During this year, Training of Trainers programme was done with 2 groups: care providers of Suprava Panchashila Mahila Uddyog Samity- a Murshidabad based NGO working with women and children's rights- and care providers at Nagpur Mental Health Hospital. The TOT project aims at creating Therapeutic Movement Practitioners who can use DMT as a tool to support the communities that they work with.

At SPMUS Murshidabad, 4 trainees qualified as Therapeutic Movement Practitioners in March 2021, and the group will be going through further capacity building in the next year. At Nagpur Mental Health Hospital, 7 trainees, who provide care to individuals with mental illness, were trained in using DMT to enhance the wellbeing of their clients.



This process is very helpful. It is helpful for our work- when we work with trauma survivors, it helps us to identify their needs and how we can work with them. It is also helpful to us personally- through this, we can manage stress and balance our emotions when we are under pressure.  
~ a student in the TOT programme

## III. Diploma in Dance Movement Therapy

Diploma in Dance Movement Therapy (DDMT) is an academic programme run through a collaboration of Kolkata Sanved with Centre for Lifelong Learning - School of Social Work, Tata Institute of Social Sciences Mumbai.

This year, a new chapter started for this programme as it was started through online mode for the first time. The students and faculty are learning to adapt to the present situation of a worldwide pandemic. The new batch of

this programme began from January 2021 with 41 students from diverse locations such as Mumbai, Kolkata, USA, South Africa and Brazil.

## IV. Research on Mental Health Assessment in Government-run Child Care Institutions in West Bengal

Kolkata Sanved and West Bengal Commission for Protection of Child Rights conducted a pilot study on

assessing the Mental Health needs of the children in the government-run child care institutions of West Bengal.

Data collection for the pilot study was done in 2 Government-run Child Care Institutions.

## V. Promoting Mental Health and Well-Being to Build New Constituencies for DMT

Festival for Empowerment and Arts for Life (FEAL): Kolkata Sanved, in partnership with British Council, presented a series of 6 webinars on self-discovery through dance movement therapy (DMT), visual art, sound and mindfulness practice to promote wellbeing, between 14th and 29th August 2020. These webinars were hosted on Zoom and were also streamed live on the YouTube and Facebook pages of Kolkata Sanved. 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. The focus was on bringing together resources and information around the use of creative and art-based practices to build resilience and manage stress during the pandemic. Each of the sessions was centered on an experiential component.

**Impact:** The impact was overwhelming. Those participating in FEAL came from

a wide variety of geographical locations including different parts of India and other countries such as Canada, Switzerland, UK, USA and Australia. 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. 96% of the participants gave feedback that they felt connected to the panelists and audience.



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, participant of FEAL

Moving in parts made me aware of the stiffness in body and holding back certain emotions which were released while splashing the colours as if letting off certain emotions and filling in with hope and energy... found the bounce back!

~ Nehal Shah, participant of FEAL



**Global Summit for Dance Movement Therapy for Change:** On 11th, 12 and 13th December 2020, Kolkata Sanved, in collaboration with Tata Institute of Social Sciences, conducted the Third Biennial Global Summit on Dance Movement Therapy for Change. The topic of the Summit was: Role and Relevance of Dance Movement

Therapy (DMT) and Other Creative Arts Therapies (CAT) in promoting Health and Wellbeing in the context of the COVID - 19 Pandemic Challenge. This was the first time that the Summit was held on a virtual platform.

The summit was a coming together of various CAT and DMT therapists,

Practitioners, Academics, Researchers, NGOs, GOs and students, thus reaching a wide spectrum of individuals. 47 experts from different parts of the world were present to share their experiences and learning through 6 panel discussions and 10 experiential online workshops. A total of 300 viewers participated in the Summit.



How do we look at mental health therapies and go beyond filling gaps and task-shifting, not just trying to fix things in how they exist but challenge the power systems even within communities? Not pathologizing but critiquing the dominant narratives existing in mental health care.

~ Raj Mariwala, Director, Mariwala Health Initiative Chief Guest & Keynote Speaker, DMT Summit 2020

The key recommendations that arose from the Summit included:

- There is a need to purposefully adapt DMT and CAT practice to the digital medium.

- Working towards building a body of work in DMT and CAT that is inclusive of all gender, sexuality, class, caste and other oppressive structures in society, which can eventually break the hierarchies of power in society

- Using the learnings of the pandemic to ground one's intentions of practice
- Focusing on advocacy work and research on tangible impacts of DMT and CAT in order to bring about policy shifts



## V. PUBLICATIONS

### I. Good Practices in Funding

**Partnership:** Kolkata Sanved commissioned the documentation of their journey of collaboration with Paul Hamlyn Foundation to bring out the possibilities that arise from such a partnership. The term 'good practices' is used in this document to refer to strategies, principles, or processes that are ethical, fair, replicable, effective, and therefore can be recommended to donors and implementing organisations. The

intention behind identifying and sharing these good practices is to enable development of stronger partnerships and to encourage the application and adaptation of the knowledge and experience gained from this partnership to different situations. It is hoped that this document will enable partnering organisations to meet new challenges, discover improvements and continue to build the sector. This publication was disseminated through a webinar on March 11, 2021 with a

wide range of speakers and panelists. Discussants of the programme were

- Anuradha Rajan, Executive Director, SAWF
- Bhargavi Davar, Founder Director, Bapu Trust
- Hannah de Ville Freedom Fund, U.K.
- Gagan Sethi, Founder, Janvikash, Centre for Social Justice
- Priya Varadarajan, Cluster Lead Gender Justice and Disabilities, APPI
- Tejinder Sing Bhogal, Moderator

### II. International Journals and Books: Kolkata Sanved published its work in different articles in national and international journals and books.

