



SPECIAL EDITION

18 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.

DIRECTOR'S NOTE

We entered 2022 with light and hope, but by middle of January, a new wave of Pandemic struck us. However, over the last 2 years Pandemic has taught us to be resilient. We have learned to think creatively and identify new ways to combat it. There has been a lot of suffering this year. We lost two young souls of Kolkata Sanved, Bappa Ghosh and Prosenjit Chatterjee. We are stunned and speechless. However in spite of all these



adversities we moved on in life gathering strength, energy, hope and support from each other.

The 18-year journey of Kolkata Sanved begins this year. Kolkata Sanved has been enriched by its varied experiences while overcoming innumerable storms and obstacles on its way. We salute

all those who have supported us in the 18 year journey. Hand in hand, every Sanved member continues to move ahead in this journey with new hopes, dreams and aspirations.

This year Kolkata Sanved's work expanded beyond its existing geographical locations and we are in 7 States of India now. We would like to thank all our partner organizations and extend our deepest gratitude and respect to them.

In the current issue, you can get a glimpse of various programmes of Kolkata Sanved including events, campaigns and on-going regular activities. I sincerely hope you enjoy reading this.

Our gratitude to all of you for being with us and believing in the transformative power of Dance and Dance movement therapy.

We hope everyone stays healthy and take care of their body and mind.

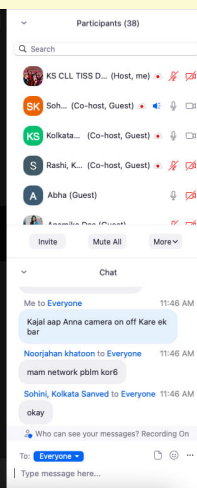
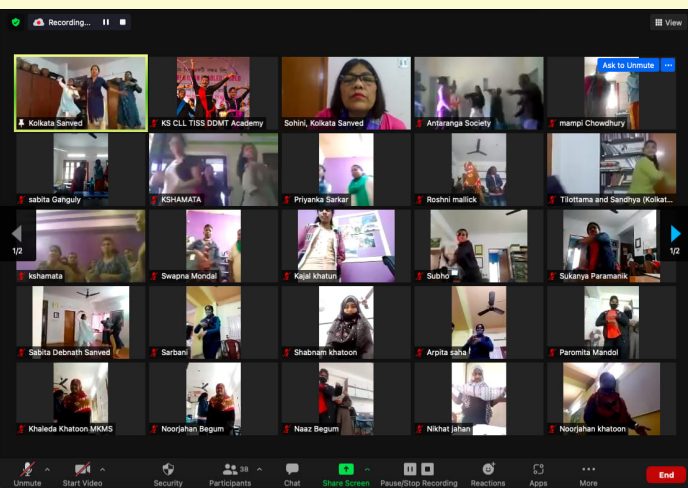
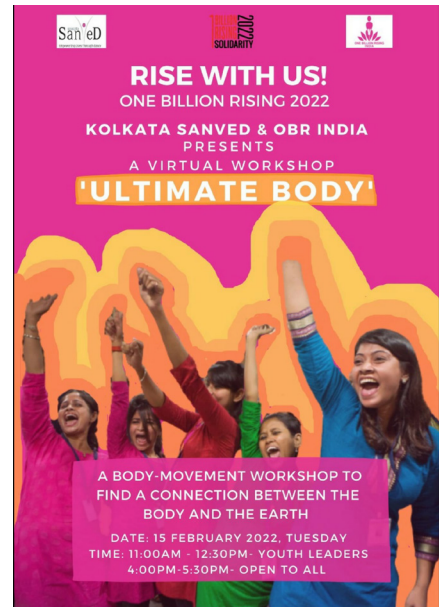
HIGHLIGHTS

January - June 2022

ULTIMATE BODY

On 15th Feb 2022 with **OBR (One Billion Rising) India**

An online body movement workshop in collaboration with OBR India, was held on 15th Feb, 2022 with youth leaders in the first half and open to all in the second slot. Guest speaker Abha Bhaiya, founder Jagori a feminist organisation, enthralled the audience with her narration and held them in rapt attention. 70 youth leaders from Antaranga Society, Birbhum; Nari O Shishu Kalyan Kendra, Howrah; Azad Foundation, Kolkata and Kshamata, Mumbai joined the online event to rise, create and reclaim!



