

# HARMONY

KOLKATA SANVED | APRIL 2021 TO MARCH 2022





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# About Kolkata Sanved

**Founded in 2004, Kolkata Sanved (KS) is a women-led organization and pioneer in the field of dance movement therapy (DMT) for promoting holistic well-being and enhancement of quality of life.**

Founded in 2004, Kolkata Sanved (KS) is a women-led organization and pioneer in the field of dance movement therapy (DMT) for promoting holistic well-being and enhancement of quality of life. KS has carved a niche for itself in the field of gender equality, mental health and well-being using DMT. KS works for empowerment of marginalized individuals, including children, adolescents' girls, youth & women through DMT and other creative arts. KS has created the

culturally contextualized approach to DMT, coined model Sampoomnata (meaning "fulfilment") and focuses on holistic well-being including all aspects of an individual: physical, emotional, mental, spiritual and social. Sampoomnata works for psychosocial rehabilitation of survivors of violence & marginalization, prevention of violence & promotion of mental health. KS's model has focused on empowering individuals by bringing about a "change within".

schools, NGO & GO run care institutions, mental hospitals etc., by collaborating with 60+ organizations and government departments across South Asia. Along with this, the establishment of an academic programme in collaboration with Tata Institute of Social Sciences, Mumbai has grounded the process in academia, leading to respect

and acceptance both at practice and at academic levels. To date, Kolkata Sanved has served over 65,000+ members of marginalized communities and connected with more than 200,000+ citizens.

KS's Vision is to form a healthy, violence-free, gender-equal, creative society of empowered individuals. Our Mission is to enhance gender equality and improve mental health and well-being of marginalized individuals and communities by building an ecosystem for Dance Movement

Therapy for social development. We strive to create DMT practitioners, leaders and change-makers in the field, especially from vulnerable communities.

## Our Tool for Change: Dance Movement Therapy (DMT)

Dance Movement Therapy (DMT) is a therapeutic approach based on dance and movement that focuses on individual change. Those who use or have used DMT report that it has assisted them in

discovering a sense of purpose beyond mundane activities; it has assisted them in becoming more confident, articulate, and expressive. It is a comprehensive approach that cultivates inner peace, self-confidence, physical freedom, mental freedom, and creativity in individuals. Dance Movement Therapy (DMT) is used by Kolkata Sanved to heal and empower marginalized populations, particularly survivors of gender-based violence.

## Kolkata Sanved works to contribute to three Sustainable Development Goals (SDGs):



**SDG 3**  
Good Health and Well-being



**SDG 5**  
Gender Equality



**SDG 17**  
Partnerships for the Goals

In the course of its work, KS has become increasingly aware of the effect of social systems on the attainment of well-being. As a result, through DMT and other creative arts, KS works to strengthen the interconnectedness between self-care and collective care as well as personal well-being and social well-being. The hallmark of Sampoomnata is to create DMT practitioners, leaders and change-makers from grassroots. 60% of KS core employee is from marginalized communities. KS leadership includes primary constituents, representatives on the Board & Senior Leadership Team.

Since 2004, KS has broken new ground by taking its work to various non-profits, marginalized communities, mainstream





## Director's Note

**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 marks Kolkata Sanved's entry into the 17th year of our journey. It was a year when we witnessed unparalleled loss and grief. We faced many adversities and have lost many acquaintances, with anxiety being our constant companion every minute. Most of us were not prepared for the unpredictable and prolonged stress, uncertainty of the future and extreme vulnerability of these tough times. Yet, we have all moved forward while holding on to hope. The pandemic has taught us to be resilient. We have learnt to think creatively and identify new ways to get out of constant fear of the pandemic.

In the first quarter of this year, our mobility was restricted due to a lockdown. However, Kolkata Sanved was able to run its programme with a mixed methodology of in-person and virtual sessions. We responded to the crisis of the pandemic by giving psychosocial support to frontline workers and caregivers including social workers, health workers and ASHA workers in different states of India, who were facing increased stressors during the pandemic. We also provided relief materials to marginalized communities in West Bengal. We feel very grateful that, even in this tough situation, we were able to run the organization safely, although some of our colleagues' health was badly impacted by COVID-19. Despite all our struggles, we emerged better equipped to conduct DMT sessions online and were able to reach field sites through in-person mode once again

from August 2022. During this year, we were able to conduct our annual autumn event 'Sharad Adda' through in-person mode, with a limited audience. Our first in-person dance performance after one and a half years of the pandemic was conducted in this year as well.

In spite of the many difficulties we faced, this was also a year of growth and expansion for Kolkata Sanved. Apart from working in West Bengal and Maharashtra, in this year, we expanded our areas of operation to Jharkhand, Rajasthan, Delhi and Haryana. The Diploma in DMT- an academic programme run in collaboration with Centre for Lifelong Learning, Tata Institute of Social Sciences (TISS)- was upgraded to a post-graduate diploma. Kolkata Sanved was also showcased on the Oprah Winfrey Network, which has a wide audience across the world.

It has been a sign of hope that, in the midst of so much adversity, all members of Kolkata Sanved worked very hard as a team with energy and strength and have always been there to support each other. We hope to share our love, strength, positivity, gratitude and hope for all in this world.

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

**Sohini Chakraborty**  
Secretary & Founder Director



**Apart from working in West Bengal and Maharashtra, in this year, we expanded our areas of operation to Jharkhand, Rajasthan, Delhi and Haryana.**



## REMEMBERING *Bappa*

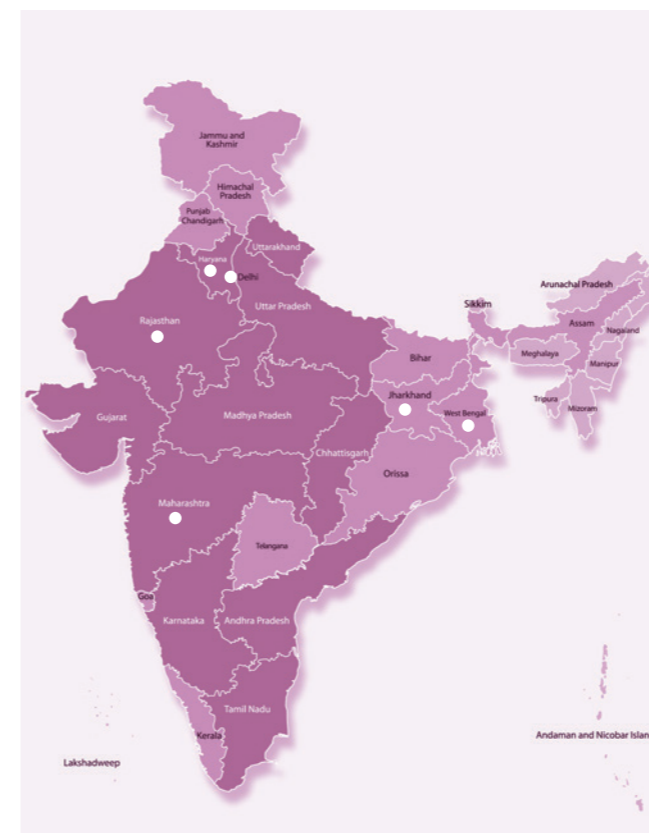
We, at Kolkata Sanved, are deeply saddened by the news of Bappa's demise. He was associated with us for 5 years and fond memories are what we have to remember our dearly departed. He was a very creative soul, beautiful dancer and a very energetic and fun loving person. He healed so many people's lives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