- **Dance Movement Therapy Chapter 14:** Dance Movement Therapy and Psycho-Social Rehabilitation: Model Sampoonata Edited by Hilda Wengrower and Sharon Chaiklin . Book titled International Perspectives on Dance Movement Therapy : Dance and Creative Process in Theory, Research and Practice. Routledge, 2020

- **Featured counter-trafficking program:** Kolkata Sanved's model Sampoonata. Child Abuse & Neglect, <https://doi.org/10.1016/j.chiabu.2019.104169>

Link: <https://kolkatasanved.org/wp-content/uploads/2020/01/Child-Abuse-and-Neglect.pdf>

- **ReFrame:** Beyond Clinical Contexts : 'An Approach to Dance Movement Therapy (DMT)' published by Mariwala Health Initiative.

Link: [https://mhi.org.in/voice/details/approach-dance-movement-therapy-dmt/?utm\\_source=MHI&utm\\_campaign=7227bf8f28-EMAIL\\_CAMPAIGN\\_2020\\_11\\_27\\_06\\_02&utm\\_medium=email&utm\\_term=0\\_4cab8938c7-7227bf8f28](https://mhi.org.in/voice/details/approach-dance-movement-therapy-dmt/?utm_source=MHI&utm_campaign=7227bf8f28-EMAIL_CAMPAIGN_2020_11_27_06_02&utm_medium=email&utm_term=0_4cab8938c7-7227bf8f28)

- **"Reconceptualising Rehabilitation of Female Survivors of Violence:** the case of Sampoonata model of Dance Movement Therapy (DMT) in India" (Women and Therapy, (Taylor and Francis).

Link: <https://www.tandfonline.com/eprint/YZXDBNMRWRRUMFJW9V2W/full?target=10.1080/02703149.2020.1857617>





# Events and Campaigns



In 2020-21, Kolkata Sanved conducted events and campaigns on a variety of topics such as tools for coping with distress during the pandemic and the scope and application of DMT through online modes. We collaborated with a variety of stakeholders in order to bring creative actions, conversations and tools into the online mode.

**Foundation Day:** On 29th April 2020, the 16th Foundation Day of Kolkata Sanved was celebrated online, marking the first such celebration on a virtual platform. The celebration started with a speech by our Founder Director, Dr. Sohini Chakraborty, which was broadcast live on Face book. A movement video, made by all of our employees was posted as well. Our Board Members, past and present students of the TISS collaboration DDMT academy, and well-wishers attended the online celebration with much enthusiasm. The mood was upbeat and many shared that they

hoped that, in the future, Foundation Day will be celebrated face to face as well as online.

**Rabindra Jayanti:** On May 8th 2020, in Kolkata Sanved's Special Edition on Rabindra Jayanti - Jibon Jure Laguk Parosh, DMT practitioners paid tribute to Rabindranath Tagore presented a series of dances to Rabindra Sangeet.

**Dance Connect:** On 25th September 2020, Kolkata Sanved, in collaboration with American Centre Kolkata, jointly hosted an online event titled "Dance Connect - Breaking Boundaries". The event consisted of a discussion regarding Kolkata Sanved's work and the power of dance and movement, and ended with a dance by Kolkata Sanved's DMT practitioners.

**Celebrating World Mental Health Day:** Kolkata Sanved conducted a virtual DMT Well-being & Leadership session with the students of Mahadevi Birla World Academy (MBWA) on 9th October 2020 celebrating World Mental

Health Day in advance.

On the occasion of World Mental Health Day, Founder Director Sohini Chakraborty was invited in a panel discussion on the theme of Creative Arts for Mental Health organized by Me Help on 31st October 2020. The Zoom webinar was an interactive & informative panel discussion on Creative Arts: Research & Advocacy.

**Akasher Anondabani:** For the first time ever on 20th October 2020, Kolkata Sanved celebrated Sharod Adda virtually this year, in accordance with the new norm. The online event was a huge success with well-wishers around the Globe participating enthusiastically, thereby increasing the numbers of guests which otherwise would not have been possible. Performances were put up by DMT Practitioners. The virtual event was enjoyed by all ringing in the festivities, albeit low key this year, due to the on-going pandemic.

**One Billion Rising:** From December

2020 to February 2021 to celebrate the voices of women and girls rising against gender-based violence, Kolkata Sanved collaborated with One Billion Rising India and Swayam, in conducting three virtual movement events and creating three movement series which were posted on social media. The theme for this year was 'Rising Gardens'. Series 1 of the virtual event was showcased on December 19th, 2020. This was followed by movement series on 24th January 2021. "Gardens are a sign of life, healing, beauty and hope". Keeping this in mind Kolkata Sanved and One Billion Rising (OBR) Kolkata chapter along with Swayam organized online movement series named "RISING GARDENS" on the 13th of February 2021.

