

Walking the Path of Dreams





KOLKATA SANVED ANNUAL REPORT 2019-2020

CONTENTS

- 02 Director's note
- 04 Highlights for the Year 2019-2020
- 06 Healing, Recovery and Empowerment:
Sampoornata Direct Outreach
- 10 Centre of Excellence (Leadership, Training
and Academics)
- 12 Monitoring and Evidence Generation
- 14 Events: Performances, Conferences and
Campaigns
- 18 Organisational Strengthening
- 20 Stories of Change
- 24 Administration and Finance
- 27 Financial section

Director's note

EMBRACING AND CELEBRATING 15 YEARS OF KOLKATA SANVED....

This year has been very special for Kolkata Sanved as we completed 15 years on 29th April, 2019. Right now, we are standing at a very special moment in our journey. It has been a journey of learning, reflection and growth. This journey was nurtured through dreams, hopes, passion and vulnerability. Our biggest achievement has been transforming Dance Movement Therapy from a tool for psycho social rehabilitation to a powerful agent of social change. What started as a dream for a group of 5 people is now a collective vision: Sanved's dream has now become a movement with more stakeholders from various communities lending voice to the cause. Through KS's efforts, the concept of dance and DMT as an alternate mode of recovery and healing is now widely accepted. For all of us, the journey till this moment has been very powerful.

The journey was not without obstacles. At the beginning of the journey, DMT & other expressive art therapies were not widely used or available. Therefore the idea that this could be an alternate mode of healing was challenged. The idea of having survivors at the forefront of the organization as change leaders, DMT Practitioners and healers also alienated many. However even in the face of adversity our positive energy, spirit and hope kept us going. We did not give up even when we struggled for acceptance or faced financial crunches 2 to 3 times. We met these challenges with the commitment to consistently evaluate our growth and learn from it, in order to reach the next stage. Our grit and determination enabled us emerge as important stakeholders in the social development sector, having a lasting impact through our work in the past 15 years. Most importantly, we embrace and celebrate our journey, whichever

way it came. We are looking forward to the next decade.

Thank you for being with us and believing in us. Without your love, wishes and support it would not have been possible for us to successfully complete 15 years. Lots of people have extended their support in implementing our vision and have helped us to move ahead with our passion, dreams, creativity and innovation. They have helped us in our critical moments, and held our hand during our periods of struggle. Kolkata Sanved acknowledges each and every programme participant, all partner organisations, donors, volunteers, friends, well-wishers and all of you. Today is the day to acknowledge our hard work, and to express gratitude for your support in enabling us to reach and celebrate this milestone.

Sohini Chakraborty
Secretary & Founder Director

"Dream, Dream, Dream. Dreams transform into thoughts and thoughts result in action."

- APJ Abdul Kalam



Highlights for the Year 2019-2020

2019-2020 was Kolkata Sanved's 15th year. We began by celebrating our Foundation Day on 29th April, 2019, and moved on to continue with our programmes for Healing, Recovery and Empowerment through Dance Movement Therapy.

This was a year marked by celebration of organisational impact as well as of the independent leadership of our DMT practitioners.

We reached 920 participants, using Dance Movement Therapy (DMT) as a tool to work towards healing, empowerment and emancipation.



- Kolkata Sanved was selected and contracted by West Bengal Commission for Protection of Child Rights (WBCPCR) to collaborate in conducting a research study assessing the care gap and its impact on the mental health of children residing in government Child Care Institutions.
- Kolkata Sanved was given the Ladies Study Group Charitable Trust Award, which is conferred to NGOs displaying outstanding dedication and commitment in their work for a social cause. On 11th December, 2019, we received this award from Former President of India, Dr. Pranab Mukherjee.
- Sreeja Debnath, Founder Member and Senior DMT practitioner at Kolkata Sanved, was recognised for her work and leadership through two prestigious awards. In April 2019, she was selected as a finalist in CII Foundation's Women Exemplar Program. In October, she was given the Swayamsiddha Award by Ei



- Samay, in recognition of the struggles she has overcome to empower herself and work for the betterment of society.
- Sabita Debnath, Founder Member and Senior DMT practitioner, independently initiated 'Bloom'- a project consisting of DMT sessions for women living in two red-light areas. She took on the tasks of planning, rapport building and conducting DMT with the participants, who found DMT to be a freeing experience.
- Jhulan Mondal, Founder Member and Senior DMT practitioner, received the Courageous Leadership Award (Senior Category) at Women Economic Forum held in Perth, Australia.
- Durga Madhar, Senior DMT practitioner, received the Courageous Leadership Award (Junior Category) at Women Economic Forum held in Perth, Australia.
- Mehraj Khatun, DMT practitioner from Kolkata Sanved, performed

- Bharatanatyam at Kolkata Sanved's Foundation day celebration as a culmination of a 3-year long course in Bharatanatyam at Darpana Academy of Performing Arts, Ahmedabad.
- Our Founder Director, Dr. Sohini Chakraborty, completed her PhD in Social Sciences from Tata Institute of Social Sciences, Mumbai. Her doctoral thesis was a significant step in further integrating the Sampoonata approach to DMT into academic frameworks.