SCHOOL BOOK DONATION DRIVE

On 21st February at SSDC

On 21st February, Kolkata Sanved in collaboration with Sundarban Social Development Centre (SSDC) held a school book donation drive for 200 underprivileged children from Sundarban area with support from eager donors.





INTERNATIONAL KOLKATA BOOK FAIR

INTERNATIONAL KOLKATA BOOK FAIR

**PROVIDING
HOPE,
PROMOTING
HEALING**

DMT WORKSHOP AND PERFORMANCE

MARCH 01, 2022
5:00PM-6:30PM
U.S. PAVILION AT THE BOOK FAIR
(NEAR GATE NO.3)

Kolkata Sanved was invited to conduct a workshop followed by a short performance on 'Providing Healing, Promoting Hope', at the inauguration of U.S Pavilion at Kolkata Book Fair on 1st March, from 5:00-6:30 p.m.

The event was inaugurated by US Consulate General, Melinda Pavek.

There was a panel discussion on breaking the bias, with ten young women from various walks of life, including Sreeja Debnath from Kolkata Sanved. This discussion was followed by Dance Movement Therapy (DMT) workshop – led by DMT Practitioners Mehraj Khatoon, Sabita Debnath, Sreeja Debnath and Suktara Khatun.



INTERNATIONAL WOMEN'S DAY

Celebration on 8th March

On 8th March for International Women's Day, Kolkata Sanved hosted an event sponsored by Tollygunge Club, Kolkata, to honor women and girls worldwide, their ideas, achievements and leadership across all walks of life. The theme for International Women's Day, this year was **Break the Bias**. Kolkata Sanved's three courageous women leaders and Senior DMT practitioners Sreeja Debnath, Jhulan Mondal and Mehraj Khatoon shared their tales of struggle and success and their dreams of a gender equal society in a panel discussion ably moderated by Dr. Meenu Sarin with more than thirty years of experience in Academics, Training & Development and HR Consulting.



International Women's Day

BREAK THE BIAS

MAR 08, TUESDAY 2022

The aim of the panel discussion was to raise awareness against gender based violence through an interactive dialogue and performances.



This was followed by a short DMT Workshop with all the guests present.

We are truly grateful to everyone who attended the event at Tolly club to celebrate the extraordinary acts of women and join forces to advance gender equality around the World.





CHILD FRIENDLY CORNER

At Kolkata Book Fair on 11th March

Kolkata Sanved was invited by West Bengal Commission for Protection of Child Rights (WBCPCR) to conduct Dance Movement Therapy Workshop in the child friendly corner created by WBCPCR at Kolkata Book Fair on 11th March 2022. The objective of the workshop was to explore expression, joy, hope, happiness for children and for creating a space for child-friendly environment.



The workshop was facilitated by DMT Practitioners Mehraj Khatoon, Jhuma Das, SuktaraKhatoon and Sreeja Debnath.

CONFERMENT CEREMONY

On 25th March

On 25th March 2022 a Conferment ceremony was held online for the 2019-2021 graduating batch of Diploma in Dance Movement Therapy (DDMT), organized by Kolkata Sanved & Centre for Lifelong Learning (CLL), School of Social Work (SSW), Tata Institute of Social Sciences (TISS) attended by students Pan India.



RAISING AWARENESS ON MENTAL HEALTH AND WELL-BEING

On 27th March



A virtual event in collaboration with IKURE a health management company that meets primary healthcare and prevention needs and Indian Arts Project, was organized and streamed live on Facebook on 27th March, to raise awareness on mental health and well-being, using Dance Movement Therapy (DMT), apart from showcasing Kolkata Sanved and the use of Dance Movement Therapy in healing and well-being process.

STAFF RETREAT

On 1st, 2nd and 3rd April

The new Financial year started with the KS Staff heading off to a three day retreat in the land of the Noble Bard, Shantiniketan.

