

Anandadhara

FLOW OF JOY



Kolkata
SanveD
empowering lives through dance

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KOLKATA SANVED | APRIL 2024 TO MARCH 2025



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ABOUT KOLKATA SANVED

Founded in 2004, Kolkata Sanved (KS) is a women-led organization, working towards psycho-social rehabilitation of survivors of gender-based violence (GBV) and marginalization, prevention of GBV and promotion of mental health and wellbeing by using the medium of Dance Movement Therapy (DMT). As a pioneer in the use of Dance Movement Therapy within India's social development sector, KS has redefined mental health care by integrating creativity, community, and empowerment.

We envision a healthy, violence-free, gender-equal, and creative society of empowered individuals, facilitating psycho-social rehabilitation through a transformative 'survivors to leaders' approach. Notably, 60 percent of KS's core work force emerge from under-served communities, with strong representation in both the board and senior leadership—embodying the organization's commitment to inclusive leadership and lived experience.

KS champions the empowerment of marginalized individuals, children, adolescents, youth, and women. Sampoonata (Fulfilment) is Kolkata Sanved's innovative approach of bringing inventive and creative solutions to the field of mental health, gender equality and livelihood. KS's innovation, Sampoonata (a replicable framework for mental health support), not only makes DMT more relevant to the Indian context but also makes it accessible to care institutions and under-served communities. This model helps

survivors of sexual violence, (including sex-trafficking), and other vulnerable communities to release their trauma and attain healing. This process eventually enables them to reach their full potential and live their lives on equal terms with 'society'.

Our aim is to create DMT Practitioners, community leaders and change-makers, especially from vulnerable and marginalized communities. Their mission is to build the ecosystem for Dance Movement Therapy-for-

Change across Asia. In an effort to achieve this, Sanved is aiming to set up a Centre for Creative Wellbeing & Social Change in India, a hub that will amplify the impact of arts-based mental health interventions and facilitate cross-sectoral collaboration.

KS's work exemplifies the power of the care economy in advancing Sustainable Development Goals, particularly those related to health, gender equality, and reduced inequalities. By centering mental health and

psychosocial support within community-led frameworks, KS not only addresses urgent needs but also builds resilient, inclusive systems of care. Its collaborative efforts with government departments, NGOs, civil society organizations, and academic institutions continue to shape a more compassionate and sustainable future.



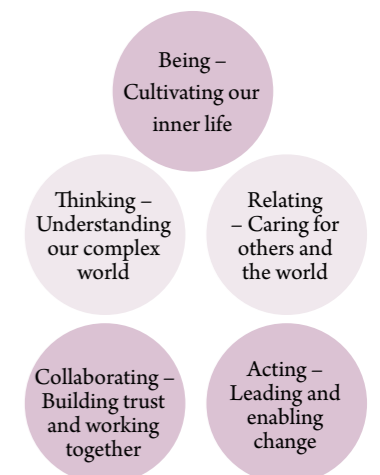
Kolkata Sanved's Work and Alignment with Global Goals

Kolkata Sanved's programs are closely aligned with the Sustainable Development Goals (SDGs), with a particular focus on:



Beyond these, our work resonates with all the Inner Development Goals (IDGs,) and we see ourselves as facilitating the essence of each goal through our programs.

Our approach is guided by five interconnected dimensions:



KOLKATA SANVED: 20 YEARS OF MILESTONES

Over two decades, KS has evolved from grassroots interventions in shelter homes to a recognised organisation influencing practice, policy, and global discourse. Its Sampoonata Model – a holistic, community focused, evidence based, beyond-clinical, culturally contextualized approach – addresses physical, emotional, cognitive, and sexual wellbeing, facilitating healing, leadership and social change.



