



KOLKATA SANVED

Heal. Transform. Empower.

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 wellbeing using DMT.

KS works for empowerment of marginalized individuals, including children, adolescent girls, youth & women through DMT and other creative arts. KS has created the culturally contextualized approach to DMT, coined model Sampoonata (meaning “fulfilment”) and focuses on holistic well-being including all aspects of an individual: physical, emotional, mental, spiritual and social. KS’s evidence based model has focused on empowering individuals by bringing about a “change within”. KS facilitates well-being through integration of body and mind using experiential and spontaneous dance and movement processes. The creative innovative modalities have been proven to enhance self-expression, build self-esteem and empower individuals to become agents of change in their communities. The most distinctive feature of the process is that it gives the harmony of the body, peace of mind and brings a new spirit in life.

VISION

A healthy, violence-free, gender-equal, creative society of empowered individuals

MISSION

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.

GOAL, DREAM, PURPOSE

Promote Dance, DMT & Arts as a medium for transforming individual’s lives to lead with dignity

Creating spaces for individuals to express, heal & empower themselves and others

Mainstreaming Dance, DMT and Art as collaborative and shared vision for social change



*“After entering
DMT, now I lead a
healthy and
productive life
fueled by a new
identity that I
constructed myself”*



IMPACT SNAPSHOT

- KS's flagship programme DMT for mental health and wellbeing and training of trainer expanded to **7 states in India**, has collaborated with **60+ organizations and government departments** across South Asia and connected with **200,000+ from civil society**
- **65,000+** survivors of violence and marginalization have accessed DMT to **heal and empower** themselves and enhance their own wellness
- KS has developed a structure for **Dance Movement Therapy Leadership Development** for individuals emerging from marginalized communities. **130+** such individuals have grown and transformed themselves into DMT practitioners, & change-makers. **10+ such DMT practitioners have been individual recognized at national and international levels.**
- **40+** social workers and care providers in different organizations have been trained to apply DMT to their work in various settings.
- During the COVID pandemic, KS adapted DMT to a blended methodology (online and in person), through which **psychosocial support was provided in Pan India during the pandemic 1000+ individuals-**including children living in Child Care Institutions, girls and women living in community settings where there is high risk of violence and front line social workers.
- During the COVID and Amphan super cyclone crises, KS worked in crisis response to provide relief materials to 7000 families in West Bengal.

- KS has built a **strong collaboration with the Department of Women and Child Development and Social Welfare, Government of West Bengal & Maharashtra**, through work in Child Care Institutions.
- **Academic credibility for Dance Movement Therapy in India** has been built through KS's partnership with **Centre for Lifelong Learning- Tata Institute of Social Sciences, Mumbai** to implement **Post Graduate Diploma Programme in Dance Movement Therapy**, with **170+ graduates.**
- Kolkata Sanved was featured in an international documentary film "**Little Stones**" with **70+screening globally** and very recently KS's work showcased at **Oprah Winfrey Network (OWN).** Kolkata Sanved has received **10+ national and international awards** for its work which has been published in more than **12+ national and international journals and books** and featured on more than **50 news media outlets.**
- The book "**Dance Movement Therapy and Psycho-social Rehabilitation: The Sampoornta Model**" was published through Routledge- Taylor and Francis Group in 2023. This book delves into KS's journey of psycho-social rehabilitation, reintegration, and empowerment within the society.

KOLKATA SANVED WORKS TO CONTRIBUTE TO FOUR SUSTAINABLE DEVELOPMENT GOALS (SDGS):

SDG 3: Good Health and Well Being

SDG 4: Quality Education

SDG 5: Gender Equality

SDG 17: Partnerships for the Goal



kolkatasanved.org



kolkatasanved@gmail.com

@KOLKATASANVED

