## HEAL THROUGH DANCE

A KOLKATA SANVED NEWSLETTER-



#### **OUR VISION**

We dream for a healthy, violencefree, gender-equal, creative society of empowered individuals.

#### OUR MISSION

Our mission is to enhance gender equality and improve mental health and wellbeing 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. In an effort to achieve this, we are aiming to set up a Centre of Excellence (COE).

## AROHO UTSAB: A CELEBRATION OF MUSIC AND DANCE

RABINDRA SADAN, KOLKATA 06TH JULY. 2023



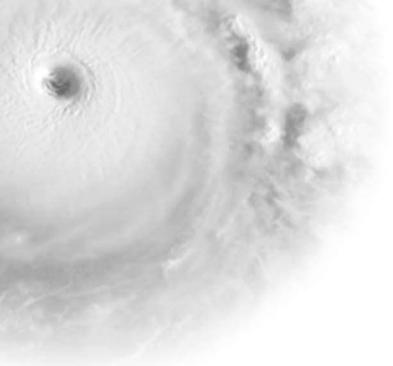




Kolkata Sanved collaborated with Aroho Academy, a renowned music learning and expressive arts organization with around 200 students under the esteemed principal-ship of noted singer Srikanta Acharya, Aroho Academy, for their spectacular 2nd Annual Event at Rabindra Sadan, Kolkata on 6th July 2023.



Kolkata Sanved joined forces with Aroho in the adaptation of a mesmerizing Tagore Dance drama. It was a true testament to the power of artistic collaboration and the joy it brings to our lives.



## PROJECT CYCLE MANAGEMENT TRAINING

#### **KOLKATA**

26TH - 29TH JULY 2023



A capacity building workshop in collaboration with Startup and Equidiversity Foundation was held from July 26 to 29, 2023. This training aimed to enhance the capabilities of our next-generation leaders within the organization.

Led by facilitator, Manisha Gupta, the workshop delved into project management insights that go beyond tasks to focus on people, processes, and effective leadership over the four days.

Heartfelt gratitude to our collaborative partners, Startup and Equidiversity Foundation, for making this transformative learning journey possible. An extraordinary four days of growth and discovery.



## WORLD DAY AGAINST TRAFFICKING IN PERSONS

RITWIK SADAN, MURSHIDABAD, KOLKATA 26TH JULY 2023



Through dance & skit, youngsters showcased the risks of falling prey to trafficking, captivating a packed audience of children, parents, Govt. stakeholders, and community members.





WORLD DAY
AGAINST
TRAFFICKING
IN PERSONS

Reach every survivor of trafficking, leave no one behind

TO RAISE AWARENESS AND PROMOTE PREVENTION AGAINST GENDER-BASED VIOLENCE INCLUDING HUMAN TRAFFICKING

30TH JULY

Kolkata Sanved hosted a program in collaboration with SPMUS Murshidabad, on the occasion of World Day against Trafficking in Persons to raise awareness and promote prevention against Gender-based violence including Human Trafficking, at Ritwik Sadan in Murshidabad.



Chief Guest Smt. Sudeshna Roy, Hon'ble Chairperson WBCPCR, emphasized the importance of being alert, aware, and taking action against predators.

The program concluded with a powerful human chain, united against trafficking.

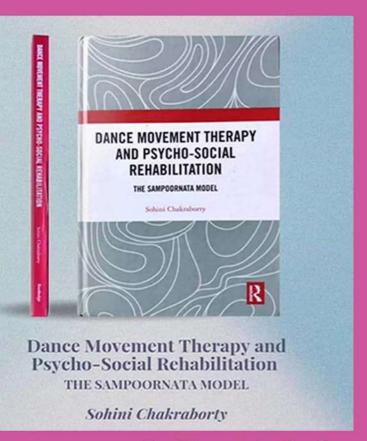
## SHINING BRIGHT ON NATIONAL HANDLOOM

#### **ROTARY SADAN**

7TH AUGUST 2023

Kolkata Sanved Team's captivating performance illuminated the event organized by SEWA Bharat at Rotary Sadan, Kolkata on 7th August.





## **NEW BOOK ALERT**

**KOLKATA** 

AUGUST 2023

Kolkata Sanved's Founder Director's thesis published as a book 'Dance Movement Therapy and Psycho-social Rehabilitation: The Sampoornata Model', available in hardback and Kindle edition through renowned publisher Routledge-Taylor and Francis Group.