Though this year was marked by much activity and celebration, it ended on a very different note due to the outbreak of the COVID-19 pandemic. From 19th March, 2020, the Kolkata Sanved office was closed and all employees began working from home. We began to understand that we would need to adapt our work to the difficult and uncertain situation of the pandemic and devise newer and more creative ways to reach out to our participants.

Healing, Recovery and Empowerment: Sampoornata Direct Outreach



The Sampoornata Direct Outreach programme consists of Dance Movement Therapy (DMT) sessions conducted with groups of individuals, most of whom are from marginalised communities. These sessions are aimed at enhancing well-being and creating healthy and empowered individuals and communities. DMT sessions are conducted either on weekly basis (2

hours per session) or in workshop mode (a cluster of 2 to 3 sessions conducted on a bi-weekly or monthly basis with 4 hours per session).

Through collaboration with partner organisations we reached members of several marginalised communities: survivors of gender-based violence, children in need of care and protection

living in Child Care Institutions (girls and boys), adolescent girls living in community settings and in residential schools, and people living with mental illness. DMT sessions for each participant group were done based on a need assessment. Some of the projects are also based on pre-designed modules.

At a Glance: Healing, Recovery and Empowerment

	Project	Organisations/ Institutions	Number of Participants Reached
1	Healing, Recovery and Life Skills	5	135
2	Trauma Recovery	5	117
3	Empowerment workshop	6	156
4	Sexual and Reproductive Health and Rights (SRHR)	8	294
5	DMT for Boys Living in CCIs	2	45
6	DMT with Care Providers	2	25
7	Other Workshops	8	142
8	Bloom Project	2	22
Total			920*

(*Note: 16 participants participated in 2 programmes. Therefore, 16 has been subtracted from total to avoid double counting)

1. Healing, Recovery and Life Skills

The Healing, Recovery and Life Skills project consists of regular DMT sessions done with children in need of care and protection and people living with mental illness. The objective

of the DMT sessions is based on a need assessment done by the DMT practitioners. This year, children in need of care and protection who participated in this project consisted of street children, some of whom are involved in child labour. The sessions enabled the participants to improve

focus and attention, utilise the group as a sharing space and articulate ways in which they wanted to bring about changes in their own lives. For people living with mental illness, this year's DMT sessions focused on building stamina, providing feedback, peer bonding and enjoyment.

2. Trauma Recovery

A new cycle of our Trauma Recovery project- done through the 'Restoring Smiles through Dance' curriculum- was implemented in 5 centres- 3 Child Care Institutions in Maharashtra and 1 Child Care Institution and 1 community setting in West Bengal. This module consists of three thematic areas: Awareness and Sensation, Emotional Balance and Social Integration. It consists of 48 DMT sessions, spread across 1 year. The implementation of this cycle is ongoing.

Restoring Smiles through Dance was earlier only conducted with survivors of sex trafficking. During this year, the curriculum was adapted to meet the needs of trauma survivors who have faced violence and abuse that is not necessarily limited to sex trafficking. There was also a focus on intentional integration of the principles of Trauma-Informed Care into the curriculum.

It was also found that, in some Child Care Institutions, the existence of floating population means that each

participant cannot experience the entire year-long process. In order to cater to the needs of participants in these CCIs, a shorter version of the Restoring Smiles through Dance module was developed, which focuses majorly on enabling participants to identify their strengths, stabilise and balance emotion and practice self-care. This consists of 12 sessions spread across 6 weeks, and was implemented in one of the 3 CCIs in Maharashtra.

Initially, I had no answer to the question of what my strengths and resources are. Then, the facilitator motivated us to think about it and to understand how this strength is a resource for our future life as well. Now, I understand that, physically, my arms are strong, and that being honest and self-confident is my strength.

– A Restoring Smiles through Dance participant

3. Empowerment workshops

Empowerment Workshops are part of a project 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. During this year, 2 Senior DMT practitioners from Kolkata Sanved individually conducted a set of workshops, leading to their graduation as Empowerment Facilitators on 15th October, 2019.

Following this, Kolkata Sanved was chosen by Empowerment Institute, USA, to test a new addition to the Empowerment workshop module, which was titled 'Pay It Forward'. This consists of 2 hours added on to the fourth day of the workshop, during which facilitators ask participants whether they are willing to take the knowledge gained from these workshops to the next level by taking the initiative to arrange the next workshop (in terms of getting the participants, location, and organising travel and meals for four days). This gives participants the opportunity to assume a leadership role and take forward their sense of empowerment, while helping an organisation like Kolkata Sanved sustain the programme financially and programmatically. 2 such trial workshops for Pay It Forward we conducted- 1 by each Empowerment Facilitator.

