



SPECIAL EDITION

19 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.

Fourth Biennial Global Summit on Dance Movement Therapy for Change

TOSS (The Open Space Society) in Jaipur

12th & 13th January, 2023

Addressing a World in Crisis : Building Resilience Through Dance Movement Therapy (DMT) and Creative Art Therapy (CAT) organized by Kolkata Sanved (KS) & Centre For Lifelong Learning (CLL), School of Social Work, Tata Institute of Social Sciences (TISS), Mumbai. The venue was at TOSS (The Open Space Society) in Jaipur.



Summit 2023 focused on the scope of Creative Arts in building resilience to cope with a fast-changing world which have an adverse impact on ecological health and well-being. The concerns in this regard, encompass numerous phenomena occurring in recent times. Some of these include, climate change, public health crisis, conflict, disasters (natural and manmade), a growing discrimination/violation or denial of human rights for the marginalized sections of society (disability, ageism, gender, sexual orientation, economic status, cultural biases, people in conflict with law, indigenous people).

This Summit sought to bring together leaders in the field of DMT and other creative arts along with multiple stakeholders to integrate and demonstrate the transformative power of art-based intervention as tools for healing, development and empowerment.

The two-day Summit allowing time and space for experiential process, discussion and sharing with workshops, panel discussions, presentations and demonstrations. A gathering of 200 participants from 7 countries with 40 experts of social development, health and dance, movement, music, story-telling, visual arts, theatre of the oppressed, art installation, interactive discussion and plenary session with participants' sharing.



Creators of Peace Circle

The Asia Plateau, Initiatives of Change (IOC) in Panchgani

from 17th to 20th February, 2023

A great initiative of collective healing where the power of silence and self-reflection was explored by all staff members at the IOC in Panchgani.



International Women's Day

Veedol 100 Hall in Tolly Club, Kolkata

9th March, 2023

Kolkata Sanved in collaboration with Tollygunj Club celebrated International Working Women's Day on 9th march 2023 at Veedol 100 Hall in Tolly Club.

A DMT session on de-stressing technique was conducted for Staff and members of Tolly Club apart from donors/well-wishers of Kolkata Sanved.

The event was a huge success with more than 50 male & female participants.



Felicitation of Kolkata Sanved Senior Dance Movement Therapy Practitioner and Board Member on the occasion International Women's Day

Haldia Government college

March, 2023

Sr. DMT practitioner and board member of Kolkata Sanved, Sreeja Debnath, was felicitated at Haldia Government college on the occasion of their International Women's Day celebration today. Sreeja spoke about her journey of healing and empowerment through DMT to become a leader and changemaker.



Kolkata Sanved organised a community awareness session on psycho-social education through DMT with youth, adolescent girls and women

Bhagwangola, Murshidabad

13th March, 2023



Graduation Ceremony of Dance Movement Therapy Leadership Development Academy (DMTLDA)

Princeton Club, Kolkata

25th March, 2023



On 25th March, Kolkata Sanved hosted a Graduation Ceremony for the batch of 15 participants from Nari O Shishu Kalyan Kendra (NOSKK) in Howrah and Antaranga in Shantiniketan, who became Therapeutic Movement Facilitators after an 18-month DMTLDA program, an inhouse certification course on Dance Movement Therapy (DMT), primarily targeting learners from the grassroots.

The event was graced by Chief Guest Dancer & choreographer Tanusree Shankar and was attended by all faculties of DMTLDA, members of partner organizations and well wishers.



ABP covered the DMTLDA graduation ceremony on 25th March at Princeton Club. The 15 graduating students put up a spectacular performance depicting their eighteen month journey during the course and their self-transformation and empowerment.