1994–2003 Seeds of a Vision

- Sohini Chakraborty (Founder of KS) begins exploring the intersection of dance and social change
- Launches the Rangeen Sapnay pilot project with survivors of human trafficking
- Receives the Ashoka Fellowship, recognizing her pioneering work



2004–2010 Birth & Foundation

- Kolkata Sanved is founded by Sohini and four survivor leaders
- Initiates collaboration with the Department of Women and Child Development, Government of West Bengal
- Begins work with five partner care institutions and CCIs
- Initiates Training of Trainers (ToT) programs for trafficking survivors
- Gains global recognition from American Dance Therapy Association (ADTA), Vital Voices, Time Magazine, Beyond Sport, and the DVF Award



2011–2014 Establishing Practice

- Laying of the foundation of KS's community focused evidence-based Sampoonata Model for structured DMT practice and social impact in India
- Launch of the country's first Academic DMT Programme with Centre for Lifelong Learning (CLL), Tata Institute of Social Sciences (TISS) Mumbai
- Programme expands across West Bengal and Maharashtra
- Initiates collaboration with the Department of Women and Child Development, Government of Maharashtra
- Launch of the DMT for Change Summit
- Establishment of the Dance Movement Therapy Leadership Development Academy for GBV survivors and underprivileged youth
- Introduction of Organisational Wellbeing and benefits for all Kolkata Sanved employees



2015–2018 Expansion & Knowledge Creation

- Expands Dance Movement Therapy programs to multiple states and collaborations increase to 30 partners
- Institutional evaluation completed
- Significant investment in research and evidence generation
- Launches a DMT-based prevention programme
- Featured internationally in the documentary "Little Stones" with 70+ global screenings
- Formed senior leadership team within the organisation



2019–2021 Global & Digital Reach

- Featured on the Oprah Winfrey Network
- Development of digital DMT programmes
- Expands to 7 states through collaborations with 47 partners
- Launches the art-based mental health festival FEAL – Festival of Empowerment and Art for Life
- Organisation strengthening process initiated



2022–2024 Sector Leadership on Creative Wellbeing & Dream Centre

- Publishes the Sampoonata Model as book, multiple research publications, and receives global recognitions
- Sampoonata Model adopted as a teaching framework in many national and international universities
- Dream Centre for Creative Wellbeing and Social Change initiated
- Institutionalization of DMT strengthened through collaboration with TISS
- Strengthened institutional partnerships for social and educational impact
- Work expanded to new population groups: elderly & tea garden youth
- Initiated organizational strengthening and guided leadership transition
- Launch of a 20-year review to map strategic pathways for the next decade