4. Sexual and Reproductive Health and Rights (SRHR) Awareness Workshops

In 2017, Kolkata Sanved developed a module for Sexual and Reproductive Health and Rights Awareness through DMT and discussion. This consists of a series of sessions for adolescent girls, which take place over 3 to 13 days, as per

contextual requirements. During 2019-2020, several SRHR workshops were conducted at community settings, Child Care Institutions and schools in West Bengal and Odisha. In response to the needs in one community setting, we also worked on and implemented a new dimension of the SRHR module: building an understanding of healthy and unhealthy relationships and navigating them.

I liked the gender expression part of the session. I got to know that there are all kinds of gender identities. I learnt about the third gender. It also made me realize that since we all have the freedom to express ourselves the way we want to, this freedom should not be compromised for certain communities, like the transgender community.

– A participant in the SRHR sessions

We felt this as a safe space where I could not only talk about my own body parts freely but also got to know about them better. This looked like a space where I could confide in, without any fear.

– A participant in the SRHR sessions

5. DMT for Boys Living in Child Care Institutions

DMT sessions were conducted with boys between the ages of 12 to 18 residing in two Child Care Institutions run by Hope Kolkata Foundation (HKF). DMT sessions were based on the objectives of: working with anger, building motivation, coping,

group bonding, gender and sexuality and building a sustainable future plan. These DMT sessions also formed the basis of a six-month-long research study to measure efficacy of DMT in building physical and mental well-being of boys and to understand the value that DMT adds to their rehabilitation process.

7. Other workshops

We have also conducted several DMT sessions by invitation or request, in partnership with NGOs, government bodies, and other organisations such as Azim

Premji University and Global Fund for Children. Some of these workshops have enabled us to explore intersection of DMT with other art forms such as storytelling ('Golpobela') and photography ('If I Could Fly').

Bloom project:

Our Founder Member and Senior DMT Practitioner, Sabita Debnath, independently conceptualised and implemented the Bloom Project, as part of her participation in the Social Action Lab of the American Center, Kolkata. This project consists of DMT sessions for residents of two red-light areas in Kolkata, in

partnership with Diksha (an NGO working in these areas). A creative documentation element was also part of this project.

'Bloom' was conceptualised and initiated in 2018-2019, and was completed in July 2019. Following this, the project was presented at a programme organised by the American Center.

6. DMT sessions with care providers:

Several DMT sessions were conducted with care providers who are catering to the needs of Restoring Smiles through Dance participants. These sessions were designed to give care providers a basic understanding and experience of DMT, provide some tools for self-care and to capacitate them to use tools from DMT as part of trauma-sensitive responses to participants.

DMT has been very enriching for me. At one point, I used to think that I needed to only devote myself to my family and my work, and I did not think about doing anything for myself. DMT has helped me realise that I can take time out to take care of myself.

– A Care provider who attended DMT sessions



Centre of Excellence (Leadership, Training and Academics)



1. Dance Movement Therapy Leadership Academy (DMTLA)

Dance Movement Therapy Leadership Academy (DMTLA) is a programme that trains individuals from marginalised communities to become DMT leaders and Therapeutic Movement Practitioners. In 2018, we began DMTLA at Bauria, Howrah, in partnership with Nari O Shishu Kalyan Kendra (NOSKK). This was continued in 2019-2020, with participants going through Semester II and III and 9 participants graduating as Therapeutic Movement Practitioners.

Semester II of the programme consisted of sessions on experiencing dance

and movement, getting theoretical inputs on mental health, healing and well-being and developing therapeutic skills. Semester III was focused on building skills for DMT practice. There was also a 10-day advanced training workshop which covered topics such as confidence, coping, rights and responsibilities, planning and documenting DMT sessions and basic counselling skills. This was followed by an internship, which was done with students at the local school- Khajuri High School.

The graduation ceremony for the 9 new Therapeutic Movement Practitioners took place on 7th March 2020. More than 980 members of the local community were present for this ceremony, which led to building of awareness around DMT for the community. Several local school and college authorities, local government functionaries and social workers were present and they expressed enthusiasm to engage the graduates to conduct DMT sessions. The graduation ceremony was also campaign-based, celebrating International Women's Day.

Dance helps me express myself: dance is my voice and dance is my revolution. Dance has helped me keep fear away and call confidence close. Through this course, I have learnt that that dance can be used to bring about health and wellbeing. Dance is not just Bollywood or Tollywood steps- it is a tool for change.

Dance has helped me control my anger. It has helped me balance my emotions.

Earlier, I would cry in isolation. Now, dance has taught me to let people in while maintaining my boundaries at the same time. After I started on this journey with dance, music, poetry and art, I didn't even realise when sadness left me. I learnt when to give things importance, when to ignore things and when to stand up for myself. I have learnt that emotions can be used positively.

Initially, I felt that I wouldn't be able to complete the course because I started late. But right now, I am so happy that I have completed it. I am very thankful to everyone who has supported me during my journey.