## Our Programmes

Intervention Areas	Psychosocial Rehabilitation of survivors of marginalization and violence	Prevention of violence and poor mental health	Promotion of well-being
Strategic Goals	Enable individuals on a journey of well-being and recovery in their lives	Amplifying the voices of practitioners and trainers working on well-being and recovery	Create healthy and empowered individuals and communities
Key Projects	<ul style="list-style-type: none"> <li>• Trauma Recovery project</li> <li>• Psychosocial support for Healing and well-being</li> <li>• Emergency Response</li> </ul>	<ul style="list-style-type: none"> <li>• Dance Movement Therapy Leadership Development</li> <li>• Training of Trainers</li> </ul>	<ul style="list-style-type: none"> <li>• Sampoonata Well-being Club</li> <li>• Sexual and Reproductive Health and Rights</li> <li>• Empowerment program</li> </ul>
			<ul style="list-style-type: none"> <li>• Building new constituencies for DMT as a holistic tool</li> <li>• Post Graduate Diploma in DMT</li> <li>• Biennial Summit on DMT</li> <li>• Campaigns</li> <li>• Integration of DMT into social work processes</li> <li>• DMT well-being workshops</li> </ul>

**Overarching focus:** Evidence Generation, Organizational Strengthening



# Highlights of the Year 2021-2022



We collaborated with 44 organizations and touched the lives of more than 8000 people across 6 states: West Bengal, Maharashtra, Jharkhand, Rajasthan, Delhi and Haryana

4338 people have been directly impacted through their participation in our DMT sessions, training programmes and emergency relief response during the second wave of COVID

Kolkata Sanved successfully implemented a mixed methodology in conducting DMT sessions, with both in-person and virtual sessions being implemented.

As part of our psychosocial support initiatives during the

COVID pandemic, around 200 social workers, care providers and ASHA workers received DMT sessions for self-care and well-being across India. Among them, 30 have been capacitated to become therapeutic movement practitioners.

Throughout the pandemic, Kolkata Sanved provided relief and hygiene kits to over 2500 people.

Kolkata Sanved's programme was showcased at Oprah Winfrey Network! Our Founder Director, Dr. Sohini Chakraborty was invited as a speaker and discussed the Kolkata Sanved model of using dance therapy to address trauma. This programme had 6.3 million viewers.



# STORIES OF CHANGE



## JUHI'S STORY

Juhi (name changed) lives in a village in West Bengal, with her parents and 4 sisters. The family is extremely poor and Juhi, along with her mother and sisters, all have faced violence at home and in the surrounding community.

She comes from a community where marriage is accepted as the only path for girls and where early marriage is the norm. Caught in their own cycles of violence and trauma, her family members have never been able to give Juhi the love and care she seeks. As a result, Juhi started roaming around the community on her own, and getting involved in several romantic relationships without thinking through their level of safety. Due to this, she was stigmatised by community members, with neighbours warning their children against talking with her. When Juhi began DMT sessions in October 2019, she had already dropped out of school. Though she had studied till Class 9, she was unsure of how to

read and write. She did not have any vision for her own future. She would constantly react to distress through outbursts of anger and aggression, self-harm, suicidal attempts or through seeking refuge in unsafe romantic relationships.

Juhi's journey with DMT has enabled her to reflect on herself and her responses to distress. When she first came for DMT sessions, she could not even focus on herself and would often get distracted or talk with others during times when participants were asked to meditate and relax themselves. She built the ability to focus on the present moment and relax her body. She was extremely interested in attending DMT sessions and did not miss a single one. She developed a very good rapport with the DMT

practitioners, often having individual conversations with them after the sessions, where she was able to find a safe space to express her feelings.

After going through DMT, Juhi has experienced very significant changes. She has begun to reflect more on herself as an individual and tries to think through her actions in terms of her own safety. In her own words: "Earlier I was unable to distinguish between right or wrong. I used to roam around with strangers. I used to go wherever they took me. I used to cut my hand and attempt suicide but, with the help of DMT and its practitioners, I was able to overcome the pain, hurt and trauma I experienced. I don't cut my hand anymore. I have changed a lot from before and have seen changes within myself."

Another major change is that she has begun to vision a future in which she can be independent and stand on her own feet. She has developed leadership qualities and motivates her peers to come for DMT sessions and seek help when required. Most significantly, she has taken the responsibility to enrol herself in school once again and has persistently made 5-6 trips to

the school to do so. She dreams of completing her graduation and of becoming a DMT practitioner. She is looking forward to enrolling in Kolkata Sanved's Training of Trainers programme.

Juhi still has a long journey ahead. While she has been able to release some of her trauma and learn to regulate emotions through DMT,

she still has to face a home life where love and care is not available and a community that stigmatises her. Because of the stressors in her life, she still sometimes struggles to regulate her emotions. However, she has made significant progress and we hope that the Training of Trainers programme will help her further to shape a positive future for herself.

participants to discover their own strengths and build self-love through the body. Through activities such as giving a self-hug and writing a letter to one's body appreciating it, they learnt to give themselves love.

There has also been an increase in the confidence level of all regular participants. The DMT practitioners noticed that, while they were hesitant to speak in the initial sessions, now they are able to speak freely and express themselves effectively. The Superintendent highlighted one participant in particular, who has experienced a huge increase in confidence. This participant is a slow learner, and, before DMT, was not at all confident about herself. She could not maintain eye contact, and had a lot of negative thoughts about herself as she was not able to learn school work as fast as others. The Superintendent mentioned: "Through DMT she could express her thoughts and feelings. She realised that she can express herself like everyone else, behave like everyone else and that boosted her confidence. From a year ago to today, there has been a massive improvement in her which is very beautiful to see. When the superintendent of the CCI saw her after a year, she too said that there has been a lot of positive changes in this girl. Other things have also contributed to this change in her, but the confidence that she garnered through the DMT sessions was above it all."

Another significant impact of DMT was that it enhanced participants'

ability to cope with distressing emotions. The care providers mentioned that, since the start of the pandemic, as the girls were in a closed setup where no one could meet them and they could not go out, there had been a rise in anger, irritation, aggression among them. Through DMT, the participants were able to relax themselves and learn tools to manage their anger. Participants highlighted that they had learnt tools such as: reading a book, drawing, doing something they like, sitting quietly, relaxing the body, meditating and giving oneself a hug. A participant also mentioned that she had learnt to think through the issues she faces when she gets angry, in order to understand whether something is her fault or not. Enhanced ability to balance emotions has led to reduced fighting amongst the participants. The bonding and sense of empathy among all participants has also been enhanced through DMT sessions. As reported by a participant: "Earlier, when we would feel sad and a girl would come to cheer us up, we would get angry with her. Through DMT we understood that we can do other things rather than getting angry. The facilitators have shown us ways to keep ourselves peaceful and we don't fight with each other anymore."

By conducting DMT sessions with residents as well as the care providers of the CCI, there was a holistic impact on the rehabilitation setup at the CCI. Regarding the impact of DMT on care providers, the Superintendent said: "...it's not just the children but the employees

at the Home are also under stress. Their feedback to me from their DMT sessions was that – 'During the one hour of DMT, we get transported into a different world. All our stress went away completely. They could work with a renewed energy... Because if their stress is taken care of, it has a ripple effect and positive impact on the children too. They need to be stress-free first then we can work with the children.'

