



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.





# Global Alliance Against Traffic in Women (GAATW)

Women Workers Meeting in Bangkok, Thailand  
from 4th to 8th July, 2022

**WELLBEING MATTERS:** Kolkata Sanved was invited to conduct a workshop using dance movement therapy (DMT) to create a collective care space for women workers at the Global Alliance Against Traffic in Women (GAATW) Women Workers Meeting in Bangkok, Thailand.

Kolkata Sanved's DMT process showed them how a non-discriminatory space free of stigma, can be created and the ability to express oneself without fear. Some participants shared that they felt safe and comfortable within their body for the first time.





# Dance for Wellbeing

An Online interactive program organised by  
Psychiatric Rehabilitation Services (PRS) NIMHANS

Dr Sohini Chakraborty, Founder and Director of Kolkata Sanved and Dance Movement Therapist had been invited as the chairperson for online interactive program organised by Psychiatric Rehabilitation Services (PRS) NIMHANS for caregivers of persons with mental illness, as part of the Road to Recovery (R2R) Program of NIMHANS.

The theme of the session was '*Dance for Wellbeing*' held on 22nd July from 02:00-04:00 PM.



## ROAD TO RECOVERY (R2R) **DANCE FOR WELLBEING**

FRIDAY  
22nd, July, 2022  
2 TO 4 PM

Organized by Psychiatric Rehabilitation Services, NIMHANS

KINDLY REGISTER AT  
<https://forms.gle/C8efM8AcJLucrJ5e8>

### WHO CAN PARTICIPATE?

Persons with Mental illness, Developmental Disorders, Caregivers,  
Mental Health Professionals, and Students.

### HOW TO PARTICIPATE?

After successful registration, you will be provided a meeting ID and password to log in to a session through any internet enabled device

For queries, please email at:  
[nimhansrehab@gmail.com](mailto:nimhansrehab@gmail.com)





# Inaugural ceremony in Pride Plaza Hotel on combating **Cyber-Enabled Human Trafficking**

28th July 2022

Kolkata Sanved was invited to facilitate the inaugural ceremony of a two-day conclave on combating cyber-enabled human trafficking to commemorate World Day Against Trafficking in Persons on 28th July 2022 at Pride Plaza in Kolkata. Sanved co-conducted the inaugural ceremony with Tabla Maestro Pandit Tanmoy Bose. The ceremony brought together 75 committed activists from South Asia including Nobel Peace laureate Shri Kailash Satyarthi and U.S Consul General Melinda Pavek.

The two day conclave was organised by Shakti Bahini in collaboration with Cyber Peace Foundation and U.S. Consulate Kolkata. The inaugural ceremony included dancing, drumming and all attendees were encouraged to move together and pledge to fight against Human trafficking.





# World Day Against Trafficking in Persons

## 30th July 2022

Kolkata Sanved and Sundarban Social Development Centre (SSDC) joint campaign on World Day against trafficking in persons, to raise awareness on prevention of human trafficking and Gender-based violence was held at Mandirbazar Block, South 24 Parganas in Sundarbans.

British Deputy High Commissioner Mr. Nick Low was the Chief Guest at the event. Vibrant and energetic performance by local adolescent participants of Kolkata Sanved's trafficking prevention program.

A pledge was taken to reaffirm our commitment to establish effective measures to prevent this crime, identify and support victims and survivors on their road to rehabilitation.