The objective of the retreat was to strengthen and connect with our deep seated Bengali culture and experience the vast expanse of greenery around while soaking in the tribal music, dance and culture. Overall, an invigorating experience for the staff after the end of yet another challenging covid year.



Sanved
18 YEARS OF EMPOWERING LIVES

FRIDAY, 29TH APRIL
2:30 PM - 4:00PM
PADATIK LITTLE THEATRE
6/7A, A.J.C BOSE ROAD
KOLKATA-700 017

EIGHTEENTH YEAR FOUNDATION DAY

Celebration on 29th April

Kolkata Sanved observed the 18th Foundation Day at Padatik Little Theater on 29th April 2022. A proud moment indeed for a journey together to reach this milestone. Gratitude to all our partners, well-wishers and everyone associated with Kolkata Sanved in every possible way.

Outstanding performance by the KS DMT Practitioners under the able guidance of Dr. Urmimala Sarkar.

DANCE MOVEMENT THERAPY (DMT) AT CCW

On 11th May, 2022

Catalyst 2030 is a global movement of social entrepreneurs and social innovators from all sectors who share the common goal of creating innovative, people-centric approaches to attain the Sustainable Development Goals by 2030. Joining forces with communities, governments, businesses and others, Catalyst 2030 members are changing systems at all levels through collective action and bold, new strategies.



San'eD
Catalyst 2030
Catalysing Change Week 2022

Wednesday, May 11, 2022 | Time: 10:30 AM CEST | 2:00 PM IST

Role and Relevance of Dance Movement Therapy (DMT) in Promoting Mental Health and Wellbeing:
A Special Focus on Empowerment and Psycho-social Rehabilitation

Dr. Sohini Chakraborty
Founder Director,
Kolkata Sarved

Dr. Sabiha Vasi
Assistant Prof. (Senior grade) Centre for Lifelong Learning (CLL), School of Social Work, TISS, Mumbai.

Ashley Fargnoli
Dance Movement Therapist, MA, BC-DMT, LPC-USA, Sri Lanka

Jhulan Mondal
Senior Dance Movement Therapy Practitioner, Head of Training and Skill Development, DMT Leadership Academy



Catalysing Change Week (CCW) is the world's largest event led by social innovators and entrepreneurs to share knowledge, exchange ideas and accelerate collaborative systems change during more than 250

sessions and activities in a dedicated annual week. The theme of CCW2022 (9-13 May 2022) was "Let's Re-Energise the SDGs" that is built around three catalysing themes: : **Amplify. Accelerate. Action.**

On 11th May Wednesday, at 2:00 pm "Role and Relevance of Dance Movement Therapy (DMT) in Promoting Mental Health and Wellbeing: A Special Focus on Empowerment and psycho-social rehabilitation" where Dr. Sohini Chakraborty, Dr. Sabiha Vasi, Ashley Fargnoli and Jhulan Mondal discussed.

#dancemovementtherapy #mentalhealth #psychosocial #rehabilitation.

CREATORS OF PEACE (COP)

21st-25th April



COP is a women's international initiative that began in 1991. It is a program of Initiatives of Change (IOC) a worldwide movement. Creator

of Peace India, is in the early stages of developing a cohesive and comprehensive process and strategy to deepen the work of fostering a culture of listening, empathy, and shared humanity.

Founder Director Dr Sohini Chakraborty, was invited as one of the women peace leaders to be part of a special gathering of women leaders from across the country for a Creators of Peace (COP) programme. The venue being a beautiful retreat centre of Initiatives of Change, Asia Plateau in Panchgani, Maharashtra. A once-in-a-lifetime opportunity to connect with other women involved in peacebuilding work, to be inspired by each other's lives and work, to immerse in a nourishing inner journey, to contribute and be supported to make an even greater impact in peacebuilding initiatives.



ANTI-TIP CONCLAVE

20th May

Kolkata Sanved in collaboration with American Centre and Sakti Vahini an organisation that aspires and strives for a Just, Free and Equitable Society, facilitated the inaugural ceremony through performance and movement. 15 DMT practitioners from Kolkata Sanved performed to amplify the process of empowerment, freedom and liberation from violence. A human chain movement was facilitated with music, engaging all present at the event.