In addition, the growth that the residents have experienced through DMT has made the work of the Superintendent and care providers easier, as now the girls are willing to express themselves and motivated to take themselves forward. The Superintendent mentioned that, when interacting with survivors, she has to keep explaining things several times to them, and they may not understand this due to their poor mental health and trauma. This creates confusion, which she described as a kind of 'circus'. However, as she mentioned, "what happened due to the DMT sessions is that our 'circus' got saved."

The Superintendent gave feedback that she feels that, 50% of the change in the girls has come through the efforts of the care providers, and they have got support from DMT sessions, which has brought in another 50% of the change seen in the participants. She is very eager to continue with DMT sessions for future residents and care providers and has recommended that DMT sessions be done at the neighboring CCI for boys as well.

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### The Positive Impact of Dance Movement Therapy at a government-run Child Care Institution in Maharashtra



Ever since we started DMT sessions at our Home, we have observed big changes in the children. Through the process of DMT, we get lost in ourselves and, when we get lost in ourselves, the real inner voice that is within us starts talking to us. We use other different counseling therapies at the Home, but out of all of them, DMT has worked most effectively on our children.

~ Superintendent of a government-run CCI in Maharashtra

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As part of our Trauma Recovery programme, we conducted online DMT sessions with the residents of a Child Care Institution in Maharashtra. 48 DMT sessions were conducted for the residents, along with 3 sessions for self-care of care providers at the CCI. This enabled them to enhance their well-being amidst their many caregiving responsibilities which had increased due to the pandemic. The impact

evaluation indicated a positive impact not only on the participants but on the rehabilitation system within the CCI.

Participants reported that DMT sessions had enabled them to build a positive relationship with themselves and their bodies. Through DMT activities, movement games and the use of props, the participants were able to see their bodies differently

than before. One participant remarked: "The facilitators taught us how to make use of our body... we can use our body to help others too, to exercise for ourselves, to look after someone who is unwell. They taught us how to close eyes to come and relax our mind. We also learned to love our body a lot. I felt nice doing all the movements because I learnt very different things through this." DMT sessions enabled the



# Psychosocial Rehabilitation of Survivors of Violence and Marginalization

## Healing and Well-Being Programme

Target Groups	Total reach	Locations	
		State	Districts
Vulnerable children, adolescent girls, women, young men and boys, social workers and care providers	526	West Bengal	Kolkata, South-24 Parganas, North-24 Parganas, Murshidabad, Malda
		Maharashtra	Mumbai, Thane, Jalgaon
		Rajasthan	Sawai Madhopur
		Haryana	Faridabad
		Delhi	New Delhi

This programme consists of regular DMT sessions to enhance participants' overall well-being. The DMT sessions helped the participants relax, destress and connect their body and mind. The sessions assisted the participants,

many of whom had a history of trauma and emotional and mental distress, in releasing their emotions through group activities. They learnt several techniques of self-soothing. The participants were initially hesitant, but through rapport

building activities, they were able to fully immerse themselves in the sessions by developing positive relationships with themselves and their peers and developing empathy towards one another.

## Restoring Smiles Through Dance: DMT for Trauma Recovery Programme

This programme is aimed at enabling survivors of gender-based violence to recover from trauma and empower themselves to take

steps towards a positive future. It is based on Kolkata Sanved's 'Restoring Smiles through Dance' module, which focuses on three broad

Thematic Areas: 1) Sensation and Awareness 2) Emotional Balance 3) Re-Integration.

Target Groups	Total reach	Locations	
		State	Districts
Adolescent girls and young women who are survivors of gender-based violence and marginalization	210	West Bengal	Mumbai, Nadia, Murshidabad
		Maharashtra	Thane, Jalgaon
Care providers of trauma survivors	13	Maharashtra	Thane, Jalgaon

During this year, we conducted this programme at 3 government run Child Care Institutions (CCI), 1 NGO-run Care Institution and 2 community-based settings. Through feedback given by participants and care providers, the positive impact of the sessions was seen: DMT sessions

had helped participants to increase confidence, reduce fighting, balance difficult emotions, decrease self-harm and suicidal ideation, build a deeper sense of their inner strengths and rediscover their sense of purpose.

In addition, we also conducted DMT sessions for 13 care providers of trauma survivors at 2 care institutions in Maharashtra, in order to capacitate them to respond to emergency situations that might take place.



"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."

~ Trauma Survivor who participated in Restoring Smiles through Dance

## Dance Movement Therapy Leadership Development (DMTLD) Programme



DMTLD aims to enable individuals from marginalized communities to build life skills and get trained as DMT practitioners and change leaders. During this year, 3 new

batches of DMTLD began, and, for the first time, this programme was conducted outside West Bengal. Participants went through the first semester of DMTLD and began

the second semester, while also conducting their own sessions during their internship.

Target Groups	Total reach	Locations	
		State	Districts
Youth from marginalized communities	30	West Bengal	Birbhum, Howrah
		Maharashtra	Thane

## Working with Solidarity: Emergency Response Programme



For the past two years, COVID-19 has had an impact on people all over the world, and it has also been a source of a slew of problems in society as a whole. Kolkata Sanved's mission was to respond to and assist individuals suffering from the after effects of the pandemic. Our emergency response consisted of 2 parts: 1) Psychosocial support through DMT sessions 2) Providing relief and hygiene kits to families whose livelihoods were deeply affected by the pandemic

### Psychosocial Support

Target Groups	Total reach	Locations	
		State	Districts
Vulnerable children living in CCIs and community settings, social workers and care providers, women living in red light areas	163	West Bengal	South-24 Parganas, North-24 Parganas, Howrah, Murshidabad, Malda
Providing relief and hygiene kits		Maharashtra	Mumbai, Thane
Individuals from marginalized communities affected by the COVID pandemic	2500	West Bengal	South-24 Parganas, North-24 Parganas, Howrah, Murshidabad

Through a mix of online and in-person sessions, we provided DMT-based psychosocial support to social workers and care providers as well as individuals living in

community settings and CCIs, who were facing deep distress due to the pandemic. We also reached out to sex workers living in a red-light area in Maharashtra. The DMT

sessions helped the participants to destress and pay attention to self-care at a time of deep anxiety and uncertainty.

# Prevention of Violence and Poor Mental Health



## Sampoornata Well-Being Club Programme

This is a pilot model utilizing DMT to create trafficking resilient

communities. This consists of 2 parts: 1) Capacity building of adolescent girls through DMT to build psychosocial skills to respond to trafficking and violence 2) Creating a collaborative network

of local stakeholders who act as a safety net for the adolescent girls. The adolescent girls also organized and participated in community awareness campaigns on trafficking and violence.

Target Groups	Total reach	Locations	
		State	Districts
Adolescent girls at risk of trafficking and violence	120 (Direct reach)	West Bengal	South-24 Parganas (Mandirbazar block)
Parents/family members of adolescent girls	240 (Direct reach)		
Local stakeholders	40 (Direct reach)		
Community members	Directly reached through participation in awareness campaigns: 300 Indirect reach: 2360		

Through DMT sessions, participants' self-awareness and confidence grew. Their family members became aware of what they were learning

during the session and their parents could notice distinct changes in behaviour and communication. They began raising awareness

among other adolescent girls in their community about how to protect themselves from trafficking and respond to risks of violence.