**International Women's Day:** This year members of Inner Wheel Club of South West Kolkata visited Kolkata Sanved to

celebrate International Women's Day on 8th of March 2021 and pledge their support to Kolkata Sanved in bringing psycho social change in Society using Dance Movement Therapy. They also took part in an experiential session to understand the DMT process.

**Art in Motion:** Experiencing Art in Motion at Ghare Baire Museum, Currency Building in Dalhousie, amidst the display of Art across periods and genre. Enthusiastic participants were taken through a unique experiential process of exploring the body within and beyond canvas using Dance Movement Therapy (DMT) spearheaded by Kolkata Sanved, on 21st March 2021. Keeping the ongoing Pandemic in mind, the number of participants was restricted to twenty.

**Online Well-being Series:** In order to enable individuals to cope with the stress of the pandemic, Kolkata Sanved

began to release short movement videos online, through which our DMT practitioners demonstrated movement activities and tools through which viewers could use movement and dance to calm themselves and enhance their wellness. The first set of videos in this series was called Click n Move. The second set of videos, called Free Body-Free Mind focused on ways to in which we can freely express ourselves through dance and movement while facing space constraints. Kolkata Sanved also partnered with Spark. Live, an online application through which expert consultants and teachers are connected with users. Our DMT practitioners regularly put up videos of movement activities on this application, through which we reached individual across India speaking multiple languages.





## Organizational Strengthening



**Kolkata Sanved regularly conducts activities in order to strengthen the organization through capacity building of staff members and strategic planning, brainstorming and collaborating in envisioning the organization's goals. This year's initiatives included:**

- 11 DMT practitioners from Kolkata Sanved participated in an advanced training on trauma which focused on understanding trauma in the context of marginalisation and building skills for managing risks, especially in the context of working with trauma survivors during the COVID-19 pandemic.
- Personal growth sessions were conducted in groups for all staff members once a month.
- Online training sessions were conducted on the Empowerment Module with the five team members who are involved in this project.
- Kolkata Sanved went through an intensive strategic planning

process through which the goals and programme areas for the next 3 years were charted and specific in-depth plans were made for the organisation's work in the coming financial year. All staff members participated in this.

- Kolkata Sanved's staff retreat took place on 30th and 31st January 2021. This was an opportunity for all staff members to reflect on the work done in the past year, challenges overcome, learning from the challenges and things that can be improved upon. The staff members also came together to visualise Kolkata Sanved's theory of change through art. In addition, the final strategic plan for the coming financial year was presented, shared and discussed.

## Recognition



- Our Founder Director, Dr. Sohini Chakraborty was amongst 100 women featured in a book- "Vital Voices: 100 Women Using Their Power to Empower"- that brought together the stories of women leaders from around the world who have redefined the idea of power.
- Sreeja Debnath, Founder Member of Kolkata Sanved and recipient of the Swayansiddha Award from Ei Samay (a Bengali newspaper), spoke at Ei Samay Gold, a podcast hosted by Ei Samay. She spoke about her journey towards healing and recovery using Dance Movement Therapy.
- Two members of Kolkata Sanved (Dr. Sohini Chakraborty and Rhea Kaikobad) co-authored an article on the

way in which Sampoonata model of DMT moves beyond clinical contexts, which was published in Re-Frame, the journal of Mariwala Health Initiative.