WELLBEING SUMMIT

31st May - 3rd June in Bilbao, Spain



The Wellbeing Summit in Bilbao, Spain is the first of its kind, bringing together more than 1000 global leaders from 60 countries in the areas of Social Change, Government and business for talks and artistic

experiences to deepen collective understanding of individual and collective wellbeing in the context of social change, and to commit to action. It is focussed on catalysing a culture of inner wellbeing for all changemakers and believes that Art is the core of Well-being.

KS Founder Director Dr. Sohini Chakraborty, was invited to be one of the delegates at the Summit and is part of this Wellbeing Project since 2015 as pioneer group.



KOLKATA SANVED'S

Ongoing Programs

1. Restoring Smiles Through Dance

Dance Movement Therapy for Trauma Recovery
January to June 2022

"Before joining DMT, I used to stay alone at home doing nothing, I would get bored and I had no purpose in life. I felt depressed, sad and lonely, as if darkness had surrounded me. I had lost the will to move forward in life. But after joining DMT,



I have observed changes within myself. I don't feel sad or depressed anymore. At any point, if I feel sad, I remember the moments spent during DMT and how it has been a support system in my life after which I feel relaxed and happy...DMT has helped me believe I can face the challenge I am going through." ~ DMT participant

The Restoring Smiles through Dance project is aimed at trauma recovery of adolescent girls who are survivors of gender-based violence, trauma and marginalization. 69 DMT sessions across 5 centres- 3 in Maharashtra and 2 in West Bengal were conducted in this period. Amongst these centres, 3 are government-run Child

Care Institutions, one is a NGO-run care institution and one located in a community setting. These sessions were through a mix of in-person and online modes and we reached 104 participants through this project.

During this quarter, we completed one cycle of DMT sessions at a government-run Child Care Institution in Maharashtra. During the feedback sessions, the participants and the CCI Superintendent articulated the positive impact that DMT has had on them, in terms of enhanced confidence, reduced fighting, learning to balance difficult emotions and creating a clear vision for the future. The Superintendent also noted that DMT had a positive effect on the rehabilitation process as a whole: this was because these sessions enabled care providers to overcome stress and residents to become more open and responsive.

At other centres as well, DMT practitioners and participants are seeing considerable growth in terms of increasing focus, enhanced body-mind coordination, reduced self-harm and a deeper sense of inner strengths.

In April 2022, DMT batches at 3 centres had certificate ceremonies to mark the completion of the DMT module and new batches were started at 2 centres in May. Participants shared the positive impacts of the sessions on them, including: increased confidence, reduced self-harm and suicidal ideation and rediscovering vision and purpose for one's life.

We also reached 27 care providers at 2 Care institutions in Maharashtra, through 10 DMT sessions, focusing on orienting them to DMT, building tools for self-care and enhancing their capacity to work with trauma survivors. The care providers gave feedback that these sessions helped them to de-stress and enhance their understanding of trauma.

2. Training of trainers at Murshidabad

Training of Trainers (TOT) is aimed at enabling participants to emerge as Therapeutic Movement Practitioners who can use DMT to enhance well-being in their own communities. Kolkata Sanved is conducting TOT with 2 groups at Murshidabad, in collaboration with Suprava Panchashila Mahila Uddyog Samity (SPMUS).

The first group is that of survivors of trauma and violence who went



through the DMT trauma recovery process in 2019-2021. During this quarter, this group went through training sessions 18 survivors took on human rights, mental health and DMT process and practice.

Part in this training between April 2022 and June 2022. The first batch (which began training in July 2021), went through training sessions and their internship during these 3 months.

The second TOT group in Murshidabad is of social workers at SPMUS. February 2022 marked the completion of TOT with this group, following several sessions of practice facilitation and feedback. 3 participants qualified as Therapeutic Movement Practitioners.

3. Sampoonata 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).
- Out of 120 adolescent participants 111 participants successfully completed all sessions and have been awarded through certificate ceremony, a platform where participants showcased their learning experience through performance, sharing learning experience and changes in their lives. Out of these 111 participants, 20 leaders emerged through assessment and will be going through advance capacity building sessions for 4 months to develop leadership qualities to sustain the program in their community on their own.