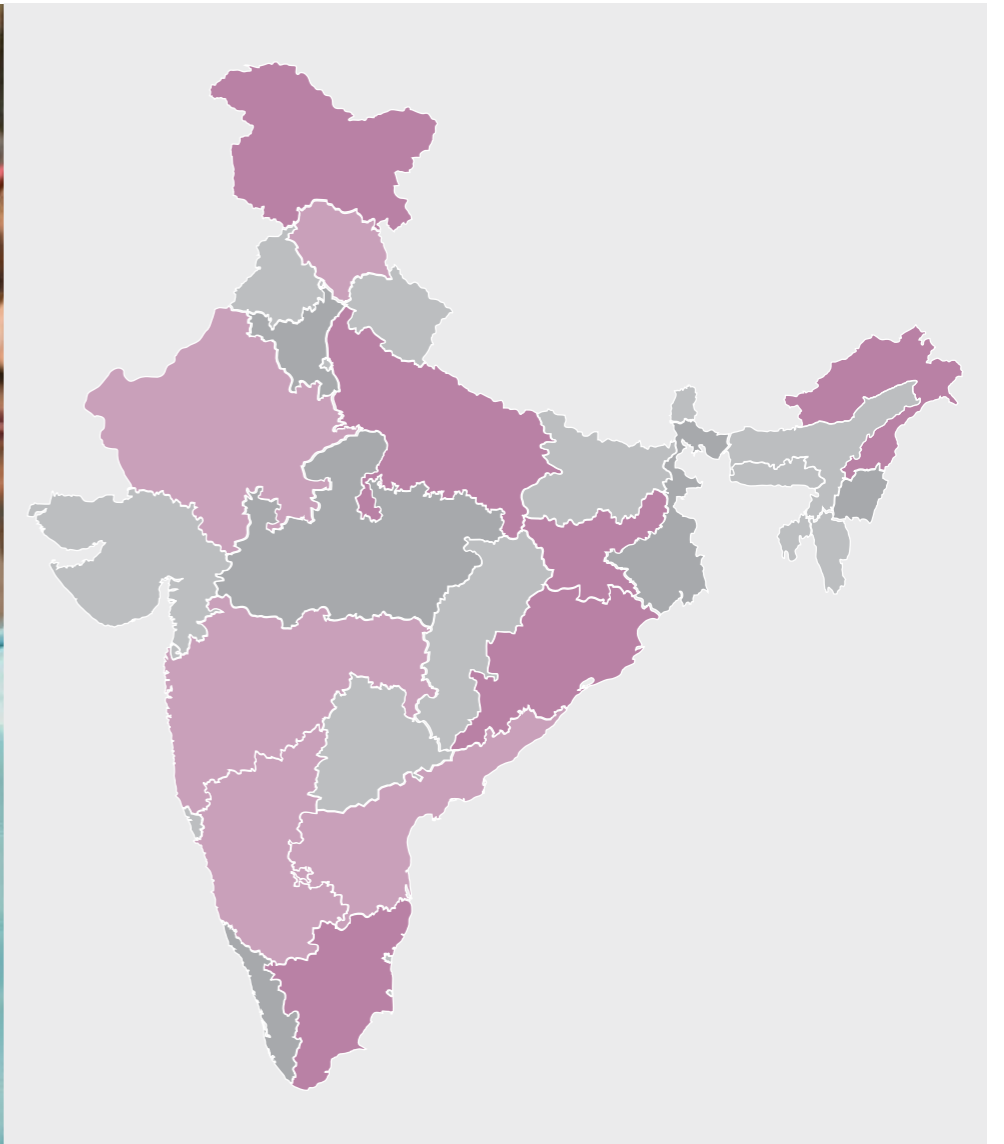


KOLKATA SANVED: 20 YEARS OF MILESTONES

2020–2025

Impact & Outreach: Programmatic impact and reach over the past five years

- Direct Reach: 10,335 participants regularly accessing healing & leadership programs
- Touched Lives: 55,302 individuals
- DMTLDA: 200 grassroots graduates trained
- PG Diploma (TISS): 319+ graduates trained across India (2014–2024)
- Indirect Reach: 14.7 lakh people reached through campaigns, events, and awareness initiatives
- Partners: 47 organizations across 9 states



DIRECTOR'S NOTE



Anandadhara

F L O W O F J O Y

Dear Friends,

Anandadhara – Flow of Joy represents the spirit of Kolkata Sanved's 20-year journey: a continuous movement of resilience, creativity, and collective hope. Like an ever-flowing stream, it reflects the stories, struggles, failures, and triumphs of individuals whose lives have been touched and transformed through Dance Movement Therapy and the creative arts.

At its core lies a simple yet profound belief: everybody – and everybody – carries both pain and possibility. When bodies move, we reconnect with ourselves, transforming pain into possibility. This awareness generates a deep, sustaining joy—one that is not merely an emotion but a driving force that guides us at Sanved. Anandadhara symbolizes this flow of energy: a movement that connects us, nurtures our communities, strengthens voices, and co-creates spaces where individuals can express, heal, and empower themselves and one another.

It honours the survivor leaders, individuals with lived experience, practitioners, partners, and supporters who have shaped this journey and stood with us in imagining new possibilities for healing, dignity, and equity.

As we step into the next decade, Anandadhara – Flow of Joy stands as a guiding philosophy for Kolkata Sanved—an invitation to continue dreaming, moving, healing, and co-creating pathways towards a more just, compassionate, and equitable world.