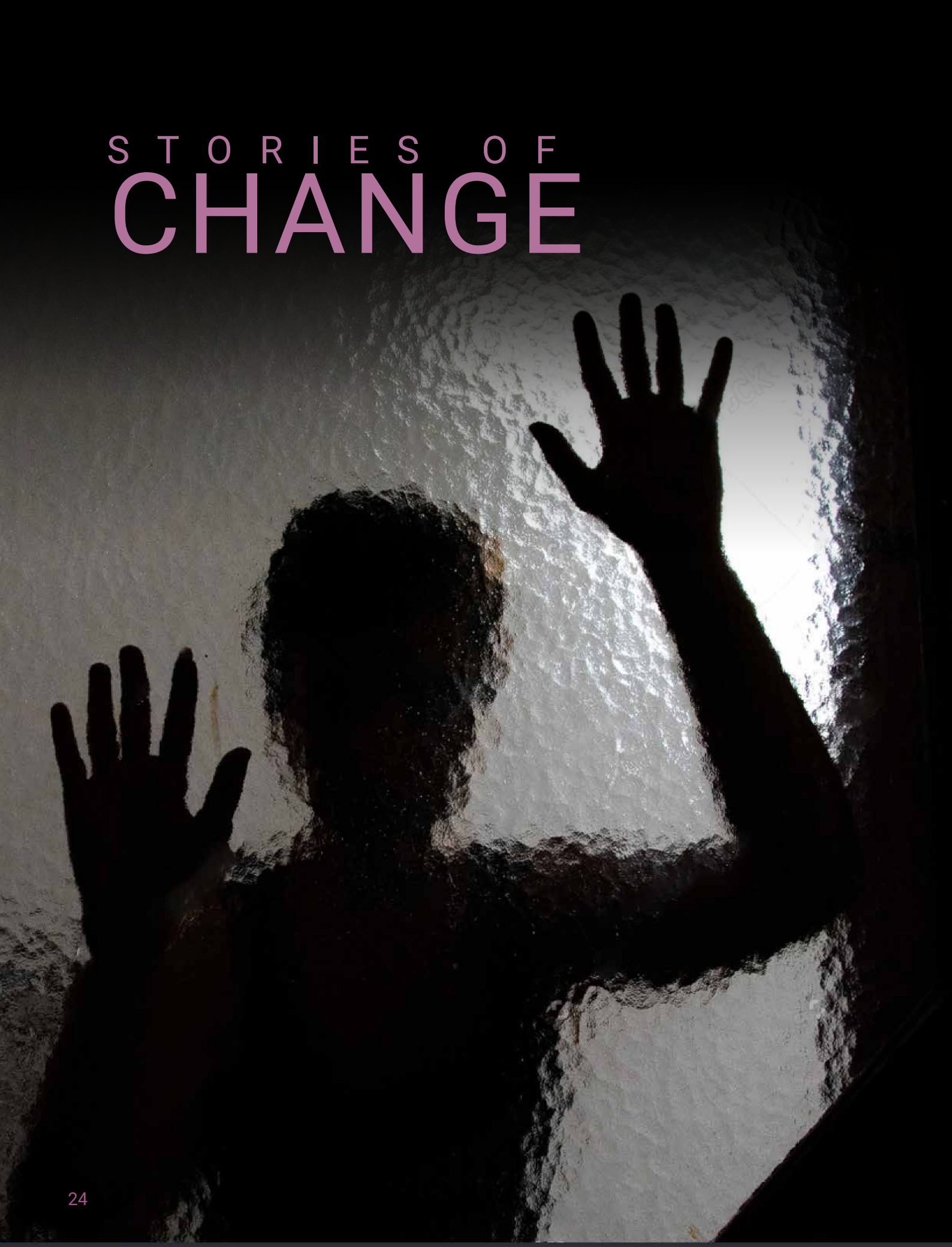
- An article, titled 'Reconceptualising Rehabilitation of Female Survivors of Violence: the case of the Sampoonata model of Dance Movement Therapy (DMT) in India', written by one of Kolkata Sanved's team members, Rhea Kaikobad, we published in the journal Women and Therapy (Taylor and Francis). This article explores Sampoonata as a feminist approach to psychosocial rehabilitation.

- We are extremely proud to share that the West Bengal Commission for Protection of Child Rights and Kolkata Sanved's joint research study to

assess the "Mental Health needs of the children in the government-run child care institutions of West Bengal" has been published by the popular Bengali newspaper Anandabazar Patrika on 14th January. Their article mentions the collaboration between Kolkata Sanved and the Directorate of Child Rights and Trafficking, Department of Women and Child Development and Social Welfare, for providing Dance Movement Therapy for emotional wellbeing of the children in Government Child Care Institutes (CCIs).



# STORIES OF CHANGE



**R**ani (name changed) an adolescent girl living in a Child Care Institution, was facing many psychological problems due to the trauma of the past. She was also receiving psychiatric treatment and medicines had been prescribed for her.

When the first DMT session took place at her CCI, she did not participate- she sat in one corner and cried while observing the session. From the second session, she started participating in the activities, but would often break down and say that she did not like anything; she did not know where she will go or what she will do. She always appeared tense, anxious and scared. She seemed very irritated with herself. She was not able to focus on the activity at all, and would constantly talk about the past, without being able to focus on the present. She would keep herself apart from everyone else and emphasised that she did not trust anyone. She felt that everyone thought badly of her and would only bring her sadness. If any of her peers tried to talk to her, she would get angry with them.

As DMT sessions proceeded, Rani found that she was able to control her emotions more than before. She told the facilitators that she had been able

to express herself during this session, so her mind felt lighter than before. She was experiencing a positive change within herself.

However, when online sessions began, Rani found it difficult to maintain the same level of engagement. She would come for every session and participate in all the movements, but she kept



asking the DMT practitioners to come in person and said that she did not enjoy online sessions much. For 2-3 months, Rani did not attend any online DMT sessions. But after a while, on her own initiative, she voluntarily began attending online DMT sessions once more. The DMT practitioners observed that she participated fully in the session

and looked much happier than before.

When in-person sessions started once again, she regularly attended these sessions. The DMT practitioners observed that, through these sessions, her hesitation to move has decrease and confidence has increased. The DMT sessions have also given her a space to mix with others and participate in group activities with her peers. Through this, she has been able to find a circle of friends whom she can have fun with and trust. The DMT practitioners have observed that she does not break down while sharing any more.

While talking about the changes she has seen in herself due to DMT, Rani said: "I was in depression. I was upset for so long. But when I do DMT, I feel happy and good. I have learnt a lot of movements and this has helped me to feel more relaxed."

Rani wants to be a police officer in the future so that she can make sure that the abuse that she faced does not happen to others. She is focusing on her studies and is eager to keep learning.