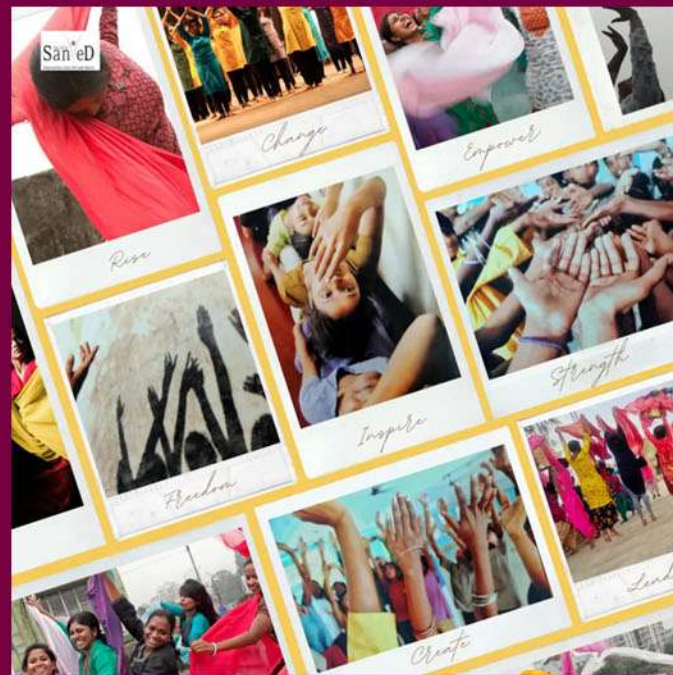
San'eD  
SSDC

WORLD DAY AGAINST TRAFFICKING IN PERSONS  
30th JULY 2022

**BUILDING A TRAFFICKING RESILIENT COMMUNITY**

- A preventive approach introduced by Kolkata Sanved in collaboration with Sundarban Social Development Centre
- Project: Sampoonata Well-Being Club- An initiative to create trafficking resilient communities using Dance Movement Therapy in Mandirbazaar Block, 24-Parganas, West Bengal
- Objectives:
  1. To enable adolescent girls to identify risks of trafficking within their lives.
  2. To equip them with resources to address these risks.
  3. To empower them by enabling them to access wellbeing through the development of psychosocial skills.
  4. To capacitate adolescent leaders for club sustainability.

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# National Handloom Day

7th August 2022

On the occasion of National Handloom Day on 7th August, SEWA (Self Employed Women's Association) Bharat, invited Kolkata Sanved to facilitate a Dance Movement Therapy workshop with Women Weavers. The program had been organized by SEWA West Bengal. Kolkata Sanved Founder Member Sabita Debnath and Senior Dance Movement Therapy Practitioner Jhuma Das facilitated the space to

acknowledge the struggle and achievement and celebrate the power of women through dance and movement . The program was inaugurated by iconic Fashion designer Bibi Russell. She had collaborated with Phulia women weavers and launched an exclusive collection with SEWA. SEWA primarily works for the unorganized sector with women who are unequal in terms of economic and social standing at home and workplace.



A wonderful interactive panel discussion moderated by senior journalist Swati Bhattacharya on the current socio-economic context of handloom and how the conditions of women weavers can be improved. The panel included women weavers, representatives from Biswa Bangla and the Craft Council.





# Sharod Adda

on 30th September 2022

As with every year Kolkata Sanved staff celebrated sharod adda ushering in the much awaited festivities with well-wishers and family. Enthusiastic performances by team members and guests including children of Staff members.



SHUBHO SHARODIYA

KOLKATA SANVED TEAM

WISHES YOU

WARMTH , PEACE , LIGHT

AND LOVE DURING THIS

FESTIVE SEASON

[WWW.KOLKATASANVED.ORG](http://WWW.KOLKATASANVED.ORG)







# Conferment Ceremony

on 5th November 2022

Diploma in Dance Movement Therapy ( DDMT) Conferment Ceremony for the batch of 2021-2022 at the TISS Main Campus was held on 5th November. The event was organized by Kolkata Sanved & Centre for Lifelong Learning (CLL), School of Social Work (SSW), Tata Institute of Social Sciences (TISS), Mumbai.

A workshop was conducted on 3rd & 4th November at the TISS main campus just before the convocation for all the students who graduated with Diploma in Dance Movement Therapy in 2022.