"If we face any problem, it's important to think a lot before taking any action. It's important to consider our own safety as well as that of others. I have also learned to create boundaries and know who you should let in and who not to let in. I was not able to say "no" to anyone before but coming here, I have learned it's important to also say no where we have to. It helps us in so many ways in life."

~ An adolescent girl who participated in the Well-being Club Programme

## Sexual and Reproductive Health and Rights (SRHR) Programme

The DMT-based Sexual Reproductive Health Rights (SRHR) Programme focuses on educating children, adolescents, and young women about sex, sexuality, and gender,

through the use of DMT as a medium. The sessions involve movement activities, group skits, information sharing and audio-visual aids to make participants

aware of body changes in adolescence, menstrual health and hygiene, gender stressors, and to help them achieve better health and well-being.

Target Groups	Total reach	Locations	
		State	Districts
Adolescent girls from marginalized communities	89	West Bengal	Kolkata
		Jharkhand	Ranchi

Participants gave feedback that the SRHR Programme enabled them to become more aware of their

bodies and minds, learn the correct names of private body parts so that they could get medical help

if required, and destigmatize menstruation.

## Empowerment Programme

Empowerment Workshops are part of a programme run in collaboration with Empowerment Institute, USA. This consists of a 4-day long

workshop aimed at empowering women to dream and envision their future and provide them with the tools to manifest it. It builds an

awareness of the seven core areas of an individual's life: emotion, relationships, sexuality, body, money, work and spirituality

Target Groups	Total reach	Locations	
		State	Districts
Women from marginalized communities	40	West Bengal	Howrah, Birbhum

During this year, the Empowerment team started once again implementing workshops in field, after a pause due to the pandemic. 2

Empowerment facilitators served as mentors to 2 new mentees and the the Empowerment Coach at Kolkata Sanved was

invited by the Empowerment Institute get trained as a Master Coach.

## Promotion of Well-Being

### Academic Programmes in Dance Movement Therapy

Academic Programme	Institute	Location	No. of Students
Diploma in Dance Movement Therapy	Kolkata Sanved and Tata Institute of Social Sciences	Mumbai, Kolkata	42
Advanced Training of Trainers for DMT Alumni	Kolkata Sanved, Tata Institute of Social Sciences and Geothe Institute-Max Mueller Bhavan Mumbai	Online	20
Module on DMT in Post Graduate Diploma in Trauma Focused Therapy	Tata Institute of Social Sciences	Mumbai	19
Module on Sampoomnata approach to DMT, Diploma in DMT	Sancheti Healthcare Academy	Pune	10

### Post Graduate Diploma in Dance Movement Therapy (PGDDMT)

During this year, the Diploma in Dance Movement Therapy (DDMT) conducted in collaboration with Centre for Lifelong Learning (CLL), School of Social Work (SSW), Tata

Institute of Social Sciences, Mumbai, was conducted entirely through online mode, due to the constraints of the COVID pandemic.

While struggling with the pandemic, one major positive development was that the Diploma in Dance

Movement Therapy (DDMT) has been successfully upgraded to Post Graduate Diploma in Dance Movement Therapy (PGDDMT). It was exciting to see the reach of this programme and the interest it has generated over the years for succeeding as PGDDMT.

This programme is country's first university-affiliated DMT programme, which encouraged and inspired other academic institutions to start training programmes in DMT.

In addition, Kolkata Sanved and CCL-TISS, in collaboration with the Goethe Institute-Max Mueller Bhavan Mumbai, also launched a Training of Trainer programme for DDMT Alumni, for advanced skill

development in Dance Movement Therapy. This is being delivered virtually by German Dance Movement Therapist, Martina Piff.

### Diploma Conferment Ceremony for the DDMT Batch of 2019-2021

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

### Other Academic Programmes

• A 10 hour-long module on Dance Movement Therapy has been incorporated into the Post Graduate

Diploma in Trauma Focused Therapy at Tata Institute of Social Sciences, Mumbai. This module is taught by Kolkata Sanved.

• The Diploma in DMT programme

at Sancheti Healthcare Academy has a specific module on the Kolkata Sanved's Sampoomnata approach to DMT, which is taught by faculty from Kolkata Sanved.

### Training of Trainers (TOT) Programme

Training of Trainers (TOT) aims to prepare participants to become Therapeutic Movement Practitioners who can use DMT to improve well-being in their own communities.

This programme involves DMT training and an internship. During this year, we conducted TOT in 4 states with social workers, teachers and field staff at NGOs, as well as

with youth who are survivors of violence and had previously gone through the DMT-based trauma recovery module.

Target Groups	Total reach	Locations	
		State	Districts
Youth, Social workers, Teachers	83	West Bengal	Murshidabad
		Maharashtra	Mumbai
		Rajasthan	Sawai Madhopur
		Delhi	New Delhi

TOT trainees gave feedback that their confidence in working with different communities has grown and hesitation has reduced. DMT has had a positive impact in their communities in terms of connecting and bonding with their beneficiaries,

crisis management, dealing with sensitive topics and situations.

This year also saw the online certification event for a Training of Trainers (TOT) done in collaboration with TATA Trust-Udaan Project. This was a pilot project run at

Nagpur Mental Health Hospital to create Therapeutic Movement Practitioners amongst care providers and case managers at the hospital. Dance Movement Therapy is now being used on a regular basis at the hospital by 7 successful graduates.

# Workshops on DMT and Creative Well-Being

During the period of pressure and stress caused due to the pandemic, Kolkata Sanved conducted several workshops for individuals from a wide variety of backgrounds. We reach a total of 193 people through the following workshops:

- Creative Well-Being workshop with children aged 5 to 17 years who are part of British Council's Online

Summer School, in the topic of developing language and real-world skills through arts and movement

- Creative Well-Being for British Council staff members on stress management and self-care in uncertain times

- At Ghare Baire Museum in Kolkata, a movement workshop was conducted on interpreting

art through gestures and textures exploring the translation of energy between the act of creating and the act of viewing

- A virtual workshop was conducted with 150 alumni members of Nirmala Niketan College of Social Work on the relevance of Dance Movement Therapy as an effective tool for empowerment

## Events

### Festival for Empowerment and Arts for Life (FEAL)

This year was marked by the second edition of Festival of Empowerment and Art for Life (FEAL), a digitally hosted arts festival conducted by Kolkata Sanved to reach out to a global audience and share arts-based tools and resources to enhance one's

well-being. It was held over 2 days in October 2021, keeping in mind that World Mental Health Day falls on 10th October. This year's theme was 'Feel Your Pause', focusing on ways in which individuals can find stillness and rest in the midst of the stress and uncertainty of the pandemic. Experts in the fields of the arts and well-being shared resources

on Mindfulness practice, Authentic Movement, Music for Healing, Visual Art and Storytelling. The sessions were held on Zoom along with livestreaming on Facebook for a more interactive learning experience. 200 participants registered to engage with FEAL and 600 viewers engaged through Facebook.