– A DMTLA graduate

2. Diploma in Dance Movement Therapy (DDMT)

The Diploma in Dance Movement Therapy (DDMT) is a year-long programme run jointly by Kolkata Sanved and the Centre for Lifelong Learning, Tata Institute of Social Sciences (CLL-TISS). It is run in two locations- Kolkata and Mumbai. On 29th June 2019, a total of 32 students graduated from the programme in a convocation ceremony held at TISS,

Mumbai. They had come from varied locations (West Bengal, Maharashtra, Delhi, Rajasthan, Nagaland, Bihar etc.) and varied occupations (physiotherapy, counselling, dance, choreography etc.).

In August 2019, the next batch of DDMT commenced with the programme. In Kolkata, 16 students enrolled and, in Mumbai, 31 students enrolled.

3. Training of Trainers pilot at Nagpur Mental Health Hospital

Kolkata Sanved partnered with Tata Trusts to initiate a pilot project at Nagpur Mental Health Hospital. This was aimed at Training of Trainers- giving case managers at the hospital training in DMT so that they would be able to implement this in their work with hospital residents. The project was designed to consist of a pre-training phase, 3 phases of intensive experiential

learning and assignments. The need assessment helped in framing the training module in such a way that it would be suited to the context and needs of the case managers. 2 out of the 3 experiential learning phases were completed in 2019-2020. These were done across 15 days with 7.5 hours of training per day.

4. Movement for Wellness Certificate course

In collaboration with The Doodle Room, Kolkata Sanved held a 3-month certificate course introducing participants to DMT and enabling them to experience its transformative power. The course consisted of 12

classes conducted over 70 hours and was facilitated by esteemed faculty including: Dr. Sohini Chakraborty, Tilottama Chowdhury, Angira Chakraborty Dasgupta and Suman Sarawgi.

5. Online DMT Academy

The online DMT academy was organised in collaboration with Rise Learning Network to capacitate social work practitioners from Latin America and Sub-Saharan Africa to use DMT in their work for reintegration of survivors of sexual violence. Though the majority of the course was

conducted online in the year 2018-2019, a significant component was a 5 day in-person intensive workshop conducted in Argentina in the beginning of 2019-2020. This was taught by the Founder Director and one Senior DMT Practitioner of Kolkata Sanved.

Monitoring and Evidence Generation



1. Research study: Measuring Efficacy of DMT on boys at Child Care Institutions (CCIs) in West Bengal

From April 2019 to September 2019, Kolkata Sanved conducted a pilot study to understand the impact of DMT on the well-being and rehabilitation process of boys in two Child Care Institutions in West Bengal. A total of 45 boys were part of the DMT sessions conducted during the course of research.

The process began with an orientation of the CCI care givers. This was followed by an assessment of the needs of the CCI residents. 12 DMT sessions were done were implemented amongst study participants in each of the 2 CCIs, over a period of 3 months.

The research used a mix of qualitative and quantitative methods. The methods of data collection were: structured one-on-one interviews to collect quantitative data, Focus Group Discussion and in-depth individual interviews to collect qualitative data.

Some of the findings were:

- Number of children missing home reduced by 20% after the intervention
- Feelings of anger reduced among 16% of the children and tendency to fight reduced amongst 10%
- The DMT sessions helped

participants to cope with the present situation and keep a sense of balance.

- The number of children who began to take care of their own health increased by 35%.
- Self confidence of 14% of the participants increased.

The limitation of the study was that all participants were not able to attend all 12 sessions. Several recommendations arose from the study, including: sustaining the DMT intervention for 1 year, having DMT sessions twice a week and having quarterly orientations for care givers on DMT and wellbeing.

2. Ten Steps to Recovery: Building a Tool to Assess Individual Changes through DMT

Kolkata Sanved has been working on building a tool through which we can map changes in individual participants taking part in the DMT process. This tool, titled 'Ten Steps to Recovery', is adapted from the Mental Health Recovery Star, which was developed by Mental Health Providers Forum and Triangle Consulting, London. 'Ten Steps to Recovery' focuses on four

areas of change that can be measured through DMT: 1) Relating with others 2) Identity and Self Esteem 3) Managing mental well-being and 4) Changes in Movement.

The stages of recovery for each area are seen as part of a Ladder of Change- from feeling stuck, to accepting help, to believing change is possible, to

learning how to make recovery a reality and finally, to becoming self-reliant. Understanding where participants are situated on this ladder of change will help in planning and implementing DMT sessions.

It was planned that the process of piloting the use of this tool would be done in the next financial year.



Events: Performances, Conferences and Campaigns



the event and the Founder Director gave a presentation on Kolkata Sanved's work. This got a very positive reception and many conference attendees were very eager to connect with the team and get to know more about their work. The WEF was also very significant as two DMT practitioners from Kolkata Sanved were given the Courageous Leadership Award: Jhulan Mondal (Senior category) and Durga Madhar (Junior Category).

One major milestone of the visit was the team's interaction with Dr. Anne Aly, Member of Parliament of Australia. Dr. Anne was the Keynote Speaker at WEF and the whole team was very inspired by her speech. They briefly interacted with her at WEF and were received very warmly by her at her office a few days later, where they talked more in detail about Kolkata Sanved and did an on-spot DMT session.