This book is a significant contribution to the field, shedding light on the psychotherapeutic effects of Dance Movement Therapy (DMT) with a profound focus on survivors of gender-based violence. It delves into their journey of psychosocial rehabilitation, reintegration, and

empowerment within society. The foreword by V (Formerly Eve Ensler), playwright and founder of 'V'-Day & One Billion Rising, adds a unique touch. Through survivor interviews and detailed narratives, this book unveils the development, implementation, practice, and life-changing impact of the Sampoornata Model. Situated within India's social, cultural, and geographical context, this read is an invaluable resource for reimagining creative approaches, theories, and global practices of DMT.



## FAC DIRI SAT 2<sup>rd</sup> F

FACILITATED BY **Dr. SOHINI CHAKROBORTHY**DIRECTOR OF KOLKATA SANVED AND DANCE MOVEMENT THERAPIST

SATURDAY , 14th OCTOBER , 2023 | 4.00 PM - 6.00 PM

2<sup>nd</sup> FLOOR VIKAS HUB, CHEMBUR (EAST), MUMBAI

WORKSHOP FEE: Rs 2000/- | Anyone can apply





REGISTER NOW!

Contact us at: +91 99675 21121 Or vill@vipodha.org

# MOVE YOUR WAY TOWARDS WELL-BEING

CHEMBUR, MUMBAI 14TH OCTOBER 2023

Kolkata Sanved started a Well Being DMT workshop in collaboration with Vipodha Institute of Life-long Learning in Mumbai, on profit sharing basis. Participants are taken through a transformative experience at the DMT Workshop while exploring the power of movement.

## NURTURING MENTAL HEALTH

#### JATIN BAGCHI ROAD, KOLKATA 12TH OCTOBER 2023

Nurturing mental health through mindful movement. Every Thursday from 6:30 - 8:00 pm a transformative paid DMT session focusing on enhancing well-being at Rs.750 per session, exploring the power of movement as a tool for mental wellness.





12th October 2023 6:30PM-8:00PM

Flat 2C, Poulomi Apartment 23B Jatin Bagchi Road, Kol-29

MOVETO FEEL DANCE TO HEAL

Open for all- Every Thursday!

Email: kolkatasanved@gmail.com

Contact: 913335115381

## MENTAL HEALTH MATTERS

TISS, MUMBAI 3-5TH OCTOBER 2023

A three day Dance Movement Therapy (DMT) workshop in collaboration with MA Social Work in Mental Health, TISS, Mumbai explored the profound connection between mind and body, unleashing emotional expressions through the power of movement. Apart from this, in collaboration with the Office of Student Affairs an enlightening one-day stress management workshop benefiting 60 dedicated staff members of TISS was organized.





## DANCE MOVEMENT THERAPY WORKSHOP

Kolkata Sanved x TISS





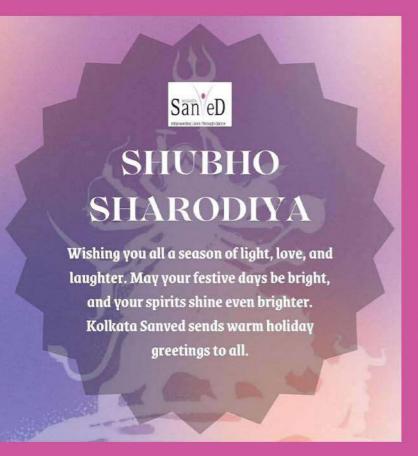
3RD-5TH OCTOBER, 2023

#### **WORLD MENTAL HEALTH DAY**

On the occassion of World Mental Health Day on 11th October Kolkata Sanved conducted a Dance Movement Therapy (DMT) session with children from 10 schools at Sarat Sadan, Howrah under Howrah Municipal Corporation. The program was organised by Jayaprakash Institute of Social Change in collaboration with District Child Protection Unit & District Mental Health Program and was aimed at creating awareness among children on mental health issues. The DMT session was highly appreciated by students & their Teachers.







## SHUBHO SHARODIYA, SHAROD ADDA

KOLKATA SANVED OFFICE, KOLKATA
19 OCTOBER 2023

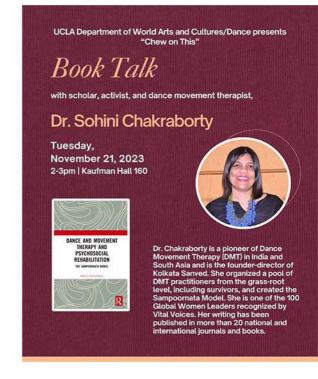
Sharod adda was celebrated with usual pomp and enthusiasm in KS office, as in the previous years. Staff put up various dance performances, apart from vocals and humorous skits, ringing in the festivities with vigour and passion.