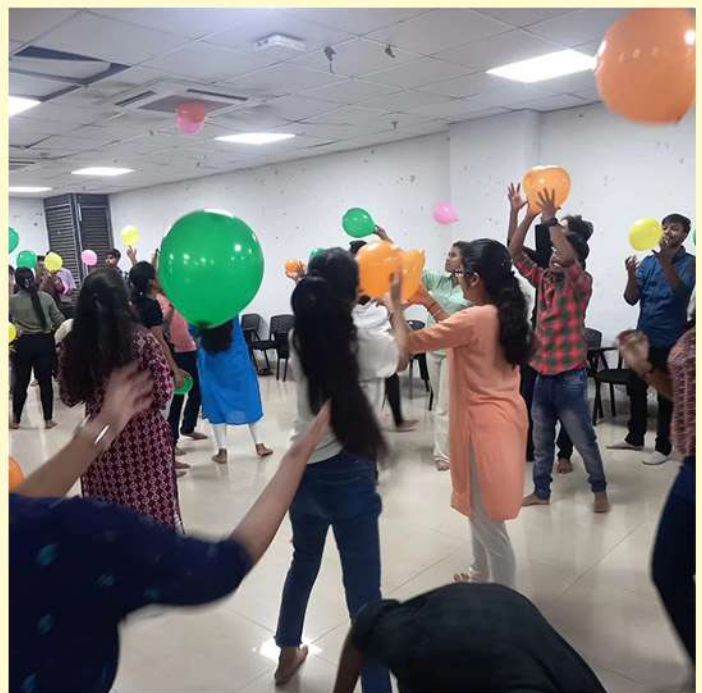


Dance Movement Therapy (DMT) session was conducted at Maulana Abdul Kalam Azad University of Technology

(MAKAUT), formerly West Bengal University of Technology (WBUT)

05th April, 2023

The session being 1st of its kind in the university campus, was thoroughly enjoyed by more than 65 students apart from the professors attending the session.



Ebar Unish – Kolkata Sanved Foundation Day

Dr. Triguna Sen Auditorium, Jadavpur University

28th April, 2023

Kolkata Sanved celebrated its 19th Foundation Day, Ebar Unish, on April 28th, 2023 in full flourish at Jadavpur University, Triguna Sen Auditorium. The preparation started with 9 days of capacity building choreography creation for 15 Dance Movement Therapy Practitioners under renowned Globally acclaimed Choreographer, Nongmeikapam Surjit Singh from Manipur.



Surjit Nongmeikapam

Surjit Nongmeikapam's Practice is an extraction from his own dream and creation from his imagination. His work is an extension of his different expressions as a healing process. Created from the unseen culture of his Manipuri roots, Surjit's artwork is brought to life without any fixed notation or choreography. His notation is not to be attached to one thought. It comes from "[his] heart", "which move on [him]" and "closer to [him]".



He is also an award-winning (PECDA) choreographer for his pieces Nerves (2014) and Folktales (2016). He has been awarded the AMI ARTS FESTIVAL YOUTH AWARD FOR PERFORMING ART, in 2021



The programme celebrated with the Kolkata Sanved's book launch *Jingle All the Way* by Chief Guest American A Panel Discussion was held with an introduction to the Book, where Head of Programmes – Ms. Samita Bhattacharya, Head of Dance Movement Therapy Leadership Development

Academy – Ms. Jhulan Mondol, Programme Director – Dr. Arna Seal, Book Designer – Proiti Roy and Kolkata Sanved's Founder – Director – Dr. Sohini Chakraborty discussed the creation, need and experience of the book and the programme. The panel was moderated by Dr. Urmimala Sarker Munsii - Professor for Arts and Aesthetics, Jawaharlal Nehru University (JNU), Delhi.

The programme's main attraction was the performance by DMT practitioners which not just wowed the audience but showcased the hard work and fruits of labour of Kolkata Sanved over a period of 19 years.




EBAR UNISH

PROGRAMME FLOW


1. Book Launch
2. Performance
3. Movement Circle

JOIN US TO CELEBRATE 19 YEARS OF EMPOWERING LIVES WITH KOLKATA SANVED!

28 APRIL | 06 PM



DR. TRIGUNA SEN AUDITORIUM
Gate No. 3 & 4
188, Raja Subodh Chandra Mallick Road



Catalysing Change Week, thought – provoking discussion on Creative Wellbeing and Social Wellbeing

Online Session

04th May, 2023

As a member of Catalyst for Change 2030, Kolkata Sanved was proud to host an online session for the Catalysing Change Week 2023. Our esteemed speakers Dr. Sohini Chakraborty and Dr. Arna Seal shared their insights on co-creating a collective care space for social change.



Catalysing Change Week 2023

Join the world's Largest event led by social innovators and entrepreneurs to share knowledge, exchange ideas and accelerate collaborative systems change.