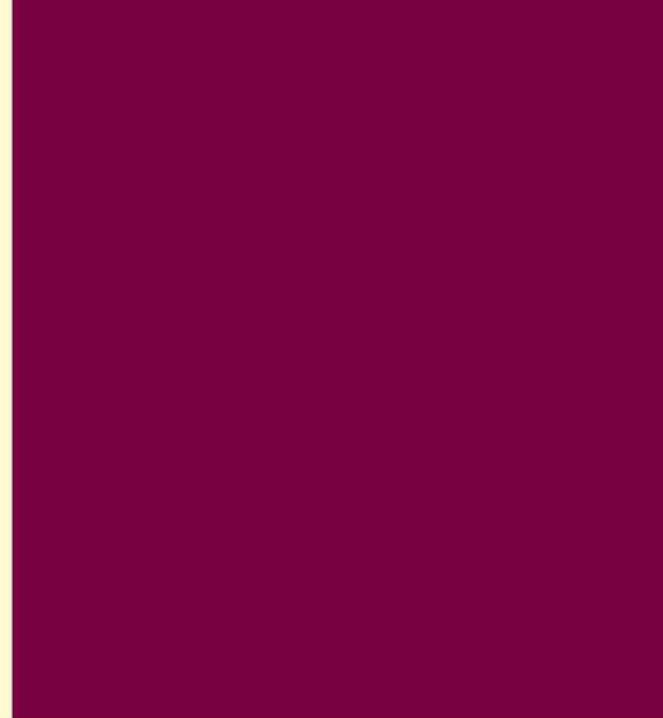


# Festival of Empowerment and Art for Life (FEAL)

**FEAL your light, 23rd**  
*November 2022*

After the pandemic scare as the World finally started to unwind and return to pre-pandemic normal, Kolkata Sanved took Festival for Empowerment and Art for Life (FEAL 2022) to Santiniketan in collaboration with ARTH SHILA, in Shyambati, Bolpur. Participants experienced the magic of Art through various Art forms like Visual Art Installation, Storytelling and Dance Movement Therapy conducted by renowned facilitators Dr.Arna Seal, Proiti Roy and Dr. Sohini Chakraborty.

A reflection on the theme of the programme, FEAL YOUR LIGHT followed by a Panel discussion on introduction to Art and Wellbeing. More than 80 participants from various walks of life attended the festival and felt the essence and importance of DMT and Art for Wellbeing.