"The festival was like coming home to my inner self which I seemed to have lost. During the movement I could feel her intrinsic power coming alive." ~ A participant at FEAL

### Other events conducted by Kolkata Sanved during this year were:

Akasher Anandabani: the annual autumnal meet of Kolkata Sanved, took place on 9th October 2021 at Sukanti Sanskriti Mancho at Panchsayar, New Garia. Kolkata Sanved celebrated the burgeoning of new life, hope and strength for the journey ahead through a mix of

dance, music and storytelling.

- Performance at 'Confetti' the East Zone Meet of the Inner Wheel Club was held on 23rd October 2021. This performance, held at Swabhumi in Kolkata, focused on women's empowerment.

### Creating spaces at International Kolkata Book Fair

- 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 2022. This was preceded by a panel discussion on breaking the bias, with ten young women from various walks of life, including Sreeja Debnath from Kolkata Sanved.

- Kolkata Sanved was invited by West Bengal Commission for

Protection of Child Rights (WBCPCR) to conduct a 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.

## Campaigns

- **Art and Activism:** Our Founder Director, Dr. Sohini Chakraborty was invited to be a panelist on the topic 'Art and Activism: Transforming Narrative and Norms on Gender Equality', at Young Feminist Conference organized by Generation Equality Forum and Breakthrough on June 11, 2021.

- **Kanyashree Day:** Kolkata Sanved choreographed and taught a dance performance to the residents of a government-run Child Care Institution for the celebration of Kanyashree Day on 14th August 2021. This was part of our long-term collaboration with the Department of Women and Child Development, Government of West Bengal.

- **Body Freedom workshop:** As

part of 16 days of Activism against Gender-Based Violence, Kolkata Sanved and Prajnya organised a workshop on Dance Movement Therapy, titled 'Body Freedom workshop', which enabled participants to join the experiential process and understand how DMT can be a tool for liberation.

- **One Billion Rising Day:** On February 15th, 2022, two online body movement workshops, titled 'Ultimate Body' were conducted in collaboration with One Billion Rising India. The first was conducted with youth leaders and the second was open to all.

- **International Women's Day:** On March 8th 2022, Kolkata Sanved hosted an event at Tollygunge

Club, Kolkata, titled 'Break the Bias' (in keeping with the theme for this year's International Women's Day). The aim was to honour women and girls worldwide, their ideas, achievements, and leadership in all walks of life. This year's International Women's Day theme was Break the Bias.

- **Raising awareness on mental health and well-being:** On 27th March 2022, a virtual event was conducted in collaboration with IKURE, a health management company that meets primary healthcare and prevention needs, and Indian Arts Project. The aim of this event was to raise awareness on mental health and well-being, using Dance Movement Therapy (DMT).

## Evidence Generation and Organizational Strengthening

Research Study to assess the mental health & care status of the children in government-run Child Care Institutions (CCIs) in West Bengal: Kolkata Sanved is running a research project in collaboration with WBCPCR, across 19 Child Care Institutions in West Bengal. The study utilizes both qualitative and quantitative techniques tools to collect relevant information.

Scope of DMT in an Urban Setting: A Study in Mumbai and Kolkata: Kolkata Sanved and Centre for

Lifelong Learning (CLL), Tata Institute of Social Sciences (TISS), Mumbai are conducting a research study to explore the wider scope of DMT in agencies working with marginalized groups to enhance well-being and generate environment. This study was initiated in January 2022.

### Recognition

Kolkata Sanved showcased on the Oprah Winfrey Network: Kolkata Sanved's Founder Director, Dr.

Sohini Chakraborty, was one of the speakers on a television special made in collaboration with Vital Voices, which was aired on Oprah Winfrey Network (OWN). She spoke about Kolkata Sanved's model that uses dance therapy to address trauma. Other speakers included: Hillary Clinton, Vital Voices CEO Alyse Nelson, Diane Von Furstenberg, Nobel Peace Prize Winner and Malala Yousafzai to name a few. The television special had 6.5 million viewers.

# Administration and Finance



## Consultants, 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. Sejal Bhatt
7. Snehal Mohan Gaikwad
8. Sruthi Suresh Iyer
9. Rita Pramanik
10. Sayani Hore
12. Sima Mal
14. Srijani Banerjee
15. Tapasi Naskar
16. Nandalal Jha
17. Sultana Khatun

## Governing Bodies:

Name	Role
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          | 15. Sabia Mufti         |
| 2. Bithika Roy           | 16. Sabita Debnath      |
| 3. Dipali Das            | 17. Samita Bhattacharya |
| 4. Durga Madhar          | 18. Sandhya Bairagi     |
| 5. Jharna Naskar         | 19. Sandhya Karmakar    |
| 6. Jhulan Mondal         | 20. Senjuti Basu        |
| 7. Jhuma Das             | 21. Sobha Pahari        |
| 8. Mehraj Khatun         | 22. Sohini Chakraborty  |
| 9. Moumita Bhattacharjee | 23. Sreeja Debnath      |
| 10. Namrata Kanuga       | 24. Subhojit Das        |
| 11. Prosenjit Chatterjee | 25. Sukanya Paramanik   |
| 12. Rajyashree Dutta     | 26. Suktara Khatun      |
| 13. Rashi Bothra         | 27. Swapan Sardar       |
| 14. Rhea Kaikobad        | 28. Tilottoma Chowdhury |

## Faculty of DDMT and DMTLA:

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

## Consultants & Resource persons

- |                           |   |
|---------------------------|---|
| 1. Anindya Hazra          | 6. Dr. Rer. Medic. Marianne Eberhard-Kaechele |
| 2. Bonnie Bernstein       | 7. Rashmi Datta                               |
| 3. Dr. Chandrani Dasgupta | 8. Dr. Sabiha Vasi                            |
| 4. Dr. Ishita Mazumdar    | 9. Dr. Samrat Sengupta                        |
| 5. Dr. Nilanjana Sanyal   |   |

## Volunteers and Interns:

- |                         |                  |
|-------------------------|------------------|
| 1. Prema Gupta          | 7. Purba Shikari |
| 2. Kristi Bhattacharjee | 8. Sayani Saha   |
| 3. Ginni Khetwani       | 10. Protiti Saha |
| 4. Sresstha Das         | 11. Anjali Giri  |
| 5. Shruti Jain          |                  |