Catalysing Change Week 2023



CREATIVE WELL-BEING AND SOCIAL CHANGE
Co-creation of a creative collective care space for social change

Dr. Arna Seal
Kolkata Sanved

Dr. Sohini Chakraborty
Kolkata Sanved

DATE: 4TH MAY 2023
TIME: 02:00 PM CEST/
05:30 PM IST

<https://bit.ly/3GVYBFW>

ADDA BAITHAK / SESAME CLUB organized by Centre for Interdisciplinary Studies and Research in Social Sciences – Sister Nivedita University (CISRS–SNU)

12th June, 2023

On 12th June 2023 Kolkata Sanved took part in the 5th ADDA BAITHAK / SESAME CLUB organized by Centre for Interdisciplinary Studies and Research in Social Sciences - Sister Nivedita University (CISRS-SNU). Panel discussion on "Dance Movement Therapy, Well-being & Rehabilitation" focusing on the transformative power of dance and its impact on holistic healing.

SNU IQAC **CATALYST 2030** **SNU SISTER NIVEDITA UNIVERSITY**

CENTRE FOR INTERDISCIPLINARY STUDIES AND RESEARCH IN SOCIAL SCIENCES
SISTER NIVEDITA UNIVERSITY, NEWTOWN, KOLKATA
(CISRS - SNU)
Organizes

5th ADDA BAITHAK / SESAME CLUB

"DANCE MOVEMENT THERAPY, WELL-BEING & REHABILITATION" BY KOLKATA SANVED

CHIEF GUEST

PROF. (DR.) ANUPAM BASU
PRO VICE-CHANCELLOR,
SISTER NIVEDITA UNIVERSITY

GUEST OF HONOR

PROF. (DR.) ASHOKE RANJAN THAKUR
MENTOR AND FORMER VC,
SISTER NIVEDITA UNIVERSITY

MODERATOR

PROF. (DR.) BULA BHADRA
PROFESSOR EMERITUS & DIRECTOR
CENTER FOR INTERDISCIPLINARY STUDIES & RESEARCH IN SOCIAL SCIENCES
SISTER NIVEDITA UNIVERSITY

DATE:
JUNE 12, 2023

TIME:
3:00 PM ONWARDS

TIME:
BOARD ROOM, GROUND FLOOR,
SNU

SOHINI CHAKRABORTY
FOUNDER & DIRECTOR
KOLKATA SANVED

SAMITA BHATTACHARYA
HEAD OF PROGRAMMES
KOLKATA SANVED

SREEJA DEBNATH
TRAUMA EXPERT
KOLKATA SANVED

TILOTTAMA CHOWDHURY
DMT SENIOR LEAD
KOLKATA SANVED





Online Certificate Ceremony to felicitate 39 community participants

30th January, 2023

On 30th Jan 2023, Kolkata Sanved had successfully organised a virtual certificate ceremony to felicitate 39 participants who had successfully completed a 5 day workshop and 2 sets of internships consecutively. These participants were from 3 community-based organisations in Maharashtra, Delhi and Rajasthan.

After completing their internships, these social workers will apply their learnings in the community and engage 300 young people in rural and urban settings. The entire program team from Kolkata Sanved, team members from the 3 partner organisations participated in the ceremony. The chief guest of the Certificate ceremony, Dr. Sabiha Vasi, Faculty & Programme Convenor, DMT, Centre for lifelong learning, School of Social Work, TISS, Mumbai shared, "This was wonderful joining you all and seeing first hand your journey with DMT trainings. Wishing you a great future in this field and lots of healing through you. Thank you so much for the invite, Sohini ji. I'm so glad to get a little more understanding of the incredible work you are doing".

Kolkata Sanved's Ongoing Programs:



Sampoornata Well-being club: Phase-II

A total of 240 secondary well-being club participants from 10 Gram Panchayets in Mandirbazar Block are attending DMT based sessions for self well-being and to become leaders who can bring a change in the community by creating resilience against Gender Based Violence and prevent falling prey to trafficking.



To aware community members about Gender Based Violence and its consequences upon adolescent girls and how it can be prevented, community based well-being center sessions are also taking place at various strategic locations for parents, care givers, youth and other community members. The sessions are being facilitated by 19 community volunteers under the supervision of senior DMT practitioners who became leaders after successful completion of Sampoonnata Well-being club module based sessions. The leaders/community volunteers along with social workers are regularly in touch with collaborative network members to plan out how to resolve issues or cases due to gender based violence and trafficking. The DMT practitioners and social workers are implementing monthly sessions for sensitization of parents and family members regarding GBV and the risk of early marriage and trafficking. The interest and engagement of community members is increasing day to day which may lead towards creating a resilient community against GBV and trafficking.