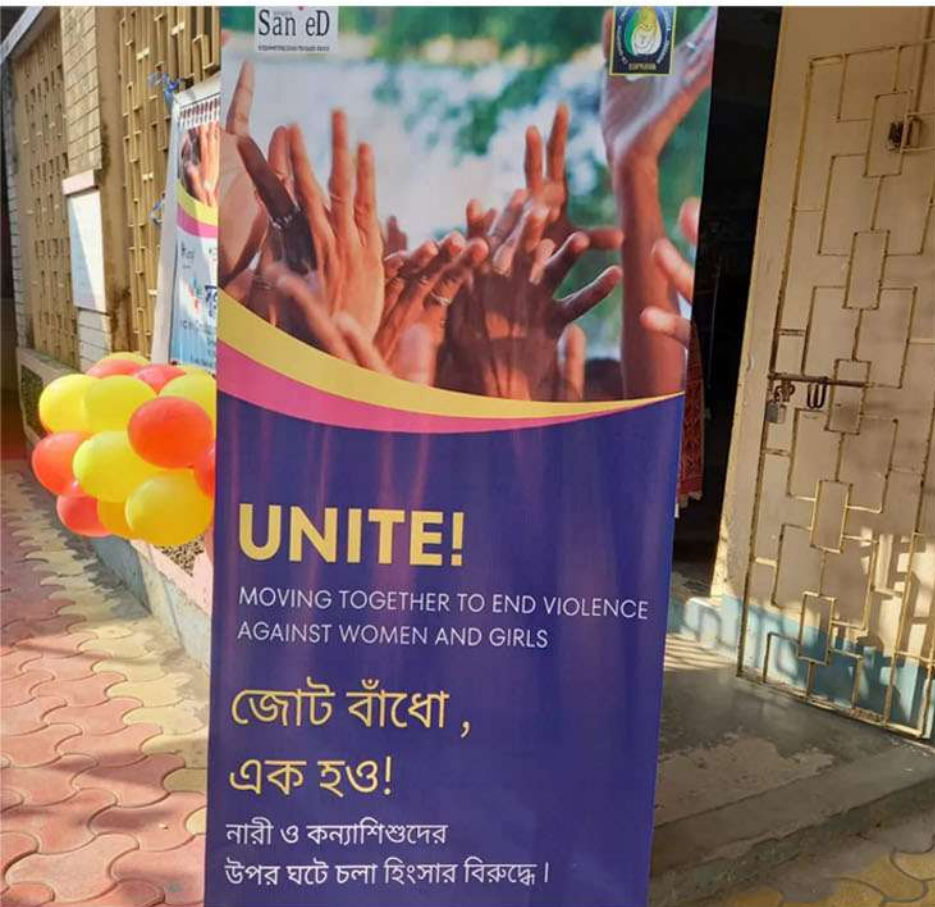




# Campaign on ending Violence Against Women and Girls

on 9th December 2022

Kolkata Sanved and Suprava Panchashila Mahila Uddyog Samity (SPMUS) organised a campaign on Ending Violence Against Women and Girls on 9th December 2022 in Behrampore, Murshidabad. This was a part of the 16 days of Activism against Gender-Based Violence (GBV) from November 25th to December 10th every year, and is observed by more than 6000 organizations at the Global level. The campaign highlighted the power of Dance Movement Therapy to heal and empower women and girls and enable them to emerge as leaders who can respond to GBV. The participants who had gone through the DMT healing and wellbeing process and the graduates of Training of Trainers (ToT) in DMT, received their certificates of completion on the day as well.



Power packed performances was presented by the adolescent participants. Community members, government officials and other stakeholders attended the program and took a pledge to end GBV.



# Community Awareness Campaign in Mandirbazar, Sundarbans

13th December 2022



Kolkata Sanved in collaboration with Sundarban Social Development Centre (SSDC) hosted a community awareness campaign and certificate ceremony for the leaders who had emerged from Sampoornata Wellbeing Club - a pilot initiative to create trafficking resilient communities using DMT.

The campaign held in Mandirbazar was attended in large numbers by members of the local community, Government officials, local school Teachers, Law enforcement officers and adolescent participants of the Well-being club along with their parents.





# KOLKATA SANVED'S ONGOING PROGRAMS

## Building New Constituencies

(July-December 2022)

*"DMT has given me hope and confidence that we can use this tool to understand our community's needs better and help them overcome their troubles"*

- Social Worker, ToT Programme Participant

The Building New Constituencies project aims to create an ecosystem where Dance Movement Therapy can be used as a holistic tool for social development. Kolkata Sanved worked with 19 adolescent girls and boys from Faridabad in collaboration with Karm Marg Charitable Society NGO, who participated in a Healing and Well Being Workshop for a span of 5 days in July. The main goal was to enhance their ability to regulate emotions, manage stress and reduce hesitation. The participants expressed that they found a safe space in the sessions to share and vent out their feelings. After the workshops, the adolescent girls and boys participated in 5 monthly sessions. Through the sessions, they learnt about cooperation, focus, coordination, creativity, listening, teamwork and concentration.







In August, we also conducted a residential DMT-based ToT Phase 2 workshop with eight field officers by collaborating with Partners for Urban Knowledge Action and Research (PUKAR) in Mumbai, Maharashtra. After the completion of the workshop, all participants completed their internship through which they engaged 80 young people in DMT sessions.

By the end of December 2022, we have successfully completed the DMT based-Training of Trainers (ToT) Programme for Social Workers with 3 organizations across 3 states, i.e., Maharashtra, Delhi and Rajasthan. This programme consists of two 5-day ToT workshops and 2 sets of internships which have been completed by all participants. 39 participants (comprising of field officers and teachers) from Gramin Shiksha Kendra (GSK), Sawai Madhopur in Rajasthan; Partners for Urban Knowledge, Action and Research (PUKAR), Mumbai, Maharashtra; and Chintan Environmental Research and Action Group, Delhi, completed their training and internship and engaged with 300 young people through DMT sessions in total, to be certified as Therapeutic Movement Facilitators. The participants shared how DMT had positively impacted their engagement with the youth and communities they work with by creating a safe space for them to address sensitive topics and conversations with empathy and effective communication.