The team also conducted 2 DMT workshops, 1 at West Australian Ballet centre and 1 at an old age home. They also participated in a workshop on visioning conducted by their host, Suzie Craddock. There were several other unique experiences during this trip as well: watching a mesmerising performance of the West Australian Ballet, interacting with Jacqui McPhee, a well-known interior designer and collective of aboriginal art, horse-riding and understanding the way horses are part of therapy at the Claremont Therapeutic Riding Centre and watching marine life in a glass boat. They returned from the trip with immense positive energy and gratitude towards the Rhythm Centre and Suzie for making this visit possible.

1. Paye Paye Poneru: Kolkata Sanved's 15th Foundation Day

Kolkata Sanved's completion of the milestone of 15 years on 29th April, 2019, was marked by a celebration titled Paye Paye Poneru. The highlights of the programme were two performances- one by the Kolkata Sanved team and one by a Bharatnatyam Dancer and DMT practitioner, Mehraj Khatoun.

2. Women Economic Forum, Perth, Australia

From 2nd July to 16th July, 2019, 8 members of the Kolkata Sanved team- Founder Director, Sohini Chakraborty, Founder Members: Sreeja Debnath, Sabita Debnath, Tilottama Chowdhury, Jhulan Mondal, and Senior DMT practitioners: Durga Madhar, Anwari Begum and Jhuma Das- visited Perth, Australia. Their visit was supported by The Rhythm Center Generous Charity and they were hosted warmly by Suzie Craddock.

The team attended the Women Economic Forum (WEF) on 5th and 6th July, 2019. The Founder members and Senior DMT practitioners performed at



3. Kanyashree Day

Kolkata Sanved was appointed to guide and choreograph the Kanyashree Day performance done by residents of Uttarpara Government Home. Two DMT practitioners- Durga Madhar and Jhuma Das- conducted this process in July and August 2019, culminating in the performance on Kanyashree Day, 14th August, 2019.

4. Child Rights Week

Child Rights Week Celebrations were organised between 14th November and 20th November, 2019 by the West Bengal Commission for Protection of Child Rights (WBCPCR). Sabita Debnath, Senior DMT practitioner and Founder Member of Kolkata Sanved, was part of organising the event, which included a tram

ride for underprivileged children, a visit to Victoria Memorial and a carnival at Mohorkunj attended by 700 children from Child Care Institutions across West Bengal. A DMT session was also conducted for the children at the carnival by Sabita Debnath as well as Sandhya Bairagi, Junior DMT practitioner from Kolkata Sanved.



5. International Anti-Trafficking Day at the American Center, Kolkata

Kolkata Sanved's Founder Member, Senior DMT Practitioner and Communications Manager, Sreeja Debnath, was part of a panel on International Anti-Trafficking Day (30th July 2019) at American Center, Kolkata. She was accompanied by

distinguished speakers from other states in India (Delhi, Jharkhand and Bihar), as well as Nepal and Bangladesh. Following the panel, she was felicitated by Dr. Shashi Panja, Minister of State, and Monica Shie, Director of American Center.

6. Ocean Dance Festival, Bangladesh

The Ocean Dance Festival was organised in November 2019 by the World Dance Alliance in Cox's Bazar, Bangladesh. 3 DMT practitioners from Kolkata Sanved- Durga Madhar, Jhuma Das and Sandhya Karmakar- were part of a group of 19 dancers from India, Bangladesh and Hong Kong who took part in a 15-day Choreolab facilitated by Canadian-Iranian dancer Sashar Zarif, culminating in a performance on the opening day of the festival titled 'Chaand...The Reflection of a Wish'. On the final day of the festival, our Founder Director, Sohini Chakraborty, gave a presentation on her paper 'Sampoornata: an Emerging Model of Dance Movement Therapy and Psychosocial Rehabilitation'.



7. Shashito Shorir (Disciplined Body): A Performance

On 13th and 14th December 2019, two DMT practitioners from Kolkata Sanved- Tilottama Chowdhury and Suktara Khatun- were part of a performance titled Shashito Shorir/Disciplined Body- a movement-based performance-piece about trauma, healing and survival. This powerful performance was based on recorded interviews of survivors of sexual violence and was written and directed by Imogen Butler-Cole, who

is part of the Indo-European Residency Project with support from British Council, Goethe Institute and Alliance Francaise. Each performance was followed by a panel discussion with individuals from organisations working against sexual violence and domestic abuse. Kolkata Sanved's Program Manager- Academy and Events, Namrata Kanuga, was part of one of the panels.

8. CMTAI 6th Annual International Conference

Our Founder Director, Dr. Sohini Chakraborty, along with Renelle Andrea Snelleks, gave a presentation titled Sampoornata- an Emerging and Emancipatory Model of Dance Movement

Therapy and Psychosocial Rehabilitation, at the 6th Annual Conference of the Creative Movement Therapy Association of India (CMTAI). This conference was held in Pune from 30th November to 1st December 2019.