All 111 participants through team work designed advocacy kits under the supervision of DMT practitioners and ably guided by project coordinator. They created posters on issues related to child marriage, gender based violence and child trafficking which were displayed in 10 Gram Panchayat (GP) of



Mandirbazar Block to disseminate message among the community members and making them aware of these issues where most of the adolescent girls are vulnerable towards trafficking and gender based violence.



4. Sexual & Reproductive Health & Rights (SRHR)

Sexual and Reproductive Health and Rights workshops was conducted at four different locations; Chitpore, Sickine and Khidirpore in Kolkata and Jonha in Jharkhand. Kolkata Sanved collaborated with three NGOs, Hope Kolkata



Foundation, DIKSHA and Aahan Foundation to facilitate the above mentioned workshops. A total of 69 adolescent girls from marginalized communities, residing in urban slums of Kolkata and tribal villages in Jharkhand participated in the workshop, their age ranging from 11 to 20 years. Also, in collaboration with Jeevika Development society, Kolkata Sanved conducted Dance Movement Therapy based Sexual Reproductive Health & Rights Session with 20 adolescent girls aged 14-17 years residing in the villages in and around South 24 Parganas. Jeevika mobilizes adolescent groups to prevent the prevalence of Child Marriage.

The workshop gave participants an opportunity to discuss many taboo subjects like menstruation, sexual organs, sexuality, safe sex, romantic relationships and also gave participants an understanding of gender, sex, gender identity and sexual orientation. They were also sensitized about diverse gender identities and sexual orientation.

5. DMT Leadership Development (DMTLD)

The second semester of DMTLD program, running in Antaranga in Shantiniketan, NOSKK in Howrah and Kshamta in Mumbai, various skill development and capacity building sessions currently underway with nineteen participants and continued till August 2022 on History of dance, techniques of healing & coping, boundaries, trust, trauma inform care, social justice approach, understanding trauma, apart from experiencing free dance, rhythm and expression.



Participants from the above mentioned organizations also joined Kolkata Sanved's One Billion Rising in the month of February which gave them an exposure to events outside the DMTLD sessions. These participants are emerging leaders and DMT practitioners from their respective communities.



6. Psycho-Social Support

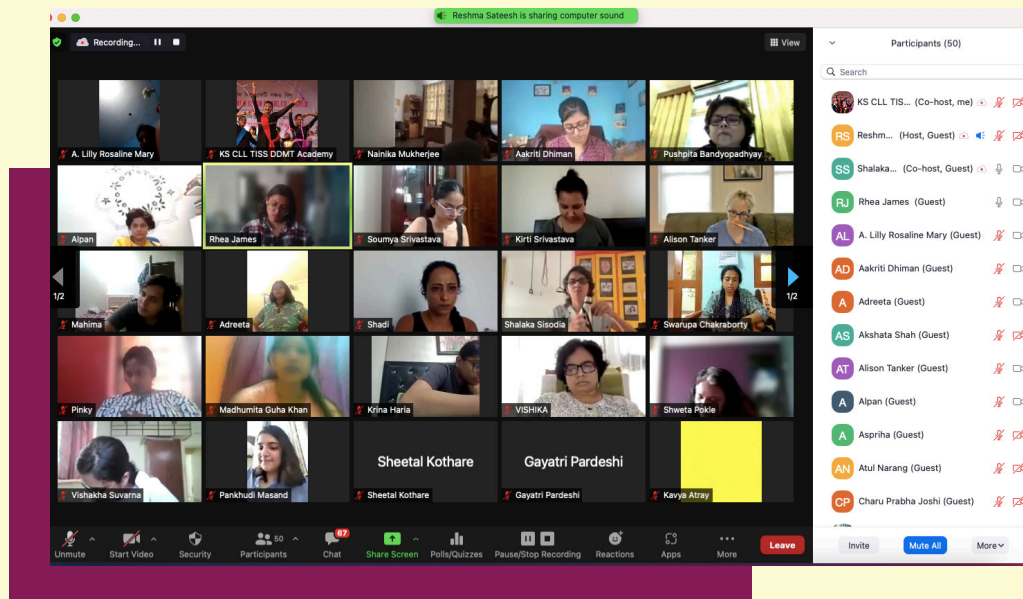
Psycho-social support using DMT was provided to children in various CCIs in West Bengal & Maharashtra, the sessions being in hybrid mode. Children living in government Child Care Institutions (CCIs) face physical and mental health issues at various levels. Being isolated from family and society, these children often tend to become anxious and insecure and over a period of time develop low self-esteem, depression, self-doubt and hold aggression and hostility towards others. Kolkata Sanved conducted Dance Movement Therapy-based Healing Wellbeing sessions for 65 CCI resident children. The sessions were very effective in promoting self-care and healing. Participants themselves shared positive benefits on their bodies and minds after attending the sessions. The staff shared an overwhelmingly positive feedback and were very keen for more DMT sessions for the resident children in the future and also requested sessions for the care providers themselves.