## Partner Organisations:

1. American Center, Kolkata
2. Ananda Ashram, Murshidabad
3. Bansra Birangana Seva Samity (BBSS), South 24 Parganas
4. British Council India
5. Centre for Lifelong Learning, School of Social Work, Tata Institute of Social Sciences
6. Children's Home for Girls, Nadia
7. Creative Movement Therapy Association of India
8. Department of Women and Child Development, Government of West Bengal
9. Directorate of Child Rights and Trafficking, West Bengal
10. Ektara, Kolkata
11. Empowerment Institute, USA
12. Ghare Baire Museum
13. Samikshani
14. South Kolkata Sheila Sengupta Memorial Foundation
15. Azad Foundation
16. Stella Maris College, Chennai
17. Dearah Association for Social and Humanitarian Action (ASHA), North 24 Parganas
18. Association for Acquiring Self-Reliance through Handicraft Activities (AASHA), Midnapore
19. Bhiwandi Observation Home, Thane
20. GAATW-Global Alliance against Traffick in Women
21. Karmmarg, Faridabad
22. Kshamata, Maharashtra
23. Gramin Siksha Kendra, Rajasthan
24. Nari O Sishu Kalyan Kendra, Howrah
25. Nirmala Niketan College of Social Work Mumbai
26. One Billion Rising, India
27. Sahid Banadana Smriti Balika Abash
28. Saishali Sishu Kanya Abash, Malda
29. Sukanya Home, North 24 Parganas
30. Sunderban Social Development Centre (SSDC), South 24 Parganas
31. Suprava Panchashila Mahila Uddyog Samity (SPMUS), Murshidabad
32. Suvayan Home, Balurghat
33. Swayam
34. Tata Institute of Social Sciences, Mumbai
35. Tata Trust
36. Terre Des Hommes (TDH)
37. Vacha Charitable Trust, Mumbai
38. West Bengal Commission for Protection of Child Rights
38. World Dance Alliance, Asia Pacific
39. Sancheti Health Care Academy, Pune
40. Abhas, Delhi
41. Chintan, Delhi
42. New Alipore Praajak
43. Goethe Institut, Max Mueller Bhavan, Mumbai
44. Pukar, Mumbai

## 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:

- Azim Premji Foundation(APF)
- AWO International
- Blossomy Project
- Dalyan Foundation
- Empower
- Empowerment Institute
- Human Capability Foundation
- Shree Venkatesh Films
- The DevNext Foundation
- Trisys
- Vital Voices Global Partnership Inc
- We Trust
- World First for Training and Research Global Education Trust (TARGET)
- West Bengal Commission for Protection of Child Rights
- Individual Donors:**
- Adivi Sen
- Anuradha Mukherjee
- Sandip Kanta Mukherjee
- Urmi Sengupta
- Soumyakanti Ghosh
- Sarmita Dey
- Raka Roy
- Rajratna Sen
- Prithviraj Thanka
- Neeta Tankha
- Navaneeta Lahiri
- Murari Rajagopalan
- Chironjoy Sen
- Arjun Sengupta
- Tejash Datta
- Vinod Narayan
- Ranodeb Roy
- Deepashree Datta



## 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, 2022 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, 2022; 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  
UDIN - 22050924AWTYLF7852  
Date : 29th September, 2022



## Balance Sheet As At 31st March, 2022 (Local & Foreign Contribution)

LIABILITIES	Amount (Rs.) (FC)	Amount (Rs.) (Local)	Consolidated Amount (Rs.)	ASSETS	Amount (Rs.) (FC)	Amount (Rs.) (Local)	Consolidated Amount (Rs.)
<b>General Fund</b>				<b>FIXED ASSETS</b>	4,78,523.75	1,28,765.19	6,07,288.94
Balance as per last Account	61,17,001.35	49,11,213.13		(As per Annexure - A)			
Add: Surplus/ (Deficit)	69,713.52	(48,921.79)	1,10,49,006.21	<b>Investments :</b>			
<b>Capital Grant</b>				As per last Account	79,37,928.00	15,87,585.00	
As per last Account	53,20,249.00	4,02,900.00	57,23,149.00	Add : Addition during the year	3,64,454.00	72,890.00	
<b>Current Liabilities</b>				Less : Matured during the year	-	-	99,62,857.00
Grant Received in Advance	66,33,601.31	33,69,939.00	1,00,03,540.31	<b>CURRENT ASSETS</b>			
(As per Annexure - B)				Advance Against Office Rent	-	1,20,000.00	
TDS	(435.00)	435.00	-	T.D.S.	4,22,267.00	(10,681.00)	
Audit Fees	10,898.00	-	10,898.00	Advance Against Programme	1,19,779.00	5,000.00	
				Grant Receivable	-	45,952.00	7,02,317.00
				<b>Closing Cash &amp; Bank Balances</b>			
				Cash in Hand (FC)	41,077.52	-	
				Cash in Hand(448)		16,864.00	
				Cash (848)		85.29	58,026.81
				State Bank of India (40070280305)	17,592.00	-	
				Indian Bank (A/c No. 779068967)	78,92,586.60	-	
				Indian Bank (A/c No.6860471932)	8,76,820.31	-	
				Indian Bank (A/c No. 448762506)	-	13,96,271.09	
				Indian Bank (A/c No.6795777330)	-	35,20,299.22	
				Indian Bank (A/c No.848043654)	-	17,52,534.55	1,54,56,103.77
<b>-</b>	<b>1,81,51,028.18</b>	<b>86,35,565.34</b>	<b>2,67,86,593.52</b>	<b>-</b>	<b>1,81,51,028.18</b>	<b>86,35,565.34</b>	<b>2,67,86,593.52</b>

**As Per Our Report Annexed  
for GAUTAM BASU & CO.**  
Chartered Accountants  
Firm Registration No. : 313010E

**(GAUTAM BASU)**  
Partner  
Membership No. : 050924

Place : Kolkata  
Date : 29th September, 2022

## Income & Expenditure Account for the year ended 31st March, 2022 (Local & Foreign Contribution)

EXPENDITURE	FC Amount (Rs.)	Local Amount (Rs.)	Consolidated Amount (Rs.)	INCOME	FC Amount (Rs.)	Local Amount (Rs.)	Consolidated Amount (Rs.)
<b>To Dalyan Foundation</b>			5,49,428.00	<b>By Grant Account (Annex-B)</b>			
Over Head Cost	1,56,519.00			Received During the year	1,44,41,195.34	39,05,200.00	
Programme Cost	3,92,909.00			Add : Grant receivable for 2021-22		45,952.00	
<b>Human Capability Foundation</b>			16,97,411.00	Add : Grant received in 2020-21 for 2021-22	39,30,074.76	24,74,889.00	
Program support					1,83,71,270.10	64,26,041.00	
Operational Cost	16,73,259.00			Less : Grant received in 2021-22 for 2022-23	66,33,601.31	33,69,939.00	1,47,93,770.79
Regular Dance Movement Therapy Classes	21,900.00			Interest Received			
Administrative Expenses	2,252.00			Interest from FD/SB Bank A/C.	6,80,746.00	2,31,073.00	9,11,819.00
<b>We Trust</b>			10,05,620.00	Donation	-	5,71,926.00	5,71,926.00
Audit Fee	10,898.00			Other Project Receipt	0	11,73,700.00	11,73,700.00
Operational Cost	1,88,873.00						
Programme Cost	7,84,615.00						
Programme Staff Salary	21,234.00						
<b>Azim Premji Foundation (APF)</b>			29,08,805.83				
1. Salary and Benefit		14,68,312.00					
2. Office Administration cost		2,39,455.59					
3. Travel and Related Exp.		56,769.24					
4. Audit, Evaluation and Learning		6,93,090.00					
5. Programme related Exp		4,51,179.00					
<b>Paul Hamlyn Foundation</b>			5,24,162.00				
Administrative cost	114.00						
Programme Cost	5,24,048.00						
<b>World First For Training &amp; Research Global Education Trust,</b>			10,78,405.00				
Admin Cost	1,14,794.00						
Programme Cost	8,68,611.00						
Programme Support Cost	95,000.00						
<b>Vital Voices Global Partnership Inc.</b>			8,90,166.27				
Program cost	4,80,097.00						
Admin Cost	2,30,069.27						
Admin Salary	1,80,000.00						
<b>General ( FC)</b>			4,86,171.00				
Program cost	5,284.00						
Program support cost	2,38,242.00						