On behalf of the organisation, I offer my deepest gratitude to everyone who has walked beside us—our community members, survivor leaders, practitioners, partners, donors, well-wishers, and the entire Kolkata Sanved team. Your trust, courage, and belief in our work have made this 20-year journey possible. As we move forward, I hold this shared joy and collective strength with immense humility and hope. Thank you for being part of this flow—Anandadhara—and for carrying its spirit into the world.

With Solidarity, Strength and Hope.

Sohini Chakraborty
Founder Director

HIGHLIGHTS OF THE YEAR 2024-25

In the year 2024 – 2025, through its various programs, Kolkata Sanved has reached out to numerous program participants including children, adolescents, youth and adults who are survivors of trauma, marginalization, and GBV. Many are in need of care and protection, in care institutions and community settings. Kolkata Sanved has been working across several states in India, primarily focusing on West Bengal, Maharashtra, Rajasthan, Haryana, Delhi, Odisha, M.P, Assam and Jharkhand.

- 4565 individuals reached directly through Kolkata Sanved programs
- Currently, Kolkata Sanved is running 11 programs pan India
- Partnership with 20 organizations during the year
- 3 pass-outs of our Dance Movement Therapy Leadership Development Academy (DMTLDA) program have secured jobs-one

- as a Project Coordinator in a civil society organization and 2 in other institutions as DMT practitioners
- 12 pass-outs from the DMTLDA program (Facilitator Ready Group) show exceptional skills in leading and guiding others
- Creation of co-learning space through our Training of Trainers (TOT) program with multiple organizations

- Creation of a platform (national level symposium) accessed by KS associated DMT practitioners (regional & national level) for knowledge exchange and DMT exploration
- Organizational Review and 5-year Strategic planning and organizational development exercise initiated by external experts





The Transformational Journey of Phuleswari

At just 21, Phuleswari (name changed), from Tentiberia village in Mandirbazar Block, has emerged as a shining example of resilience, healing, and leadership. Her journey from personal tragedy to professional empowerment reflects the profound impact of Dance Movement Therapy.

Born into a large and loving joint family, Phuleswari was a bright student with big aspirations. She achieved 70% in her Madhyamik exams and an outstanding 93% in her Higher Secondary exams. However, just before one of the most crucial milestones in her academic life, she lost her father, a devastating emotional setback that left her deeply shaken.

In 2020, still grappling with grief and uncertainty, Phuleswari joined DMT sessions conducted by Kolkata Sanved. At that time,

she was shy, withdrawn, and hesitant to express herself. “I was scared and confused. I didn’t know how to express myself. I was always worried about how people might judge me,” she recalls.

Over time, the safe and supportive DMT space became her emotional anchor. With regular participation, she slowly regained confidence, learned to express her emotions, and began to rebuild her sense of self.

After five years of rigorous training, Phuleswari successfully cleared an interview at Kolkata

Sanved and was appointed as an Assistant DMT Practitioner. Her journey from a quiet, uncertain participant to a confident leader now serves as an inspiration for young women in her community.

Phuleswari’s story reaffirms that DMT is not just therapy; it is a transformative tool for empowerment, resilience, and leadership. As she beautifully puts it:

“Dance helped me find myself again, and now I want to help others find their light too.”



Noorjahan’s Journey Through Dance Movement Therapy

At 21, Noorjahan (name changed), from the quiet village of Ramchandrapur in Dhanurhaat Gram Panchayat, West Bengal, embodies resilience, self-awareness, and community leadership. Once a withdrawn and hesitant young woman, Noorjahan’s transformation through Dance Movement Therapy, into a confident and compassionate leader has left a lasting impact on those around her.

Growing up in a close-knit, loving family, Noorjahan imbibed values of responsibility and empathy from an early age. Her father co-owns a modest shoe shop with her uncle, while her mother is a homemaker. The youngest of five siblings, (with two sisters continuing their education and two brothers assisting in the family business), Noorjahan’s humble background instilled in her a sense of care, connection, and contribution.