## **Sampoornata Well-being Club**

**- a pilot model initiative to create trafficking resilient communities using Dance Movement Therapy (DMT)**

*Project updates (July - December 2022)*

A total of 40 advance capacity building sessions were conducted with identified adolescent leaders for strengthening their leadership skills. The advance capacity building sessions were facilitated by expert trainers from Kolkata Sanved with pro bono services. A linkage meeting with leaders and collaborative members were conducted so that the social structures can work in a joint effort for creating resilience within the community towards Gender based trafficking. For maintaining regular interaction with leaders and collaborative members, young Leaders have joined the network as members with KS staff facilitating the meetings. A community mobilization session was facilitated by leaders with support from DMT practitioners and social workers to orient community members and parents for forming secondary well-being clubs in the community with the peer groups. Leaders have formed 2 secondary well-being clubs with 30 participants in each club, through need assessment and have also conducted orientation sessions with them.

During the certificate ceremony held on 13th December at SSDC grounds in Mandirbazar, young leaders were awarded in the presence of 500 community members to encourage them towards sustainability of the project. An audiovisual documentary film has been developed to record the journey of the project since 2020 to 2022. Currently, leaders have initiated implementing orientation sessions at local schools amongst a wide of range of adolescent girls, to create awareness related to Gender Based Violence.





## Empowerment

### *Project updates (July - December 2022)*

Kolkata Sanved successfully completed online sessions with Empowerment Institute with 3 sessions on Global Community Master class being completed along with 5 sessions of Global Community Regional sessions and 5 sessions of Master Coach. Observation workshops were completed in 4 workshops with the two mentors Ms. Jhulan Mondol and Ms. Sabita Debnath along with their mentees Ms. Sandhya Karmakar and Ms. Bithika Roy.

One team successfully moved forward to the next level – Learn workshop with the 1 day learn workshop being conducted by Ms. Sandhya Karmakar under observation of mentor Ms. Jhulan Mondol in December 2022. The team is now preparing for its next fold of preparation workshops and master coach sessions.







## Post Graduate Diploma in Dance Movement Therapy - PGDDMT

*(with an exit option at the Diploma level – DDMT)*

After a well-deserved break for the students and Faculty, Academic classes resumed from August 2022 to end of September 2022 through the online Zoom sessions, following which the students geared up for their in-person face to face workshop based experiential session of 15 days, both in Mumbai and Kolkata. It was a very in depth, participatory, experiential laboratory for the students, to experience the practical aspect of Dance Movement Therapy.



The students have completed stage 1 of their internship online through peer group sessions and are now heading into stage 2 & 3 of internship where they will go to the field to implement their learned skills while simultaneously working on their required assignments and timely submission of the same.

### **WBCPCR Research Study to Assess the Mental Health and Child Care status of the Resident Children of Government run Child Care Institutes (CCIs) in West Bengal**

Between July 2022 to December 2022 Kolkata Sanved has completed data collection for this research project at 19 Child Care Institutions (CCIs) across different districts of West Bengal, covering 302 children between ages 11 to 18 years and 70 care providers.



# Healing and Wellbeing Program

## WEST BENGAL

### **Children's Home, Malda**

*"Through the relaxation process I could venture into an imaginative space and spend time there with birds, fountains and flowers." - a child resident at CCI*

24 DMT sessions had been conducted at Shaishali Shishu Kanya Abbas in Malda, covering over 222 adolescent girls from the CCI. The sessions focused on improving peer bonding and promoting emotional regulation among the residents through rhythm, movement and art.

### **Aftercare Center, Nadia**

*"DMT classes have improved bonding among ourselves. Earlier we did not eat together or spend time with each other but now we come together and do movement practice by ourselves even when the facilitators are not present." - an Aftercare resident*

24 DMT sessions have been conducted at Pankaj Acharya Mahila Niwas in Nadia, covering over 18 residents. The sessions focused on improving peer bonding and promoting emotional regulation among the residents while promoting body mind coordination through rhythm, movement and art.