Restoring Smiles through dance — A Trauma Recovery Program

“Earlier I didn't like attending the DMT classes, I was unsure if I would stay here but now I am able to articulate my thoughts properly, my dream is to become a DMT trainer and teach others”.

“Before DMT my sleep was erratic and I had difficulty sleeping but now I sleep better”.

- 8 Follow Up sessions in Murshidabad was attended by 12 adolescent girls
- 3 Follow Up sessions in KTC Thane in collaboration with Kshamata attended by 8 adolescent girls
- 2 Follow Up sessions with Care providers at Bhiwandi Observation Home for girls attended by 8 care providers
- 19 Training of Trainers (TOT) sessions with 13 participants in Murshidabad.
- 1 session on Future DMT Implementation in Murshidabad attended by 23 participants and 5 care providers
- 3 day Internship training of 13 TOT (Batch 3) participants
- Monitoring, Feedback and Certificate ceremony of Batch 3 TOT participants in Murshidabad

The above mentions the no. of sessions conducted under Restoring Smiles through Dance Trauma Recovery program in community setting in West Bengal and both community setting and Child Care Institutions in Maharashtra. The follow up sessions in Murshidabad were organized as the participants live in communities where child marriage is an accepted reality and there is a high risk of gender-based violence and discrimination. As engagement with the girls had reduced, there was a high chance of drop out due to the mentioned factors. Hence follow up sessions were necessary to assess their progress after the sessions. 1 session was conducted on future DMT implementation to help the girls understand the next 5 year plan of working in Murshidabad on DMT and their engagement in the process. Through the follow up sessions in Maharashtra it was assessed that DMT had helped these girls in visioning their future and showed a positive shift in attending school regularly. They also used self care skills learned through DMT sessions for taking care of their mind and body. Through the follow up sessions we were able to understand how far they were holding onto the skills acquired



Healing and Wellbeing Program

Bhiwandi Red Light Area, Thane, Maharashtra

8 sessions have been conducted with women from Red Light Area between the age group of 25 to 50 years from January to June. The sessions focused on creating body mind awareness and enhancing focus and energy of the participants through bigger movements using the entire available space and generating positivity.

Bhiwandi Observation for Boys Home, Maharashtra

3 offline sessions were conducted at Bhiwandi Observation Home for Boys and the sessions were focused on reviews, feedback and closing of the session. Through the sessions residents improved peer bonding within the group. From May onwards 5 offline sessions were conducted and 30 participants were included in the sessions. The sessions were mostly focused on need assessment, Baseline data collections, creating body mind awareness and improving peer group bonding through body movements by using space of the area.

Jalgaon Boys Home in Maharashtra

2 online sessions were conducted at Jalgaon CCI for Boys. The sessions were focused on communication by getting reviews and feedback. Through the sessions, residents enhanced body mind coordination and improved peer bonding within the group.

Jonah, Ranchi

4 sessions have been conducted at Jonah, Ranchi in collaboration with Aahan Foundation. The sessions were arranged with adolescent girls between the age group of 12 to 18 years and focused on body mind awareness and creating awareness on self-care and emotions. The participants were focused and reflected various emotions throughout the session. "It is the first time I have attended any session where I can share my inner emotion without any fear. In the beginning of the session I was really tense and hesitant but now I am feeling free after the relaxation activity" a participant.

Sexual Reproductive Health Rights Program

Sundarban Social Development Centre (SSDC)

12 DMT based SRHR sessions have been conducted with adolescent girls between the age group of 12 to 18 years in two batches, in collaboration with SSDC. Through DMT the sessions focused on creating awareness on menstrual health and hygiene, HIV and AIDS, Gender and Sexuality, Safe and Unsafe circle and concept of consent. The participants were responsive and took part in the sessions energetically.



Suchana Uttar Chandipur Community Society

6 DMT based SRHR sessions have been conducted with adolescent girls between the age group of 12 to 18 years of age. Most of the participants of the session were from financially marginalized families in the remote villages of Birbhum. The sessions were mostly focused on the awareness regarding the menstrual health and hygiene, HIV, AIDS, brief understanding about the Gender, Sexuality, Gender stressors, Safe and Unsafe circle with the concept of consent through DMT.