Noorjahan joined DMT sessions in late 2020, unaware of the profound changes awaiting her. “I knew nothing then,” she reflects. “I was a withdrawn girl. But through DMT, I discovered what I truly need as an individual and found my own existence within it.”

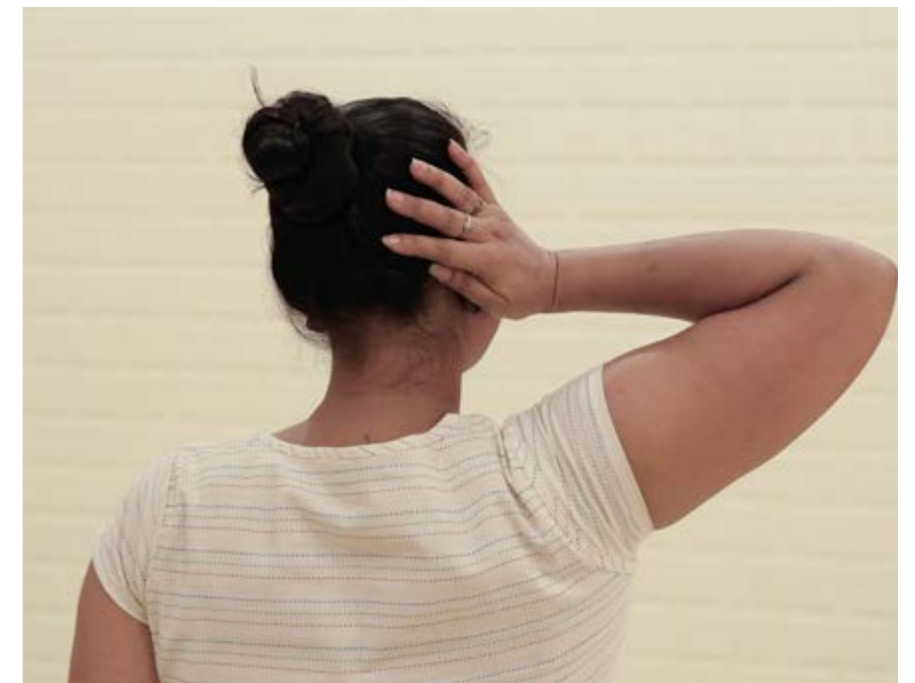
For Noorjahan, the DMT space became much more than movement; it became a voice. Over time, she learned to express herself openly, built deep self-confidence, and cultivated a sense of safety and belonging. Reflection, thoughtful questioning, and eventually, facilitation became part of her growth journey.

Noorjahan has grown from a hesitant participant into a calm and engaging facilitator. Women, especially mothers, constantly seek support from her. Her ability to create safe spaces has earned trust, and her leadership was evident when she stepped in to lead a Community Wellbeing Centre session—despite personal commitments—

demonstrating her dedication to both community and personal growth.

A graduate with an English Honours degree from Gour Mohan Sachin Mandal Mahavidyalaya, Noorjahan combines intellectual curiosity with emotional intelligence. Whether preparing session plans, leading discussions, or simply listening with patience, she demonstrates a rare blend of initiative, empathy, and humility.

Noorjahan’s journey illustrates how Dance Movement Therapy can empower young women to find their voice, build confidence, and emerge as leaders within their communities. Today, she is not only a practitioner of movement but also a source of inspiration for others seeking light, healing, and purpose.





Sayra's Story

Sayra (name changed), a 20-year-old young woman from a remote village in West Bengal, lives with her five siblings. Coming from a socio-economically disadvantaged background, her mother works as an agricultural laborer to support the family.

Sayra, along with her two sisters, joined the Dance Movement Therapy-based Trauma Healing and Recovery sessions organized in November 2024 through a collaborative effort with a local NGO.