9. Performance at Kolkata Arts Lane Festival (KALFest 2020)

On 12th January 2020, 5 DMT practitioners from Kolkata Sanved- Durga Madhar, Jhuma Das, Tilottama Chowdhury, Sandhya Karmakar and Suktara Khatun- performed at Kolkata Arts Lane Festival (KALFest), organised by Art Rickshaw. This was followed by a movement choir in which the audience was invited to join.



10. 'Our Voice': A Performance

On 15th February, 2020, Kolkata Sanved's practitioners performed at the Annual Cultural Event of Supertron Foundation. Their performance, titled 'Our Voice', highlighted the gender-based violence prevalent in society and the importance of rising up to raise our collective voice against this.

11. Dance for Revolution: celebrating International Women's Day

On 7th March, 2020, Kolkata Sanved in collaboration with Nari-o-Shishu Kalyan Kendra (NOSKK) celebrated International Women's Day through its campaign 'Dance for Revolution'. This event was held at Khaskhamar Kabala Ground, Bauria, Howrah district and was attended by 984 members of the local community including adolescent girls and Self-Help Group (SHG) members.

Themed "an equal world is an enabled world", this programme aimed to spread the message of standing up to gender-based violence through performance, discussion and movement. It also consisted of a graduation ceremony for 9 community-based Therapeutic Movement Practitioners who completed their training in DMT as part of the Dance Movement Therapy Leadership Academy (DMTLA).

The audience was given an understanding of what DMT is through explanation and demonstration and made aware that there are practitioners in their own community who can support them in building a sense of wellness. Several

of the community-based practitioners spoke about DMT and how it has helped them. They were encouraged to access freedom through movement by participating in various activities and through the drumming circle that took place at the end of the programme.

Several dignitaries were present at the programme. The Chief Guest was Srikanto Acharya, a renowned singer. Speeches were given by educators- the Headmaster of Uluberia College, Head Teacher of Khajuri High School (the local high school), Head Teacher of Suraj Kindergarten (the local primary school)-, councillors and social workers in the area. Many of the speakers highlighted their hope that DMT would be actively practiced in the area for the well being of students, women and others.

The programme was very successful. The message on the transformative power of dance and DMT as well as the call the end of gender-based violence was conveyed to the larger community.

Organisational Strengthening



Capacity Building of the Team

Kolkata Sanved is committed to building the capacity of its staff members in order to strengthen the organisation as a whole. Some of the capacity building initiatives done in 2019-2020 were:

- **Advanced DMT training conducted by Professor Bonnie Bernstein:** From 4th to 21st December 2019, Professor Bonnie Bernstein, a renowned Dance Movement Therapist and Expressive Arts Therapist based in California, USA, conducted the advanced level capacity building programme for Kolkata Sanved's DMT practitioners. She has been

associated with Kolkata Sanved since 2008, from when she has been giving our DMT practitioners exposure to and understanding of Western methods of DMT, highlighting the contributions of pioneer Blanche Evan, whose student she is.

- **Sexual and Reproductive Health and Rights (SRHR) workshop training:** In August 2020, 5 Kolkata Sanved

team members went through a 5-day workshop during which they built the capacity to conduct SRHR workshops according to Kolkata Sanved's module.

- All DMT practitioners **participate** in the daily movement circle at the Kolkata Sanved office, where they experience DMT for their own wellness and explore, create and facilitate new activities, thereby constantly honing their DMT practice skills.
- **Advanced counselling** workshop conducted by Terres des Hommes (TDH) was attended by one team member.
- **Personal growth** sessions are conducted in groups for all Kolkata Sanved employees.
- Two workshops were conducted- one for Coordinators and Management and one for DMT practitioners- by Jagir Singh Jabbal on **Emotional Intelligence**. The focus was on personal and social competencies as well as self-knowledge.
- Regular training on **Contemporary Dance, Computer Skills** and **Communication Skills** is conducted for the Junior DMT practitioners of Kolkata Sanved.

Staff Retreat

On 9th and 10th August, 2020, we held our staff retreat at Ibiza Resort, near Amtala. The retreat was a chance for all the team members to present the work that they had been doing so far in detail and get suggestions regarding this. The agenda consisted of a DMT session, performances, presentations and workshops on the DDMT course, Safeguarding Policy, Financial Literacy, Research being done on Kolkata Sanved and Resource Mobilisation initiatives, among other topics. We were also joined by two Board Members, who led discussions on visioning a Centre of Excellence and on creation of an Organisational Monitoring and Evaluation Framework.

Strategic Planning Workshop

From 17th to 21st February 2020, all employees of Kolkata Sanved were engaged in an intensive workshop on Strategic Planning for the next 5 years. This was facilitated by Pramada Menon, a queer feminist activist who has been actively involved in social justice organisations and movements.



Stories of Change

Mihika (name changed) is 17 years old and has a visual disability. She is currently in the 11th standard in her school. She lives with her parents and cousins. Her father is associated with farm-based work. He has been extremely supportive and hopes that she will be able to stand on her own feet one day.