## Income & Expenditure Account for the year ended 31st March, 2022 (Local & Foreign Contribution)

EXPENDITURE	FC Amount (Rs.)	Local Amount (Rs.)	Consolidated Amount (Rs.)
Program Salary	2,16,960.00		
Administrative Cost	25,685.00		
<b>Donation</b>			<b>10,09,427.00</b>
Emergency relief support for KS	2,72,364.00		
Emergency response to Psychosocial	68,119.00		
Emergency response to cyclone	3,08,144.00		
Salary Donation	3,60,800.00		
<b>Empower</b>			<b>6,25,457.00</b>
Administrative cost	48,586.00		
Program Cost	5,76,871.00		
DDMT 21			<b>5,65,948.24</b>
Administrative cost		3,03,878.00	
Program Cost		2,62,070.24	
<b>General (Local)</b>			<b>12,11,577.32</b>
Administrative Expenses		7,95,481.32	
Program Cost		19,304.00	
Program Support cost		3,96,792.00	
<b>WBCPCR</b>			<b>1,47,296.00</b>
Study on Assesing at Govt CCI Gap & Impact on Mental Health		1,47,296.00	
<b>Other Project expenses</b>			<b>2,14,508.40</b>
Administrative Cost			
Program cost		2,14,508.40	
<b>AWO International</b>			<b>43,45,390.00</b>
Training and Advisory Measure	38,58,378.00		
Personnel & Infrastructure	4,87,012.00		
Depreciation	1,37,064.00	33,587.00	1,70,651.00
<b>Surplus / (Deficit)</b>	<b>69,713.52</b>	<b>(48,921.79)</b>	<b>20,791.73</b>
	<b>1,24,18,414.79</b>	<b>50,32,801.00</b>	<b>1,74,51,215.79</b>

Place : Kolkata  
Date : 29th September, 2022

As Per Our Report Annexed  
for GAUTAM BASU & CO.  
Chartered Accountants  
Firm Registration No. : 313010E

(GAUTAM BASU)  
Partner  
Membership No. : 050924

## Receipts and Payments Account for the year ended 31st March, 2022 (Local & Foreign Contribution)

RECEIPTS	FC	Local	Amount (Rs.)
<b>Opening Balances:</b>			
Cash in Hand (F.C)	23,061.52		
Cash in Hand(448)		32,331.00	
Cash (848)		738.29	
Indian Bank (A/c No. 448762506)		23,70,626.65	
Indian Bank (A/c No. 779068967)	55,73,995.87		
Indian Bank (A/c No.6860471932)	8,48,484.97		
Indian Bank (A/c No.6795777330)		24,63,365.05	
Indian Bank (A/c No.848043654)		8,37,015.95	1,21,49,619.30
Fixed Deposit	79,37,928.00	15,87,585.00	95,25,513.00
<b>Grant Account :</b>			
Grant Received From Human Capability Foundation	23,33,136.00		
Grant Received From World First For Training & Reasearch Global Education Trust,	19,59,851.00		
Grant Received From WE TRUST	18,94,100.00		
Grant Received From Dalyan Foundation	5,50,000.00		
Grant Received From Blossmy	3,55,855.00		
Grant Received from Empower	29,69,600.00		
Grant received from AWO International for SFF project	43,78,653.34		
Grant received from Azim Premji Philantropic Initiatives (APPI)		39,05,200.00	1,83,46,395.34
<b>Interest Received</b>			-
Interest from FD/ SB Bank A/C.	6,80,746.00	2,31,073.00	9,11,819.00

PAYMENTS	FC	Local	Amount (Rs.)
<b>Dalyan Foundation</b>			5,49,428.00
Over Head Cost	1,56,519.00		
Programme Cost	3,92,909.00		
<b>Human Capability Foundation</b>			<b>16,97,411.00</b>
Program support			
Operational Cost	16,73,259.00		
Regular Dance Movement Therapy Classes	21,900.00		
Administrative Expenses	2,252.00		
<b>We Trust</b>			
Audit Fee	-		<b>9,94,722.00</b>
Operational Cost	1,88,873.00		
Programme Cost	7,84,615.00		
Programme Staff Salary	21,234.00		
<b>Azim Premji Foundation (APF)</b>			<b>29,08,805.83</b>
1. Salary and Benefit		14,68,312.00	
2. Office Administation cost		2,39,455.59	
3. Travel and Related Exp.		56,769.24	
4. Audit,Evaluation and Learning		6,93,090.00	
5. Programme related Exp		4,51,179.00	
<b>Paul Hamlyn Foundation</b>			<b>5,24,162.00</b>
Administrative cost	114.00		
Programme Cost	5,24,048.00		
<b>World First For Training &amp; Reasearch Global Education Trust,</b>			<b>10,78,405.00</b>
Admin Cost	1,14,794.00		
Programme Cost	8,68,611.00		
Programme Support Cost	95,000.00		

## Receipts and Payments Account for the year ended 31st March, 2022 (Local & Foreign Contribution)

RECEIPTS	FC	Local	Amount (Rs.)	PAYMENTS	FC	Local	Amount (Rs.)
Donation	-	5,71,926.00	5,71,926.00	<b>Vital voices Global Partnership Inc.</b>			<b>8,90,166.27</b>
Other Project Receipt	-	11,73,700.00	11,73,700.00	Program cost		4,80,097.00	
Receivables	-	31,219.00	31,219.00	Admin Cost		2,30,069.27	
TDS Refund	-	2,59,334.00	2,59,334.00	Admin Salary		1,80,000.00	
				<b>General ( FC)</b>			<b>4,86,171.00</b>
				Program cost		5,284.00	
				Program support cost		2,38,242.00	
				Program Salary		2,16,960.00	
				Administrative Cost		25,685.00	
				<b>Donation (FC)</b>			<b>10,09,427.00</b>
				Emergency relief support for KS		2,72,364.00	
				Emergency response to Psychosocial		68,119.00	
				Emergency response to cyclone		3,08,144.00	
				Salary Donation		3,60,800.00	
				<b>Empower</b>			<b>6,25,457.00</b>
				Administrative cost		48,586.00	
				Programme Cost		5,76,871.00	
				<b>DDMT 21</b>			<b>5,65,948.24</b>
				Administrative cost		3,03,878.00	
				Programme Cost		2,62,070.24	
				<b>General (Local)</b>			<b>12,11,577.32</b>
				Administrative Expenses		7,95,481.32	
				Program Cost		19,304.00	
				Program Support cost		3,96,792.00	
				<b>WBCPCR</b>			<b>1,47,296.00</b>
				Study on Assessing at Govt CCI Gap & Impact on Mental Health		1,47,296.00	
				<b>Other Project expenses</b>			<b>2,14,508.40</b>
				Administrative Cost			
				Program cost		2,14,508.40	
				<b>AWO International</b>			<b>43,45,390.00</b>
				Training and Advisory Measure		38,58,378.00	
				Personnel & Infrastructure		4,87,012.00	