Apart from CCIs, DMT sessions with 37 sex workers were facilitated in Bhiwandi red light area in Maharashtra, which was very well received.

7. Post Graduate Diploma in Dance Movement Therapy (PGDDMT)"

With an exit option of Diploma

Congratulating Kolkata Sanved on its milestone achievement of taking the Academy program in collaboration with Centre for Lifelong Learning (CLL), School of Social Works (SSW) and Tata Institute of Social Sciences Mumbai to the Post Graduate level and wishing all students past and new, a heartfelt gratitude for being a part of this exciting journey. Wonderful to see the popularity of this programme and interest generated over the years, for its successful reach as a PGDDMT.



Currently the programme is on a hybrid mode – Virtualand 3 weeks of in person sessions with a total of 54 students - 14 in Kolkata and 40 in Mumbai from varied background like Psychology, Dance, NGOs, Finance etc. with a wider network of international students from United States of America and Iran.

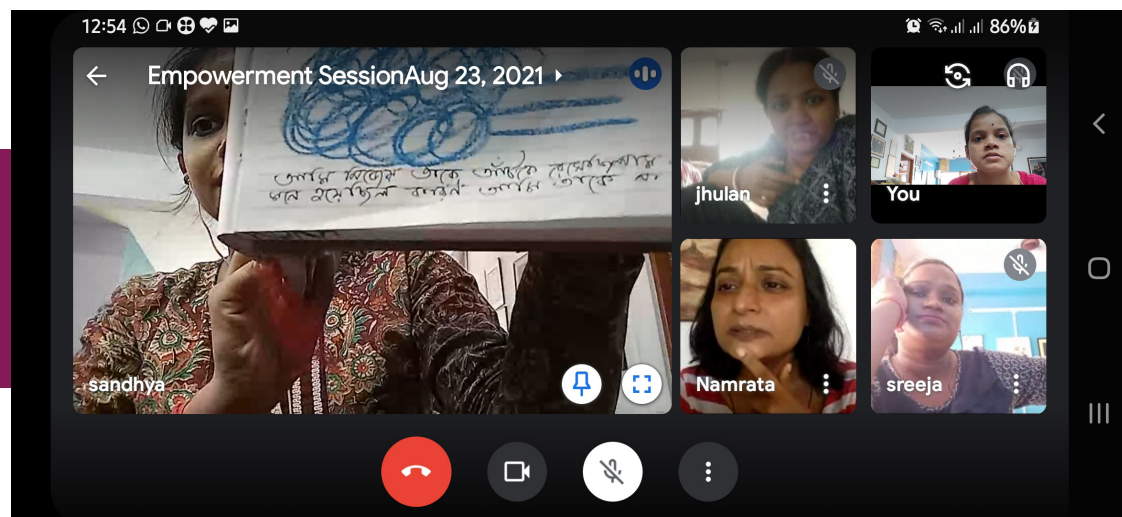
8. Empowerment Programme



This year the Coach was invited to train for Master Coach while the mentors worked to complete their certification. The team has been able to complete it's first

Observe workshop in Shantiniketan facilitated by Jhulan Mondol and participated by mentee Sandhya Karmakar. There were 20 participants and it was a huge success with a request for more workshops in future by the enthusiastic participants. Facilitator Sreeja Debnath and Mentee – Bithika Roy are conducting the 2nd Observe workshop in Howrah, Kolkata with 20 participants.