## BOOK LAUNCH AT VITAL VOICES

WASHINGTON DC, USA

21ST NOVEMBER 2023

Proud Moment for Kolkata Sanved as Dr. Sohini Chakraborty's book on her research work on Dance Movement Therapy and Psycho-Social Rehabilitation gets launched at a prestigious event hosted by Vital Voices a non-Govt. organisation in Washington DC, USA, that invests in Women Leaders across the Globe.





After the successful book launch, several book talk events were held at Drexel University, UCLA, Brigham Young University in Utah, School of Social Work at University of Michigan and American.

## **MULLIN WELCH LECTURE ON BREAKING** BARRIERS WITH DANCE MOVEMENT **THERAPY**

**CEW UNIVERSITY, MICHIGAN** 







## San eD

## BOOK TALK

DANCE MOVEMENT THERAPY AND PSYCH-SOCIAL REHABILITATION: THE SAMPOORNATA MODEL

BY DR. SOHINI CHAKRABORTY FOUNDER, KOLKATA SANVED



VENUE:

DEPARTMENT OF DANCE, BRIGHAM YOUNG UNIVERSITY (BYU)

UTAH, SALTLAKE CITY

THURSDAY 9 NOV 2023

DATE:

This book speaks about the psychotherapeutic This book speaks about the psychotherapeutic effects of Dance Movement Therapy (DMT) with a focus on the experiences of survivors of gender-based violence and their social development, psychosocial rehabilitation, and reintegration within society.

## **BOOK TALK**

#### **UTAH. SALT LAKE CITY**

9 NOVEMBER 2023

Dr. Sohini Chakraborty shared Kolkata Sanved's transformative journey with the Sampoornata Model at CEW University of Michigan on November 14. This cherished opportunity, bestowed by CEW, Jackson, and the Dasler family, recognized Dr. Sohini Chakraborty as the 2023 Mullin Welch Lecture Scholar, acknowledging her work in healing activism, innovation, creativity, strength of character, and expansive vision. These qualities resonate with the remarkable Elizabeth Mullin Welch, in whose name the lecture is dedicated.



## EMPOWERING VOICES, BREAKING THE SILENCE

CIT ROAD ROAD, KOLKATA

25 NOV-10 DEC 2023

Kolkata Sanved took to the streets on International Day Against Violence Against Women with a powerful street play at CIT Road, Kicking off a two-week drive from Nov 25 to Dec 10. Kolkata Sanved stands united for the prevention of violence against women and girls.





A street play being enacted at CIT Road on Saturday as part of a mass awareness rally regarding prevention of sexual harassment at workplace on International Day Against Violence





## **HUMAN RIGHTS DAY**

KALA KENDRA, KOLKATA

10 DECEMBER 2023

An impactful celebration of Human Rights Day, where in Kolkata Sanved took centre stage at Kala Kendra, presenting a stirring performance at the event themed Diversity Utsav, organized by Azad Foundation in collaboration with Know Your Neighbour and Swayam. The event welcomed community leaders and college students for an afternoon of songs, dance, and insightful discussions on embracing diversity.

Following the spectacular performance, KS team engaged the audience in a delightful movement session participated by one and all.





## PROFESSIONAL DEVELOPMENT

KOLKATA

12TH DEC 2023

Kolkata Sanved is dedicated to continuous growth and development. On 12th December all Staff actively participated in 'Strengthening Workplace Environment' workshop, fostering a culture of sustained excellence within the organization.

## CONFERMENT CEREMONY

TISS. MUMBAI

15TH DEC 2023



Celebrating the remarkable achievement of the Diploma in Dance Movement Therapy (DDMT) Conferment Ceremony for the Batch of 2022–2023, organized by Kolkata Sanved in collaboration with Centre for Lifelong Learning (CLL), School of Social Work (SSW), Tata Institute of Social Sciences (TISS), Mumbai on December 15, 2023 at Convention Centre, TISS Mumbai.

Special thanks to our Chief Guest, Dr. D.S. Gangwar (Retired IAS), for gracing the occasion.