Sayra's life has been marked by severe challenges. At the age of 17, she and her family faced social stigma and exclusion due to allegations of rights violations. Matters worsened when the entire family was accused of theft and subsequently ostracized by their village community. During this period, Sayra experienced a significant decline in her mental wellbeing and was referred to a mental health care facility. She also dropped out of school.

The local NGO remained in contact with Sayra's family and recognized the need for therapeutic intervention. They identified Sayra as a candidate for the trauma healing sessions through Dance Movement Therapy.

Her first few sessions were challenging. Being new to the environment, Sayra found it difficult to adjust. She often got distracted and occasionally had disagreements with her siblings during the sessions. The only part she seemed to enjoy initially was the free dance segment, where she could move freely to music and express herself.

In the early stages, her participation was limited, and her attention span was noticeably short. However, over time, despite her ongoing mental health struggles, Sayra began to show greater interest. She started attending sessions

more regularly and gradually improved her focus and engagement.

Sayra's mother initially had concerns about her attendance, as Sayra would often help with household chores and occasionally assisted in her mother's work of cutting and shaping grass. But as Sayra's interest grew, she not only continued attending the sessions herself but also encouraged her siblings to participate actively.

She began to take part in drawing activities during the sessions, managing to stay focused for more than 40 minutes, a remarkable improvement from her earlier 10-minute concentration span. Her mindfulness and growing sense of calm were noticed by both peers and facilitators. Gradually, the group embraced her presence and supported her during collaborative activities.



Balancing her mental health check-ups with the DMT sessions, Sayra slowly started reconnecting with others and rebuilding her social confidence. Just when she was showing signs of steady improvement, tragedy struck when she lost her younger sibling in an accident. The family was devastated and overwhelmed with grief.

Despite the emotional turmoil, Sayra demonstrated remarkable resilience. She encouraged her remaining siblings to continue attending the sessions, believing that the support of the peer group would help them cope with their challenges through the painful period.

"I am very happy that I attended the sessions and made lots of friends. I got my first certificate ever."- Sayra.



Mr. Kanthikar's Vision for DMT in Protection Homes

Kolkata Sanved approached a protection home in Mumbai to implement a Dance Movement Therapy based Trauma Healing and Recovery Program there.

A management level representative from this home, through close observation and continuous interaction with teachers and care-givers, was deeply moved by the potential of collaborative, art-based therapies, particularly those beyond conventional talk therapy. The person, having intensive knowledge of Child Rights and Protection as well as Public Administration, also participated in sessions specifically designed for care-givers and gained an appreciation for the impact of DMT at the protection level. This exposure encouraged small, yet significant, lifestyle changes and the adoption of self-care tools derived from DMT.

After his participation at the Kolkata Sanved DMT for Change Summit, he discovered the critical connection between mental health, movement, and the neuroscience behind human behavior. He began to recognize the power of subtle physical gestures in influencing the emotional wellbeing of both residents and care providers. Today, he stands as one of the strongest advocates for DMT, encouraging full participation among residents and motivating care-givers to attend their designated sessions. His belief in the program is rooted in its ability to support body-level

awareness and stress management within demanding work schedules.

He has also proposed that Kolkata Sanved facilitate a Training of Trainers (TOT) Program to build the capacity of eligible care-givers across protection homes, aftercare homes, and observation homes. His vision goes beyond just two segments of the child care system; his initiative aims to expand engagement across at least five additional institutional and non-institutional setups, thus fostering a wider impact through trained change agents.