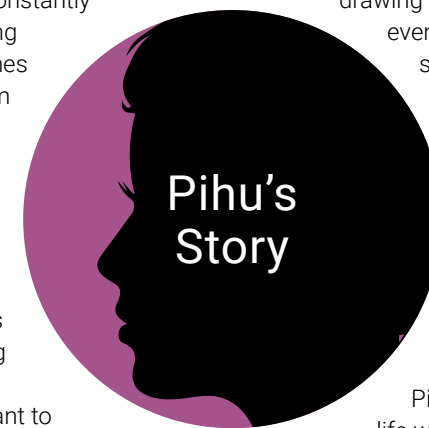
# STORIES OF CHANGE



Pihu, a 16-year-old girl living with her mother and sister in West Bengal, accessed DMT sessions at a community centre in her area. Due to the grievous effects of the sexual exploitation that she had faced, she was hardly able to move and even needed psychiatric help to perform basic functions such as walking. She was constantly scared and trembling and would sometimes suddenly try to harm herself in violent ways. When she first came for DMT sessions, she would be hesitant to move and speak. She was very scared of being around new people. She would never want to leave her mother's side, so her mother was also participating in the sessions.

After going through a mix of both online and in person DMT sessions for one and a half years, Pihu has been transformed- she is able to make eye contact with others easily and talks to them without hesitation. Doing a variety

of movement activities in partners and groups has made her more comfortable while communicating with others and she no longer feels the need to be constantly by her mother's side. Earlier, she was stuck in her fear, but now she is able to mix with others and make friends. She is able to express herself creatively through movement, drawing and drama and has even been part of a



## Pihu's Story

street play held by the partner NGO. She has learnt to balance her emotions and manage her distressing feelings when she gets triggered.

Describing her journey with DMT, Pihu says: "Earlier, my life was dark. After DMT, my life has become full of light. I want work towards a future where I can live a life full of colour." Pihu wants to take her studies further. She also hopes that she can conduct DMT sessions to help others grow and is looking forward to taking part in the DMT Training of Trainers programme in the coming year.



# Administration and Finance



## Governing Body Members

Bhaswati Ghosh	President
Dr. 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          | 10. Namrata Kanuga       | 19. Sobha Pahari        |
| 2. Bithika Roy           | 11. Prosenjit Chatterjee | 20. Sohini Chakraborty  |
| 3. Dipali Das            | 12. Rajyashree Dutta     | 21. Sonali Ghosh        |
| 4. Durga Madhar          | 13. Rhea Kaikobad        | 22. Sreeja Debnath      |
| 5. Jharna Naskar         | 14. Sabita Debnath       | 23. Subrata Das         |
| 6. Jhulan Mondal         | 15. Samita Bhattacharya  | 24. Suktara Khatun      |
| 7. Jhuma Das             | 16. Sandhya Bairagi      | 25. Swapan Sardar       |
| 8. Mehraj Khatun         | 17. Sandhya Karmakar     | 26. Tilottama Chowdhury |
| 9. Moumita Bhattacharjee | 18. Senjuti Basu         |                         |

## Trainees

1. Subhajit Das
2. Sabia Mufti
3. Sukanya Paramanik
4. Priya Pakhira
5. Surmila Khatun
6. Susma Khatun
7. Kanak Laskar

## Consultant DMT Practitioners and Social Workers

1. Alisha George Pinto
2. Jayanti Halder
3. K. Georit George
4. Keisha Lobo Rodrigues
5. Krupa Parin Doshi
6. Snehal Mohan Gaikwad
7. Sruthi Suresh Iyer
8. Rita Pramanik
9. Sayani Hore
10. Sima Mal
11. Srijani Banerjee
12. Tapasi Naskar

## Faculty for DDMT and DMTLA

- |                                |                            |                              |
|--------------------------------|----------------------------|------------------------------|
| 1. Dr. Aditi Bandhopadhyay     | 11. Kakoli Roy Ghatak      | 21. Dr. Sohini Chakraborty   |
| 2. Aeshna Seal                 | 12. Krupa Doshi            | 22. Shahnawaz Pathan         |
| 3. Alice Laing                 | 13. Prof. Dr. Lata Narayan | 23. Renelle Andrea Snelleskz |
| 4. Angira Chakraborty Dasgupta | 14. Leslie Nazareth        | 24. Shalaka Sisodia          |
| 5. Dr. Arna Seal               | 15. Maya Sen               | 25. Shuktara Lal             |
| 6. Avantika Malhautra          | 16. Martina Piff           | 26. Sreeja Debnath           |
| 7. Bhavisha Dedhia             | 17. Mathura Nagchoudhari   | 27. Tanvi Bajaj              |
| 8. Dr. Chandni Basu            | 18. Mayuree Pandit         | 28. Tilottama Chowdhury      |
| 9. Deepa Sai Avula R           | 19. Mehraj Khaton          | 29. Dr. Urmimala Sarkar      |
| 10. Jhulan Mondol              | 20. Natasha Agarwal        | 30. Zankhana Joshi           |