A hearty congratulations to the 25 graduates, including 18 from Mumbai and 7 from Kolkata. Notably, three students from previous batches also received their well-deserved diplomas.



## KOLKATA SANVED'S ONGOING PROGRAMS:

#### SAMPOORNATA WELL-BEING CLUB



Project: To create trafficking-resilient communities using Dance Movement Therapy

**Target groups:** The target group are young adolescent girls who are at risk of trafficking and other forms of gender-based violence and further include community volunteers

Partner organization: SUNDARBAN SOCIAL DEVELOPMENT CENTRE (SSDC) a non-profit organization registered under the West Bengal Society Registration Act 1961, and having registered office situated in Sundarban delta region at Village – Sultanpur, P.O. – Krishnanagar, District – South 24 Parganas.

Location: Mandirbazar Block, South 24-parganas District, West Bengal, India

The Mandirbazar block in Sundarban is prone to natural disasters like floods and drought leading to low agriculture yields and employment opportunities. As a result, poverty is widespread. The intersection of poverty with oppressive patriarchal norms leads to high incidence of early marriage and trafficking within this block. The internalized patriarchal mindset of women and girls often leads them to accept discrimination and violence as inevitable. The impact of COVID – 19 pandemics brought to

The impact of COVID – 19 pandemics brought to the forefront the economic and societal inequalities that are among the root causes of increase in human trafficking and other forms of gender-based violence.

The project is implemented at 10 Gram Panchayats (GPs) - Anchna, Dhanurhat, Gabberia, Ghateswar, Chandpur-Chaitanyapur, Jagadishpur, Kecharkur, Krishnapur, Nishapur and South Bishnupur) located in the Community Development Block (CDB) of Mandirbazar in South 24 Parganas district of West Bengal (State) in India (country). In 4 Gram Panchayats of Mandirbazar, Kolkata Sanved's pilot program, Sampoornata Well Being Club, was implemented from 2020 to 2022 with support from BMZ SSF and AWO International and has been successful in enabling its participants (111 adolescent girls) to enhance their resilience in the face of human trafficking and other forms of gender-based violence.

By end of phase 1 of the project, 20 adolescent girls emerged as leaders who can work as community volunteers. The capacitated leaders independently implement sessions using DMT in peer groups and other community adult members under the supervision of DMT practitioners.

As Mandirbazar has 10 Gram Panchayats, there was still a pressing need for adolescent girls to build life skills through which they can become more resilient towards risks of trafficking and other forms of gender-based violence. Since completion of the pilot phase, Kolkata Sanved has established 8 Secondary Well-Being Clubs, to cater to 240 adolescent girls from across 10 GPs. In addition, due to the increase in family-based forms of gender-based violence including discrimination and domestic violence, there is a major need to mobilize a wider community in terms of generating awareness against GBV in forms of child marriage, trafficking in persons, domestic violence etc. Parents of adolescent girls, their neighbours, and local school teachers have been considered as the primary target population in this case, as the young girls majorly spent their time with these groups.

Several community members (including parents of participants, young mothers, and newly married women) have expressed interest in availing psychosocial and well-being support when faced with such violence. They learned about the effectiveness of Dance Movement Therapy in improving mental health and well-being from the young girls who underwent the training in the previous phase. Dance Movement Therapy is the psychotherapeutic use of movement to promote the individual, emotional, social, cognitive, and physical integration, to improve health and well-being.





## RESTORING SMILES THROUGH DANCE — A TRAUMA RECOVERY PROGRAM

#### Restoring Smiles through Dance (Trauma Recovery and Healing) in Maharashtra

The new Cycle of Restoring Smiles through Dance in various different sessions in Maharashtra which included enrollment of the participants, Baseline Data Collection along with the Care Providers session at the two CCIs in Dongri Children's Home for Girls and Kshamata Transforming Center.

One session with the Care Providers was also arranged at Kshamata Transforming Center. Approximately 28 participants attended the sessions at two CCI's.

"I was enjoying the movements along with the music which made my day brighter."

"After the session was over, I was a little bit sad that I have to wait for another week to participate in the free movement in the group."



#### Restoring Smiles through Dance (Trauma Recovery and Healing) in Murshidabad

The new Cycle of the Restoring Smiles through Dance included various different sessions at the Murshidabad. This included the Volunteers Orientation, Enrollment of the participants, Baseline Data Collection along with the Family Sensitization Sessions.