Mihika first learnt about Kolkata Sanved when she participated in a workshop on sexual and reproductive health and rights, conducted in partnership with a community-based NGO. She developed an interest in Dance Movement Therapy (DMT) and joined Kolkata Sanved's Dance Movement Therapy Leadership Academy (DMTLA) in the hope of becoming a DMT practitioner.

Initially, Mihika was very quiet and inhibited. She wouldn't talk much and found it difficult to share her opinions with the group. However, this changed after she completed the module on 'Confidence' within the Dance Movement Therapy Leadership Academy's curriculum. She became more open and confident. Her bonding with her classmates improved and she was able to speak out about various issues. As a result of this, during her DMT internship, she was able to lead sessions with young people. She had the highest number of participants in her class and even managed to choreograph a performance with them.

Participating in the sessions on "Coping" and "My Rights" also helped bring about a change in Mihika. She started to develop a vision for her life that wasn't limited by her disability. She started believing in herself. As a result, she became increasingly focused on finding pathways to securing a livelihood. She became more enthusiastic about her studies and her concentration level increased, leading to her passing her Class 10 board exams despite having a visual disability. She also became more focused on the DMTLA course. She was extremely regular and did not miss a single session. In spite of struggling while being taught theoretical inputs, she put in tremendous efforts to keep up with the class.

Being a part of the DMTLA empowered Mihika to carve out a path for herself and devise ways to work towards her dreams.





Mohan (name changed) is 26 years old. Though assigned male at birth, she identifies as female and has chosen feminine over masculine ways of being. She lives in Howrah district with her mother and father. Her father is associated with block printing and her mother is a housewife who makes baskets for sale.

Mohan has been associated with the local community-based NGO for a while and partakes in beautician training programs and various workshops on Gender. She has completed her 10th standard Board exams through open schooling.

Mohan has dreams of becoming a dancer, but since her family is under a lot of financial pressure, she has had to give up this dream and start working in a beauty parlour. She learnt about Kolkata Sanved's work through participation in their program on sexual and reproductive health and rights training as well as empowerment workshops.

Mohan has shown tremendous growth in the sessions. This resulted in her selection as Course Coordinator. Initially, her management style was rigid. This was often the result of various environmental factors that got in the way of her undertaking her responsibilities. However, now, she is able to cope with the stress of the position and is more flexible in the role. Her sense of commitment and responsibility towards her duties aided this process. Her communication has moved from aggressive to assertive.

Initially Mohan's movement pattern was repetitive but, as the course progressed, her movement repertoire increased to a great extent. She is now able to negotiate with various situations and lead the group towards resolutions. This is supported by her reality orientation and ability to understand differing perspectives. Mohan undertook a DMT internship as a part of her course requirements. Her sessions were so effective that 2 new participants signed up to join the Kolkata Sanved's Dance Movement Therapy Leadership Academy (DMTLA) program.

She has also shared that the Dance Movement Therapy (DMT) sessions gave her space to express herself as she pleases. This helped her access a safe space to acknowledge and accept her gender identity. She shared: "it has been extremely important to my growth to have a space where I could express myself as I am and not be teased about it but instead appreciated."

Administration and Finance

Governing Body Members

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 | 12. Rhea Kaikobad |
| 2. Bithika Roy | 13. Sabita Debnath |
| 3. Dipali Das | 14. Samita Bhattacharya |
| 4. Durga Madhar | 15. Sandhya Bairagi |
| 5. Jhulan Mondal | 16. Sandhya Karmakar |
| 6. Jhuma Das | 17. Sobha Pahari |
| 7. Maya Sen | 18. Sonali Ghosh |
| 8. Mehraj Khatun | 19. Sreeja Debnath |
| 9. Moumita Bhattacharjee | 20. Suktara Khatun |
| 10. Namrata Kanuga | 21. Swapan Sardar |
| 11. Rajyashree Dutta | 22. Tilottama Chowdhury |

Consultant DMT practitioners

- | | | |
|--------------------------|-------------------------|-----------------------|
| 1. Debika Das | 4. Krupa Parin Doshi | 7. Sruthi Suresh Iyer |
| 2. Keisha Lobo Rodrigues | 5. Madhusudan Basu | 8. Zankhana Joshi |
| 3. Kinjal Shah | 6. Snehal Mohan Gaikwad | |

Faculty for DDMT and DMTLA

- | | | |
|--------------------------------|--|----------------------------|
| 1. Dr. Aditi Bandyopadhyay | 11. Prof. Lata Narayan | 20. Dr. Sabiha Vasi |
| 2. Alice Laing | 12. Leslie Nazareth | 21. Dr. Samata Biswas |
| 3. Angira Chakravorty Dasgupta | 13. Martina Piff | 22. Samita Bhattacharya |
| 4. Dr. Arna Seal | 14. Mathuram Chidambaram Balasubramaniam | 23. Shalaka Vivek Sisodia |
| 5. Avantika Malhautra | 15. Maya Sen | 24. Shuktara Lal |
| 6. Dr. Chandni Basu | 16. Mayuri Pandit | 25. Dr. Sohini Chakraborty |
| 7. Deepa Sai Avula | 17. Natasha Agrawal | 26. Tilottama Chowdhury |
| 8. Jhulan Mondol | 18. Renelle Andrea Snelleksz | 27. Dr. Urmimala Sarkar |
| 9. Kakali Roy Ghatak | 19. Dr. Reshma Shriyan | 28. Zankhana Joshi |
| 10. Krupa Parin Doshi | | |