Kolkata Sanved Programs



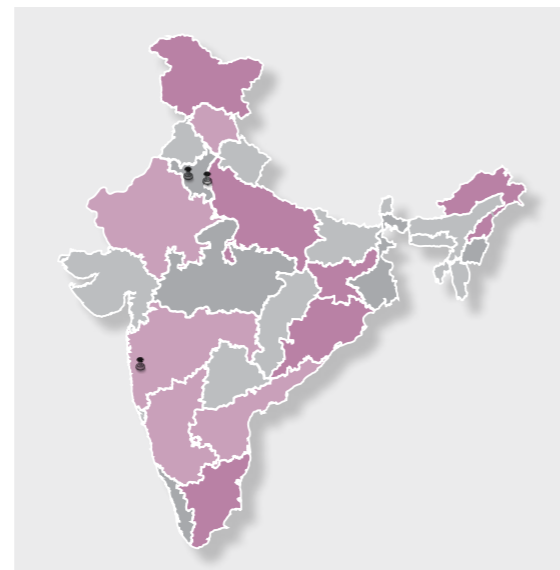
I. Psycho-Social Interventions

a. Healing & Wellbeing

Pan India Chapter

The program enhances the healing and emotional wellbeing of adolescents and youth through trauma-informed Dance Movement Therapy-based sessions, while simultaneously building a new youth constituency equipped to promote collective wellbeing within their communities. It focuses on fostering positive masculinity and gender-equitable behaviors through a specially developed curriculum for young men, encouraging healthier attitudes and respectful relationships. The initiative also strengthens community support

systems through awareness campaigns and stakeholder engagement, creating safer and more responsive environments for survivors of gender-based violence. In addition, the project prioritizes organizational sustainability by developing second-line leadership among Therapeutic Movement Practitioners and establishing digital knowledge resources to document and share best practices in arts-based psychosocial intervention. Collectively, these objectives contribute to a resilient ecosystem that advocates for healing, empowerment, and long-term social change.



Reach of the Program

Location	Program Population & Set-up	Reach (Direct)
Haryana (Faridabad), Delhi	Adoloscents & youth from underprivileged communities & care institutions and care-givers	382

Outcome of the Program

- There has been noticeable improvement in self-confidence and increased levels of comfort and positiveness within participants, about their bodies
- 60% of participants are now able to relax with their eyes closed, demonstrating enhanced trust and emotional safety within the group

- Around 60% of participants have shown improvement in their listening skills.
- Group bonding has improved, with participants feeling more comfortable working in groups and in collaborating and supporting one another
- Approximately 80% of participants are now actively engaged and confidently share

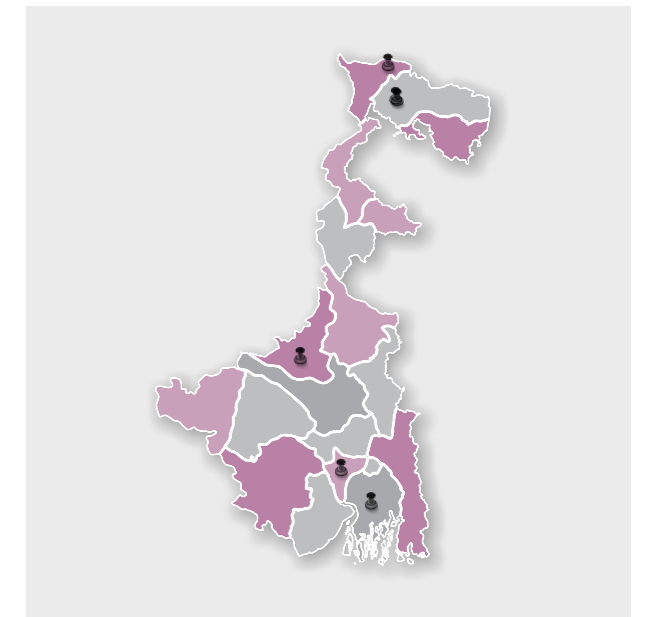
- feedback during the feedback circle, showing a significant reduction in hesitation and stronger communication skills
- Additionally, 30% of participants are now stepping forward to take leadership roles in activities without hesitation, reflecting a boost in initiative and self-assurance

b. West Bengal Chapter

The program delivered structured Dance Movement Therapy sessions to strengthen the mental, emotional, and social wellbeing of participants, many of whom had experienced trauma, stress, or emotional challenges. The sessions created a safe and supportive space where participants could relax, release tension, and reconnect with their bodies and minds.