Between July 2023 to December 2023 Kolkata Sanved completed 40 Baseline data collection at Balarampur & Bhagwangola-I Center in Murshidabad. After completing the Orientation with the participants, Kolkata Sanved also included the parents of the participants for their sensitization and awareness regarding issues on Gender Based Violence.

Four family sensitization sessions were arranged at Murshidabad along with 10 sessions were completed with the adolescent participants. 24 family members (approx) and 38 (approx.) attended the sessions at Murshidabad.

A scoping visit was arranged with Mahima India, a collaborative partner in Kolkata. The scoping visit was organized for identifying vital partners while ensuring appropriate culture context and language abilities to make a meaningful conversation for the upcoming project work on Restoring Smiles through Dance.

"We really hope to get the essence of the Dance Movement Therapy sessions with the help of Kolkata Sanved; so this opportunity of collaboration will be really helpful for our care providers to assess their well-being."



#### **EMPOWERMENT**

Kolkata Sanved in affiliation with Empowerment Institute, USA has been conducting Empowerment Workshops all over West Bengal since 2017. After a successful First Knowledge Exchange visit in Rajasthan in June 2023, Kolkata Sanved Empowerment Team returned to further work on their programs with renewed enthusiasm and vigor. The team will complete two workshops by January 2024, wherein one has been completed in December 2023. This workshop was a first for the team to be conducted with a Male population in Kolkata. Till date Kolkata Sanved Empowerment Team has only worked with women population. The team consisting of Ms. Jhulan Mondol, Ms. Sandhya Karmakar and Ms. Namrata Kanuga were successful in their endeavors to start reaching out to the male population as it had been observed that there was a growing demand from the male population for similar workshops. The workshop had a total of 18 youth members. Success of this workshop has rejuvenated the team to take this step further towards reaching the rural male population in the coming future.





At the same instant it is a huge evolution of the 17 Imagine Global Coaches from around the World who have been entrusted by the Empowerment Institute and Imagine, USA, to venture out as a Network and take the ICP programme and IMAGINE Network out to the World. The 17 Global Coaches belong to various walks of life, residing in countries like – Nigeria, Kenya, Jorden, Egypt, India, Rwanda, Ghana, Morocco and South Africa.

## SEXUAL REPRODUCTIVE HEALTH AND RIGHTS

Three sessions with the staff were conducted for about three hours each over a period of three days within three months. Based on the review meeting conducted by the project associate, need was assessed for In-house capacity building of practitioners on several topics like Menstrual cycle, Health & Hygiene, HIV, AIDS, Gender and Sexuality etc.

"The session helped me to learn new things which I can implement in my working or implementing in the field where I work."



#### Scoping Visit at South 24 Pargana (SRHR and Healing Wellbeing)

A visit was arranged with Jeevika Development Society, a collaborative partner at South 24 Parganas. The scoping visit was organized for building community and identifying vital partners while ensuring appropriate culture scoping context and language abilities to make meaningful conversation for the upcoming project work.

#### Scoping Visit at Murshidabad (Healing Recovery and Wellbeing)

A scoping visit was arranged at Murshidabad, West Bengal. The team also explored the scope of implementing DMT sessions for the well-being of the community members especially well-being of the adolescent girls through trauma healing and recovery program. NGO Suprava Panchashila Mahila Uddyog Samity (SPMUS) as a collaborative partner provided a venue for DMT sessions where local community adolescent girls and their parents can access the sessions.

### **BUILDING NEW CONSTITUENCIES**

The Psycho-Social Intervention Program initiated by Kolkata Sanved comprises two major components: Healing and Wellbeing of individuals (encompassing both youth and adults) and the Training of Trainers (TOT) to establish a network of Therapeutic Movement Practitioners for grassroots implementation of Dance Movement Therapy (DMT) for the betterment of both individuals and communities.

Healing and Wellbeing of Youth and Adults:

#### Karm Marg (Faridabad, Delhi):

Between July and December 2023, Kolkata Sanved conducted 12 Healing and Wellbeing sessions with 22 adolescent boys and girls at Karm Marg. The focus areas included Acceptance, Sensitivity, Movement Vocabulary and Creativity, Body Awareness, Anger Management, and Empathy. Positive impacts were observed, with participants developing acceptance, sensitivity, empathy, and active listening skills.