## MAHARASHTRA

### **Bhiwandi Red Light Area , Thane**

*"I was missing my childhood village and I could recollect childhood memories when I was sitting with closed eyes and I could see my children playing and felt like crying but post healing touch and breathing exercises I felt relaxed and peaceful" - A Sex Worker*

20 sessions have been conducted with women from the Red Light Area between the age group of 25 to 50 years. The sessions focused on creating body mind awareness and enhancing focus and energy of the participants through bigger movements using the entire available space. The participants were also taken through mandala painting activity and other art therapy using rhythm and movement which helped them in expressing their emotions.

### **Bhiwandi Boys Home, Thane and Jalgaon Boys Home**

11 sessions had been conducted with the residents of Bhiwandi Boys Observation Home in Bhiwandi, enhancing body mind coordination and improving peer bonding among the participants. 16 Online sessions have been conducted with the residents of Jalgaon Boys Home for enhancing peer bonding, body awareness and enhancing emotional regulation through movement and sound.





## Sexual Reproductive Health Rights (SRHR) Program in IPER

20 DMT based SRHR sessions had been conducted with adolescent girls between the age group of 12 to 18 years of age. The sessions focused on creating awareness on menstrual health and hygiene, HIV and AIDS, Gender and Sexuality and Safe and Unsafe circle and concept of consent using Dance Movement Therapy. The participants were responsive and energetically took part in the sessions.





# Restoring Smile through dance

*"Before coming to DMT , I used to fight with everyone, bite people and could not concentrate on anything. I used to be sad and would stay alone. I wanted to die and would self-harm. Everyone thought that I was mad. However, after attending the DMT classes, I have become calmer, grounded and do not hurt others. I have started interacting with others , and trust them too. I love DMT because I have rediscovered myself through it".*

**- a DMT participant**

Restoring Smiles through Dance is aimed at trauma recovery of adolescent girls who are mainly the survivors of gender-based violence. Under this project, we conducted DMT sessions at 2 centers in Thane, Maharashtra, namely, Kshamata Transformation Center (KTC) and Bhiwandi Observation Home, and 3 centers in West Bengal, including one Government Child Care Institution, namely, Children's Home for Girls in Nadia, and at two community settings, Sickline, Kolkata and Suprava Panchashila Mahila Uddyog Samity (SPMUS), in Murshidabad. A total of 159 DMT sessions were conducted during this period, through which 144 survivors were reached. In August 2022, the DMT batch at Kshamata Transformation Center completed their certificate ceremony and in December 2022, 4 DMT batches in the remaining 4 centers, had their certificate ceremonies marking the completion of DMT module.

The sessions focused on reconnecting with sensation and awareness of one's own body, building a positive sense of self, coping with distress, regulating emotions, navigating social situations, communicating with confidence and developing leadership qualities. The feedback received from the participants included: higher sense of confidence while communicating and self-motivation, reduced self-harm and hesitation, greater peer-bonding, rediscovering vision and purpose for one's life.

We also reached 25 care providers at Suprava Panchashila Mahila Uddyog Samity (SPMUS), in Murshidabad, through 4 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 break free from the monotonous routine of their personal and professional life and enhance their understanding of trauma and the importance of self - care.



# Dance Movement Therapy Leadership Development (DMTLD)

*from July to December 2022*

Regular DMT training from July to October 2022 were being conducted at Anta-ranga Society for Social and Economic Development in Santiniketan, Nari O Shishu Kalyan Kendra (NOSKK) in Bauria, Howrah and Kshamata Transfor-mation Centre (KTC) in Thane, Mumbai.

The sessions included Movement Laboratory, Advanced Techniques of interven-tion along with personal growth sessions.

Monitory Visit was conducted along with scoping visit in August, at Santiniketan and Mumbai. Internships had started in November followed by residential training workshop in December 2022.



## Note of Gratitude

*Gratitude to all donors and well-wishers of Kolkata Sanved for their constant support and encouragement.*