## Consultants and Resource Persons

- |  |   |
|--|---|
| 1. Amrita Mukherjee                      | 8. Dr. Rer. Medic. Marianne Eberhard-Kaechele |
| 2. Anamika Mitra                         | 9. Pramada Menon                              |
| 3. Professor Bonnie Bernstein            | 10. Rashmi Dutta                              |
| 4. Dr. Chandrani Dasgupta                | 11. Dr. Sabiha Vasi                           |
| 5. Hena Faqurudheen, Hank Nunn Institute | 12. Saheli Kar                                |
| 6. Dr. Ishita Mazumdar                   | 13. Dr. Samrat Sengupta                       |
| 7. Pabitra Gupta                         | 14. Smaranika Roy                             |
|  | 15. Somali Mukherjee                          |

## Volunteers and Interns

- |                          |   |
|--------------------------|---|
| 1. Amber Goyal           | 13. Protiti Saha                            |
| 2. Anirudh AR            | 14. Purba Shikari                           |
| 3. Ankita Choudhury      | 15. Rutuja Khopatkar                        |
| 4. Anjali Giri           | 16. Sakshi Pathare                          |
| 5. Gayatree Joshi        | 17. Saumyajit Dey                           |
| 6. Ginni Khatwani        | 18. Shoham Banerjee                         |
| 7. Heer Dedhia           | 19. Sruthi Iyer                             |
| 8. Krishnendu BS         | 20. Sumit Kumar                             |
| 9. Leena Godiwala Deubet | 21. Dr. Tamanna Tarani                      |
| 10. Mansi Kataria        | 22. Tashu Mendiratta                        |
| 11. Oshi Saxena          | 23. Adhiraj Mukherjee (The Hip Element Co.) |
| 12. Poulomi Pal          |   |

## Partner Organisations

- |   |  |   |   |
|---|--|---|---|
| 1. American Center, Kolkata   | 9. Children's Home for Girls, Nadia                                      | 20. Nari O Sishu Kalyan Kendra, Howrah                            | 31. Suprava Panchashila Mahila Uddyog Samity (SPMUS), Murshidabad |
| 2. Ananda Ashram, Murshidabad   | 10. Creative Movement Therapy Association of India                       | 21. Nirmala Niketan School of Social Work Mumbai                  | 32. Suvayan Home, Balurghat                                       |
| 3. Bansra Birangana Seva Samity (BBSS), South 24 Parganas                                   | 11. Department of Women and Child Development, Government of West Bengal | 22. One Billion Rising  | 33. Swayam  |
| 4. British Council India  | 12. Directorate of Child Rights and Trafficking, West Bengal             | 23. Sahid Banadana Smriti Balika Abash                            | 34. Tata Institute of Social Sciences, Mumbai                     |
| 5. Dearah Association for Social and Humanitarian Action (ASHA), North 24 Parganas          | 13. Ektara, Kolkata  | 24. Saishali Shishu Kanya Abash, Maldah                           | 35. Tata Trust  |
| 6. Association for Acquiring Self-Reliance through Handicraft Activities (AASHA), Midnapore | 14. Empowerment Institute, USA   | 25. Samikshani  | 36. Terre Des Hommes (TDH)  |
| 7. Bhiwandi Observation Home, Thane   | 15. Ghare Baire Museum   | 26. South Kolkata Sheel Sengupta Memorial Foundation              | 37. Vacha Charitable Trust, Mumbai                                |
| 8. Centre for Lifelong Learning, School of Social Work, Tata Institute of Social Sciences   | 16. Kamonohashi, Japan   | 27. Spark.Live  | 38. West Bengal Commission for Protection of Child Rights         |
|   | 17. Kolkata Centre for Creativity  | 28. Stella Maris College, Chennai                                 | 38. World Dance Alliance, Asia Pacific                            |
|   | 18. Kshamata, Maharashtra  | 29. Sukanya Home, North 24 Parganas                               |   |
|   | 19. Mahadevi Birla World Academy, Kolkata                                | 30. Sunderban Social Development Centre (SSDC), South 24 Parganas |   |



## Gratitude to our Supporters

We are amazed and touched by the way people reached out to us and extended 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 communities 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 have taken a step forward 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 and Supporters

who stood by us in these moments of crisis:

- Aparajeeta Sanmarg
- Azim Premji Philanthropic Initiatives
- AWO International
- Blossomy Project
- Commission for Protection of Child Rights, West Bengal
- Dalyan Foundation
- Human Capability Foundation
- ipartner India
- Paul Hamlyn Foundation
- Vital Voices Global Partnership Inc
- We Trust
- World First for Training and Research Global Education Trust (TARGET)

## Individual Donors

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



## 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: at Poulami Apartment, Flat -2C, 23-B, JATIN BAGCHI ROAD; KOLKATA - 700 029., as at 31st March, 2021 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 of their Local & Foreign Contribution Account as at 31st March, 2021; and
- b. in the case of the Income & Expenditure Account, of the excess of Income over Expenditure for their Local Contribution Account and excess of Expenditure over Income for their Foreign Contribution Account for the year ended as on that date.