Consultants and Resource Persons

- | | | |
|-----------------------------------|----------------------------|---------------------------|
| 1. Professor Bonnie Bernstein | 8. Prof. Lata Narayan | 15. Rashmi Dutta |
| 2. Adhiraj Mukherji | 9. Lopamudra Bhattacharjee | 16. Soumojit Ghosh |
| 3. Afsari Ara | 10. Mallick Arjoon Roy | 17. Sumona Chakravarty |
| 4. Buoyant Performing Arts Studio | 11. Manjir Ghosh | 18. Suzie Craddock |
| 5. Dr. Chandrani Dasgupta | 12. Mayuree Pandit | 19. Tandrima Ray |
| 6. Ditipriya Ghosh | 13. Paramita Chaudhuri | 20. Tejinder Singh Bhogal |
| 7. Jimjees | 14. Pramada Menon | |

Volunteers and Interns

- | | | |
|-----------------------|--------------------|---------------------|
| 1. Ausmita Sarkar | 5. Mallika Jain | 9. Sneha Gupta |
| 2. Gargi Bakshi | 6. Namrata Kolla | 10. Sophie Merrison |
| 3. Kankatika Mondal | 7. Rajnandini Shaw | 11. Yangchan Bhutia |
| 4. Madeleine St. John | 8. Sanghamitra Das | |

Partners

- | | | |
|--|---|---|
| 1. All Bengal Women's Union | 12. Directorate of Child Rights & Trafficking, West Bengal | Trust, Kolkata |
| 2. American Center | 13. Doodle Room | 25. Ms. Friends of Moral Re-Armament (India), Centre Panchgani |
| 3. Anjali Mental Health Rights Organisation | 14. Global Alliance Against Traffic in Women (GAATW) | 26. Mukti Rehabilitation Centre |
| 4. Art Rickshaw | 15. Halda Banstalla School | 27. Nari o Shishu Kalyan Kendra (NOSKK) |
| 5. ASHA, Mednipur | 16. Hope Kolkata Foundation | 28. Samikshani |
| 6. Bhivandi Observation Home, Thane | 17. Indian Institute of Training and Development (IITD) | 29. Sukanya Home, 24 Parganas North |
| 7. Centre for Lifelong Learning, Tata Institute of Social Sciences | 18. Imogen Butler-Cole – not sure about the name of the program | 30. Supertron Foundation |
| 8. Ceratizit India Pvt. Ltd. | 19. Iswar Sankalpa | 31. Suprava Panchashila Mahila Uddyog Samity (SPMUS), Murshidabad |
| 9. Commission for Protection of Child Rights, West Bengal | 20. Jeevika Development Society | 32. Tata Trust |
| 10. Deonar Special Home, Mumbai | 21. Katakali Swapnapuron Welfare Society | 33. Terre Des Hommes (TDH) |
| 11. Department of Women and Child Development, Government of West Bengal | 22. Keertika, Kolkata | 34. World Dance Alliance, Asia Pacific |
| | 23. Kshamata, Maharashtra | 35. Empowerment Institute, USA |
| | 24. Lutheran World Service India | |

Donors

- | | | |
|---|---|---|
| 1. AWO International | 8. Global Fund for Children | 14. Rotary Club of Calcutta Metropolitan East |
| 2. Azim Premji Philanthropic Initiatives | 9. Global Giving Foundation Inc. | 15. Terre des hommes |
| 3. Blossomy | 10. Human Capability Foundation (HCF) | 16. Vital Voices Global Partnership Inc. |
| 4. Ceratizit India Pvt. Ltd. | 11. Kolkata Gives | 17. We Trust |
| 5. Commission for Protection of Child Rights, West Bengal | 12. Ladies Study Group Charitable Trust | 18. World First for Training and Research Global Education Trust (TARGET) |
| 6. Dalyan Foundation | 13. Paul Hamlyn Foundation (PHF) | |
| 7. Family for Every Child | | |

Individual Donors

- | | | |
|-------------------------|--------------------------------------|------------------|
| 1. Aditi Sen | 4. Surajit Kundu | 6. Urmi Sengupta |
| 2. Anuradha Mukherjee | 5. Susan Lee Martin (from Australia) | |
| 3. Nandita Bhattacharya | | |

“One idea...a deep passion....and a strong belief, became a collective power . What started as a dream for a group of 5 people is now a collective vision: Sanved’s dream has now become a movement with more stakeholders from various communities. The world is a much happier place when we move together.”

– Sohini Chakraborty





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