Namrata Kanuga who is going through her master coach programme with the Empowerment Institute, has started her sessions online and is completing her reporting sessions with the Empowerment Institute.



9. Building New Constituencies

Kolkata Sanved Dance Movement Therapy in PAN India- Rajasthan, U.P., Hayana, Maharastra

Building New Constituencies project aims to create an ecosystem where Dance Movement Therapy can be used as a holistic tool for social development. We conducted four 5 day Training of Trainers (TOT) workshops with 4 organizations across 3 states, i.e., Maharashtra, Rajasthan and Delhi. All these sessions took place in-person and we provided training to 66 participants.

In collaboration with Gramin Siksha Kendra, we conducted an advanced level DMT training with teachers and team leaders in Sawai Madhopur, Rajasthan. In New Delhi, we completed a DMT TOT workshop in collaboration with Chintan Environmental Research and Action Group and Abhas (Action beyond help and support) where teachers and team leaders as well as adolescent girls participated respectively. In Mumbai, Maharashtra, we conducted another DMT TOT for field officers



by collaborating with PUKAR (Partners for Urban Knowledge, Action and Research). The participants shared how DMT has positively impacted work in their respective communities in terms of connecting and bonding with their beneficiaries, crisis management, dealing with sensitive topics and situations etc. They also shared that their confidence to work in different communities have increased and their body hesitation has decreased significantly.



During this period, we also completed two in-person Healing and Well-being workshops that were held at a shelter home in partnership with Karm Marg Charitable Society NGO, Faridabad, Haryana. We conducted these sessions with 17 adolescent girls and boys. The main goal was to enhance their ability to regulate emotions and manage stress and reduce hesitation. The DMT practitioners as well as the participants shared that they have seen significant improvement in terms of empathy, focus, coordination, creativity, teamwork and gained a better understanding of boundaries, mind-body connection and regulating anger.

IN MEMORY OF KS STAFF MEMBERS PROSENJIT CHATTERJEE & BAPPA GHOSH



REMEMBERING *Prosenjit Chatterjee*

With profound grief and sadness we regret to announce the shocking departure of our staff member Prosenjit Chatterjee, who left for his heavenly abode on the auspicious day of Bengali New Year on 15th April 2022. He was a valued member of our team since 2020 and nothing can compare to the pain of losing such a bright, generous and kind person as him.

Needless to say KS Staff are in a state of shock and sadness. His presence will be missed by many. Our deepest condolences to his family and friends as we remember him. May his family have the strength to bear the unbearable loss.

Please keep him and his family in your prayers and thoughts as they go through this difficult time.

Shock engulfed Kolkata Sanved Team in late hours of the auspicious day of Bengali New Year on 15th April. Our dear colleague Admin and Accounts Assistant Prosenjit Chatterjee's untimely departure left all at Kolkata Sanved in a state of shock and disbelief. His two year stint at Kolkata Sanved had left a mark with the KS Team members. May his departed soul rest in peace.

Kolkata Sanved Team was deeply saddened on hearing the news of former employee Bappa Ghosh's untimely departure to the heavenly abode on February 1st 2022.

Bappa being a creative soul, beautiful dancer, brimming with energy and fun loving, healing many through dance movement therapy and shall always remain in spirit with KS Team. May his soul rest in eternal peace.



Bappa

We, at Kolkata Sanved, are deeply saddened by the news of Bappa's demise last night. He was associated with us for 5 years and fond memories are what we have to remember our dearly departed. He was a very creative soul, beautiful dancer and a very energetic and fun loving person. He healed so many peoples lives through dance movement therapy and his other creative outlets.

We wish you farewell in your journey to eternity. You will always be in our hearts and in our spirit. Rest in Peace, Bappa. ❤️

Gratitude From Kolkata Sanved: Our heartfelt thanks and gratitude to all our well-wishers, donors, Partners, volunteers who stood by us in these trying times ready to support in all our endeavours.