**For GAUTAM BASU & CO.**

*Chartered Accountants*

FIRM REGISTRATION No. : 313010E

**(GAUTAM BASU)**

*Partner*

Membership No. 050924

Dated; 8th December, 2021 UDIN - 21050924AAAAALC1106







Income & Expenditure Account for the year ended 31st March, 2021  
(Local & Foreign Contribution)

	FC	Local	Consolidated		FC	Local	Consolidated
	Amount (Rs.)	Amount (Rs.)	Amount (Rs.)		Amount (Rs.)	Amount (Rs.)	Amount (Rs.)
<b>EXPENDITURE</b>				<b>INCOME</b>			
<i>b/f</i>	2357025.36	1903494.75	4260520.11	<i>b/f</i>	11249322.77	3255183.80	14504506.57
<b>Paul Hamlyn Foundation</b>			198374.64				
Over Head Cost	159435.64						
Programme Cost	38939.00						
<b>World First For Training &amp; Research Ch Global Education Trust,</b>			641765.00				
Contingency	12405.00						
Programme Cost	302881.00						
Programme Support Cost	326479.00						
<b>Vital voices Global Partnership Inc.</b>			608480.00				
Contractual	218035.00						
Salaries (vvgpi)	390445.00						
<b>Vital voices Global Partnership Inc.</b>			160776.00				
Contractual	27005.00						
Accommodation & Food	53720.00						
Local Travel for consultant	15000.00						
Salary of director	65051.00						
<b>General (FC)</b>			1186914.00				
Administrative Cost	892.00						
Emergency relief support for KS	18486.00						
Emergency response to cyclone relief	612860.00						
Programme staff salary (Blossmy)	524742.00						
Salary (Blossmy)	25239.00						
Consultancy fees of PF (Blossmy)	4505.00						
POSTAGE	190.00						
<i>c/o</i>	5153335.00	1903494.75	7056829.75	<i>c/o</i>	11249322.77	3255183.80	14504506.57

Income & Expenditure Account for the year ended 31st March, 2021  
(Local & Foreign Contribution)

	FC	Local	Consolidated		FC	Local	Consolidated
	Amount (Rs.)	Amount (Rs.)	Amount (Rs.)		Amount (Rs.)	Amount (Rs.)	Amount (Rs.)
<b>EXPENDITURE</b>				<b>INCOME</b>			
<i>b/f</i>	5153335.00	1903494.75	7056829.75	<i>b/f</i>			
<b>SRHR training and implementation (Blossmy)</b>			8826.00				
SRHR workshop	8826.00						
<b>DMT Diploma Academy</b>			50800.00				
Programme support Cost		1300.00					
Programme Cost	41096.00	8404.00					
<b>Diploma In Dance Movement Therapy (DDMT 21)</b>			65016.00				
Programme Cost		65016.00					
<b>DMT Psycho social support</b>			337989.00				
Program cost	332315.00						
Program support cost	5674.00						
<b>Rapid Response on Amphan Relief for KS staff</b>			135451.00				
Relief Support	135451.00						
<b>WBCPCR</b>			156650.00				
Study on Assessing at Govt CCI Gap & Impact on Mental Health		156650.00					
<i>c/o</i>	5676697.00	2134864.75	7811561.75	<i>c/o</i>	11249322.77	3255183.80	14504506.57



Income & Expenditure Account for the year ended 31st March, 2021  
(Local & Foreign Contribution)

	FC	Local	Consolidated
	Amount (Rs.)	Amount (Rs.)	Amount (Rs.)
<b>EXPENDITURE</b>			
<i>b/f</i>	5676697.00	2134864.75	7811561.75
<b>Other Project expenses</b>			262354.00
Administrative Cost		205563.00	
Program cost(local)		56791.00	
<b>AWO International</b>			2880900.38
1. Training and Advisory Measure	2405458.00		
5. Personnel & Infrastructure	475442.38		
<b>AWO International (DRR)</b>			
Relief response	1497920.00	0.00	1497920.00
Depreciation	109415.00	48457.00	157872.00
Surplus / (Deficit)	1084390.39	809508.05	1893898.44
	<b>11249322.77</b>	<b>3255183.80</b>	<b>14504506.57</b>

As Per Our Report Annexed  
For GAUTAM BASU & CO.  
Chartered Accountants  
FIRM REGISTRATION No. : 313010E

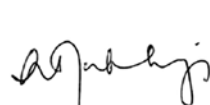


(GAUTAM BASU)  
Partner

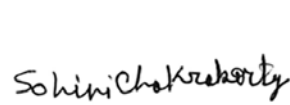
Membership No. 050924  
UDIN - 21050924AAAALC1106  
Dated; 8th December, 2021



Bhaswati Ghosh  
President



Anuradha Mukherjee  
Treasurer



Sohini Chakraborty  
Secretary

Receipts and Payments Account for the year ended 31st March, 2021  
(Local & Foreign Contribution)