#### Action Beyond Help & Support (ABHAS), Tughlakabad, Delhi Urban Slum:

Pic Given A total of 24 Healing and Wellbeing sessions were conducted with 34 adolescent girls and 27 adolescent boys. The main objectives were to foster self-awareness, explore and expand movement vocabulary, introduce emotions, create a grounding experience, and provide a safe space for holistic development in physical, emotional, cognitive, and social aspects.



## Bhiwandi Boys Home, CCI in Maharashtra:

In the Bhiwandi Boys Home, Kolkata Sanved implemented Healing and Wellbeing sessions with floating attendance averaging 25–30 adolescent boys. The sessions aimed at promoting self-awareness, movement exploration, team building, and sensitization.





#### Kshamata, Maharashtra:

In the Bhiwandi Red Light Area, Kolkata Sanved conducted Healing and Wellbeing sessions with approximately 10-15 adult women. The DMT sessions focused on providing relaxation and healing, teaching self-care mechanisms, and empowering the women to implement these practices in their daily lives.

Under Building new constituency Kolkata Sanved collaborated with organisations in different parts of the India to implement Training of Trainers Program that aimed at building a brigade of Therapeutic Movement Practitioners who can propagate Dance Movement Therapy at the grassroots level. By imparting knowledge and skills to individuals, Kolkata Sanved aims to create a sustainable network of practitioners contributing to the overall wellbeing of communities.



## Training of Trainers Program on Enhancing Positive Masculinity with Azad Foundation (Delhi and Jaipur):

Focus here was on developing young leaders within communities, equipping them with the knowledge and skills to promote positive masculinity, gender sensitivity, and agency through Dance Movement Therapy. In July 2023, a six-day residential workshop was conducted with 57 young boys in two batches. In December, a two-day refresher workshop was organized for 28 selected young leaders to enhance their capacity before implementing the program in their communities. First draft of the curriculum on positive masculinity was completed in December 2023. Upon completing the process, young leaders will implement DMT in their respective communities.



#### Training of Trainers in Vishakha, Jaipur:

In December 2023, Kolkata Sanved conducted another TOT workshop in Jaipur, engaging 28 participants. These participants include young adults within the organization and community leaders. A field and movement-based need assessment has been done before the workshop to get a better understanding of the participants and community's need.

#### Training of Trainers with Muskaan, Bhopal:

In December, a TOT workshop was facilitated in Bhopal with 22 participants, consisting of both Muskaan staff and community leaders. The organization plans to implement DMT for the empowerment of de-notified tribes, utilizing DMT as a tool in their programs. Kolkata Sanved's team visited the "bastis" of the de notified tribes to get an idea about their daily life, challenges, socio-cultural and economic situation of the community and design the workshop as per need.



## DANCE MOVEMENT THERAPY LEADERSHIP DEVELOPMENT ACADEMY (DMTLDA)

#### SANTINIKETAN, HOWRAH AND MURSHIDABAD

This program operates with 60 participants in three districts of Santiniketan, Howrah and Murshidabad. During the implementation of the sessions, participants were given information on the following topics:

- 1. ORIENTATION AND INTRODUCTION TO DMT
- 2. EXPERIENCE DANCE AND MOVEMENT
- 3. HEALING PROCESS AND PRACTICE



After their internships in the month of October in the above mentioned three areas, the second semester started in three places from the month of November, on various subjects in an advanced way.

1. Advanced Techniques of Intervention – Application of Metaphor as tool of empowerment

2.Advanced Techniques of Intervention – Application of Body awareness and Physical sensation in DMT practice.

Second semester includes sessions on Communicative English and Personal Growth group and individual sessions have started in all the three areas from November.



# POST GRADUATE DIPLOMA IN DANCE MOVEMENT THERAPY (WITH EXIT OPTION AT DIPLOMA LEVEL) BATCH

KOLKATA AND MUMBAI



Kolkata Sanved in affiliation with Center for Lifelong Learning (CLL), School for Social Work (SSW), Tata Institute of Social Sciences (TISS), Mumbai started its new batch of 2023–24 Academic program from August 2023, running parallelly both in Mumbai and Kolkata in an in-person format with 29 students enrolled in Mumbai and 4 students in Kolkata.



2022–23 Batch Convocation was completed on December 15th, 2023 at TISS Convention Centre, Mumbai with a total of 25 students Graduating – 18 from Mumbai and 7 from Kolkata.

Hearty congratulations to all our Graduates!!



All our donors and well wishers who have always stood by us supporting our work and helping it to become an Institution.