Nari-O- Sishu Kalyan Kendra (NOSKK) in Bauria, Howrah



Kolkata Sanved conducted a 6 day workshop with 22 adolescent girls to create awareness about their body and health using Dance Movement Therapy. The participants were adolescents aged 14 to 22 years and came from the remote villages in and around Bauria, Howrah. They created a safe and sharing circle within the group and reflected strong peer group bonding through the sessions.

"I never thought that I would be able to share my doubts about my body with anyone and after the session I embraced my body without body shaming myself",
By a participant.



Building New Constituencies

Kolkata Sanved in collaboration with seven community-based NGOs across Haryana, Rajasthan, Maharashtra, and Delhi

Healing & Wellbeing in Karm Marg, Faridabad

On 20th June 2023 need assessment session of 22 adolescent participants were taken in 3 groups of Boys, girls and mixed in Karm Marg in Faridabad. The first Healing and wellbeing session was organized with the participants on 25th June, objective being movement vocabulary, coming out of comfort zone for old groups and self-awareness, identifying feelings in the body for the new group.

Positive Masculinity with participants of AZAD FOUNDATION

Kolkata Sanved in collaboration with Azad Foundation had developed a pilot initiative of promoting positive masculinity. The objective of the training program was to integrate a sense of positive masculinity through Dance Movement Therapy (DMT) and Creative Movement Therapy. The participants in the age group of 15 – 22 years will be taken through a series of activities to inculcate a sense of gender sensitivity and positive behavioral change. Going further, team members of the program will train the community leaders to apply the trends of positive masculinity in their daily life and support their community as a leader.

Two days of virtual positive masculinity training program was organized on 17th & 19th May with the team members. 17 team members from Kolkata Sanved team and 3 from Azad Foundation participated in the training. Going further, these team members will train 57 community leaders from Jaipur and Delhi to apply the trends of positive masculinity in their daily life.

On June 18th, need assessment was conducted with 23 participants in Rajsamand, Rajasthan.

ABHAS (Action Beyond Help & Support)



Need assessment was held with 2 adolescent groups one being boys group and one being girls group consisting a total of 50 participants on 28th June at ABHAS in Tughlakabad, Delhi Urban Slum.

Dance Movement Therapy Leader– ship Development Academy (DMTLDA)

Murshidabad and Mandirbazar

April, 2023

Scoping visits were arranged at Murshidabad and Mandirbazar in the month of march for discussions about the program, agreement signature (MOU), selection of participants, recruitment of Social Worker along with orientation.

Concluding phase of the 18 month DMTLDA program which included 15 youths from communities of Shantiniketan and Howrah, was arranged for closing the program with residential workshops, Certificate Ceremony and placement interviews for the batch of 2021-2023.

New DMTLDA batch started in April 2023 at Murshidabad with 21 participants from the remote villages of Balarampur, Mankara and 23 participants from the local villages of Shantiniketan. Simultaneously the program started in Bauria Howrah district with 25 youth participants from the local community.



Empowerment ICP Programme 2022–23

18th May, 2023

Kolkata Sanved was happy to have all three of its ICP 2022-23 members certify themselves as Apprentice, Mentor and Coach. An online certificate program was held on May 18, 2023 where an official graduation ceremony was presented where coach from various countries expressed their year long experience and the work completed along with their mentor and apprentice.

From Kolkata Sanved :

Ms. Sandhya Karmakar – was certified as Apprentice

Ms. Jhulan Mondol – was certified as Mentor

Ms. Namrata Kanuga – was certified as Coach.

Another feather to the hat of Kolkata Sanved was a formal invitation for

Ms. Namrata Kanuga from Kolkata Sanved to work as a Master Coach along with one more Member from Kenya, which was announced during the certification programme.

Hearty congratulation to all three team members for successfully completing a rigorous yet fulfilling programme.



Post Graduate Diploma in Dance Movement Therapy (with exit option at Diploma Level)

Mumbai and Kolkata

January, 2023

As the students completed their field internship and seminar papers, the staff and students have been busy with preparation and completion phase of their respective work. It has been a long journey for both towards a fruitful certification.

Parallely while the 2022 – 23 batch was arduously toiling to submit their final papers, preparation for the new academic year 2023-2024 started to take shape. Announcement and application process was completed in the month of June.



Kolkata Sanved thanks all our donors and well wishers who have always stood by us and supported our work and helping it to become an institution