	FC	Local	Consolidated
	Amount (Rs.)	Amount (Rs.)	Amount (Rs.)
<b>RECEIPTS</b>			
<b>Opening Balances :</b>			
Cash in Hand (F.C)	16340.52		
Cash in Hand(448)		55968.00	
Cash (848)		3485.29	
Indian Bank (A/c No. 448762506)		1814446.65	
Indian Bank (A/c No. 779068967)	5949010.80		
Indian Bank (A/c No.6860471932)	310496.38		
Indian Bank (A/c No.6795777330)		2152218.80	
Indian Bank (A/c No.848043654)		858641.95	11160608.39
Fixed Deposit	7500000.00	1500000.00	9000000.00
<b>Grant Account :</b>			
Grant Received Paul Hamlyn Foundation	1322100.00		
Grant Received From Vital Voice	2004799.00		
Grant received from AWO International	5009776.97		
Grant Received for Emergency Blossmy	520989.69		
Grant Received for Emergency World First For Training & Research Ch Global Education Trust	200000.00		
Grant Received for Emergency Global Action Plan For Earth Inc	35778.00		
Grant Received for Emergency Dr. Frank Hoffmann	251008.00		
Grant Received for Emergency Ipartner	300000.00		
Grant Received for Emergency Blossmy	51522.75		
Grant received from Blossmy	604678.63		
Grant received for Family for every child			
Grant received from Azim Premji Philantropic Initiatives (APPI)		2200000.00	
Grant received from West Bengal Commission for Protection for Child Rights (WBCPCR)			12500653.04
<i>c/o</i>	<b>24076500.74</b>	<b>8584760.69</b>	<b>32661261.43</b>
<b>PAYMENTS</b>			
<b>Dalyan Foundation</b>			93202.00
Over Head Cost	5152.00		
Programme Cost	88050.00		
Program Staff			
<b>Human Capability Foundation</b>			1300772.36
Program support cost	94616.00		
Operational Cost	156342.36		
Regular Dance Movement Therapy Classes	637611.00		
Salary of HR & Admin	203898.00		
Sampoornata - DC	167105.00		
Sustainability & Resource Center	41200.00		
<b>We Trust</b>			942277.00
Miscellaneous cost	0.00	0.00	
Maintenance	45090.00		
Operational Cost	196384.00		
Programme Cost	141547.00		
Programme Staff Salary	559256.00		
<b>Azim Premji Philantropic Initiatives (APPI)</b>			1903494.75
1.Salary and Benefit		1178313.00	
2. Office Administration cost		245951.75	
3. Travel and Related Exp.		9034.00	
4. Audit,Evaluation and Learning		347052.00	
5. Programme related Exp		83132.00	
COVID 19 Relief		40012.00	
<i>c/o</i>	<b>2336251.36</b>	<b>1903494.75</b>	<b>4239746.11</b>











Annexure - B

Statement of Grant Account for the year ended 31st March, 2021  
(Local & Foreign contribution)

FOREIGN GRANT :							Amount (Rs.)
Sl. No	NAME OF DONORS	Grant Received in Advance as on 01.04.2020	Grant Received during the year (2020-2021)	Capital Grant Received during the year	Grant Refund during the year 2020-2021	Grant Received in Advance as on 31.03.2021	Net Grant for the year 2020-2021
1	Grant Received From Paul Hamlyn Foundation	245191.54	1322100.00			589620.00	977671.54
2	Grant Received From Human Capability Foundation	1408359.83				107587.47	1300772.36
3	Grant Received From World First For Training & Research Ch Global Education Trust,	788126.65				146361.65	641765.00
4	Grant Received From Vital voices Global Partnership Inc.	160776.00	2004799.00			1396319.00	769256.00
5	Grant Received From WE TRUST	995183.35				32132.35	963051.00
6	Grant Received From Dalyan Foundation	120365.74				27164.00	93201.74
7	Grant Received From Blossmy		604678.63			50002.63	554676.00
8	Grant Received for Emergency Blossmy		520989.69			431474.69	89515.00
9	Grant Received for Emergency World First For Training & Research Ch Global Education Trust		200000.00				200000.00
10	Grant Received for Emergency Global Action Plan For Earth Inc		35778.00				35778.00
11	Grant Received for Emergency Dr. Frank Hoffmann		251008.00			227222.00	23786.00
12	Grant Received for Emergency Ipartner		300000.00			60430.00	239570.00
13	Grant Received for Emergency Blossmy		51522.75				51522.75
14	Grant received from AWO International for SFF project	310496.38	5009776.97			861760.97	4458512.38
		<b>4028499.49</b>	<b>10300653.04</b>	<b>0.00</b>	<b>0.00</b>	<b>3930074.76</b>	<b>10399077.77</b>

LOCAL GRANT :							Amount (Rs.)
Sl. No	NAME OF DONORS	Grant Received in Advance as on 01.04.2020	Grant Received during the year (2020-2021)	Capital Grant Received during the year	Grant Refund during the year 2020-2021	Grant Received in advance as on 31.03.2021	Net Grant for the year 2020-2021
1	Grant for Research Project from West Bengal Commission for Protection for Child Rights (WBCPCR)	257994.00				101344.00	156650.00
2	Grant Received from Azim Premji Philanthropic Initiatives (APPI)	2077039.80	2200000.00			2373545.00	1903494.80
		<b>2335033.80</b>	<b>2200000.00</b>	<b>0.00</b>	<b>0.00</b>	<b>2474889.00</b>	<b>2060144.80</b>
	<b>TOTAL</b>	<b>6363533.29</b>	<b>12500653.04</b>	<b>0.00</b>	<b>0.00</b>	<b>6404963.76</b>	<b>12459222.57</b>