## Receipts and Payments Account for the year ended 31st March, 2022 (Local & Foreign Contribution)

RECEIPTS	FC	Local	Amount (Rs.)	PAYMENTS	FC	Local	Amount (Rs.)
				TDS & P. Tax		435.00	(435.00)
				EPF			-
				Liabilities for Expenses		20,774.00	20,774.00
				Advance for program		1,12,504.00	1,12,504.00
				TDS received		40,501.00	69,884.00
				<b>Opening Balances</b>			<b>-</b>
				:			
				Cash in Hand (F.C)		41,077.52	-
				Cash in Hand(448)			16,864.00
				Cash (848)			85.29
				State Bank of India ( 40070280305)		17,592.00	
				Indian Bank (A/c No. 779068967)		78,92,586.60	
				Indian Bank (A/c No.6860471932)		8,76,820.31	
				Indian Bank (A/c No. 448762506)			13,96,271.09
				Indian Bank (A/c No.6795777330)			35,20,299.22
				Indian Bank (A/c No.848043654)			17,52,534.55
				Fixed Deposit		83,02,382.00	16,60,475.00
							99,62,857.00
						<b>2,95,05,411.70</b>	<b>1,34,64,113.94</b>
						<b>4,29,69,525.64</b>	<b>4,29,69,525.64</b>

Place : Kolkata  
Date : 29th September, 2022

As Per Our Report Annexed  
for GAUTAM BASU & CO.  
Chartered Accountants  
Firm Registration No. : 313010E

(GAUTAM BASU)  
Partner  
Membership No. : 050924

## Annexure - A

### Schedule of Fixed Assets as on 31st March, 2022 (Foreign Contribution)

PARTICULARS	W.D.V. as on 01.04.2021 (FC)	Addition during the year with in 30.09.2021 (FC)	Addition during the year after 30.09.2021 (FC)	TOTAL (Consolidated)	Rate of Dep.	Depreciation during the year (FC)	W.D.V. as on 31.03.2022 (FC)
Furniture & Fixtture	24,384.75			24,384.75	10.00	2,438.00	21,946.75
Office Equipment	34,853.00			34,853.00	15.00	5,228.00	29,625.00
Computer	1,84,117.00	-		1,84,117.00	40.00	73,647.00	1,10,470.00
Bed & Beddings	1,236.00			1,236.00	10.00	124.00	1,112.00
Utensils	442.00			442.00	10.00	44.00	398.00
Projector with Screen	1,15,021.00			1,15,021.00	15.00	17,253.00	97,768.00
Motor Vehicle	2,16,767.00			2,16,767.00	15.00	32,515.00	1,84,252.00
Webcamp	38,767.00			38,767.00	15.00	5,815.00	32,952.00
<b>TOTAL- F.C</b>	<b>6,15,587.75</b>	<b>-</b>	<b>-</b>	<b>6,15,587.75</b>		<b>1,37,064.00</b>	<b>4,78,523.75</b>

### Schedule of Fixed Assets as on 31st March, 2022 (Local Contribution)

PARTICULARS	W.D.V. as on 01.04.2021 (Local)	Addition during the year with in 30.09.2021 (Local )	Addition during the year after 30.09.2021 (LOCAL)	TOTAL (Local Contribution)	Rate of Dep.	Depreciation during the year (LOCAL)	W.D.V. as on 31.03.2022 (LOCAL)
Furniture & Fixtture	51,036.82	-	-	51,036.82	10.00	5,104.00	45,932.82
Office Equipment	60,488.88			60,488.88	15.00	9,073.00	51,415.88
Computer	47,343.44	-		47,343.44	40.00	18,937.00	28,406.44
Bed & Beddings	582.01	-	-	582.01	10.00	58.00	524.01
Utensils	416.15	-	-	416.15	10.00	42.00	374.15
Refrigerator	2,484.89	-	-	2,484.89	15.00	373.00	2,111.89
<b>TOTAL- L.C</b>	<b>1,62,352.19</b>	<b>-</b>	<b>-</b>	<b>1,62,352.19</b>		<b>33,587.00</b>	<b>1,28,765.19</b>
<b>TOTAL- F.C. + L.C</b>	<b>7,77,939.94</b>	<b>-</b>	<b>-</b>	<b>7,77,939.94</b>		<b>1,70,651.00</b>	<b>6,07,288.94</b>

## Annexure - B

### Statement of Grant Account for the yeae ended 31st March, 2022 (Local & Foreign Contribution)

#### FOREIGN GRANT :

SL. NO	NAME OF DONORS	Grant Received in Advance as on 01.04.2021	Grant Received during the year (2021-2022)	Capital Grant Received during the year	Grant Refund During the year 2021-2022	Grant received in advance as on 31.03.2022	Net Grant for the year 2021-2022
1	Grant Received From Paul Hamlyn Foundation	5,89,620.00				65,458.00	5,24,162.00
2	Grant Received From Human Capability Foundation	1,07,587.47	23,33,136.00			7,43,312.00	16,97,411.47
3	Grant Received From World First For Training & Reasearch Global Education Trust,	1,46,361.65	19,59,851.00			10,27,808.00	10,78,404.65
4	Grant Received From Vital voices Global Partnership Inc.	13,96,319.00				5,06,153.00	8,90,166.00
5	Grant Received From WE TRUST	32,132.35	18,94,100.00			9,20,612.00	10,05,620.35
6	Grant Received From Dalyan Foundation	27,164.00	5,50,000.00			27,736.00	5,49,428.00
7	Grant Received From Blossmy	50,002.63	3,55,855.00			45,058.00	3,60,799.63
8	Grant Received for Emergency Blossmy	4,31,474.69				70,500.00	3,60,974.69
9	Grant Received for Emergency Dr. Frank Hoffmann	2,27,222.00					2,27,222.00
10	Grant Received for Emergency Ipartner	60,430.00					60,430.00
11	Grant Received from Empower	-	29,69,600.00			23,44,143.00	6,25,457.00
12	Grant received from AWO International for SFF project	8,61,760.97	43,78,653.34			8,82,821.31	43,57,593.00
		<b>39,30,074.76</b>	<b>1,44,41,195.34</b>	<b>-</b>	<b>-</b>	<b>66,33,601.31</b>	<b>1,17,37,668.79</b>

#### LOCAL GRANT :

SL. NO	NAME OF DONORS	Grant Received in Advance as on 01.04.2021	Grant Received during the year (2021-2022)	Capital Grant Received during the year	Grant Refund During the year 2021-2022	Grant received in advance as on 31.03.2022	Net Grant for the year 2021-2022
1	Grant for Reaseach Project from West Bengal Commission for Protection for Child Rights (WBCPCR)	1,01,344.00			45,952.00	-	1,47,296.00
2	Grant Received from Azim Premji Foundation (APF)	23,73,545.00	39,05,200.00			33,69,939.00	29,08,806.00
		<b>24,74,889.00</b>	<b>39,05,200.00</b>	<b>-</b>	<b>45,952.00</b>	<b>33,69,939.00</b>	<b>30,56,102.00</b>
		<b>64,04,963.76</b>	<b>1,83,46,395.34</b>	<b>-</b>	<b>45,952.00</b>	<b>1,00,03,540.31</b>	<b>1,47,93,770.79</b>

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# Notes

Lined area for notes, consisting of 20 horizontal lines.



Flat 2C, Poulomi Apartment, 23B, Jatin Bagchi Road,  
Kolkata - 700029. Phone number: 91 33 2423 6119  
Registration number: SO121508