Through carefully designed group activities, participants explored self-soothing techniques, built body awareness, and gradually overcame hesitation to express themselves. Consistent rapport-building fostered trust, empathy, and deeper connections—both internally and with peers.

The program was implemented across West and North Bengal reaching diverse communities and enabling healing, resilience, and personal growth.



Reach of the Program

Location	Program Population & Set-up	Reach (Direct)
West Bengal (Howrah, South 24 Parganas, & Birbhum)	Adolescent girls, young women and mothers from the community	213
North Bengal (Jalpaiguri, Kalimpong)	Youth, parents, tea garden workers, civil society representatives, local government duty bearers, local police, local schools and ASHA workers participated in Formative Research conducted by Kolkata Sanved for situational analysis	154
Total		367

Outcome of the Program

- The program created a transformative impact on participants by enhancing their overall wellbeing and self-expression. Many adopted regular self-care practices that helped them manage stress and regulate emotions more effectively.
- Through DMT, participants learned to identify, articulate, and balance their emotions, which strengthened emotional stability and social-emotional learning. The sessions also nurtured body confidence, fostering self-acceptance, self-confidence, and a positive self-image. This resulted in transforming high stress to effective self-care, emotional instability to

resilience building and body shyness to body acceptance.

- Group workshops built essential social skills such as teamwork, communication, empathy, and peer support, resulting in isolation to peer connection.
- The engagement of tribal communities challenged long-standing cultural taboos around dance, movement, and mental health, helping to overcome cultural resistance to openness and widening reach.
- Caregivers, too, became active allies by creating supportive home environments that reinforced wellbeing practices beyond the sessions, leading to supportive engagement.

- Creative methods like movement, storytelling, and group exercises gave participants safe avenues for self-expression, deepening emotional healing and self-discovery. This paved the way for a journey from curiosity to enthusiastic participation, suppressed creativity to free expression and hesitant communication to expressive dialogue.
- Feedback from participants, caregivers, and partner organizations reflected high levels of satisfaction and highlighted the demand for more frequent and extended sessions, underscoring the program's relevance and impact.

c. Expansion in North Bengal

In 2024, Kolkata Sanved expanded its reach to underserved communities in Jalpaiguri and Kalimpong through the new initiative:

Empowering Youth in North Bengal: Crafting Individual Agency Through Dance and Movement. The project emphasizes healing, wellbeing, and empowerment of marginalized youth through DMT. Its first phase focused

on formative research, including community consultations, key informant interviews, and on-ground observations to design a culturally responsive intervention plan.

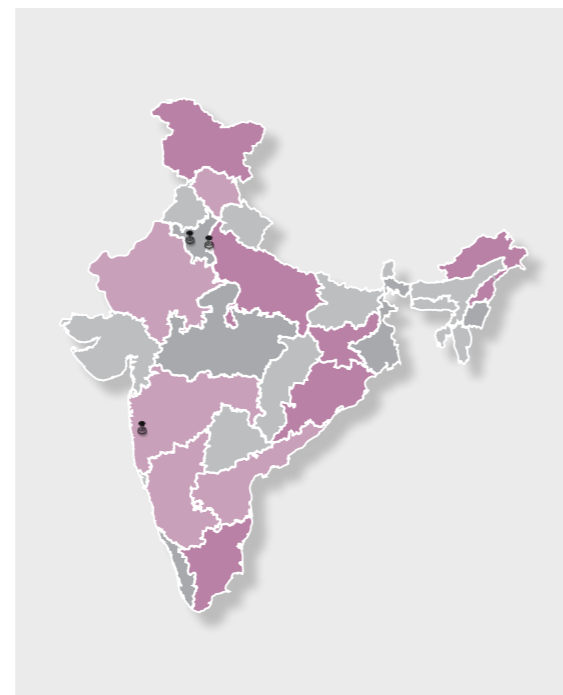
d. Trauma Healing & Recovery - Restoring Smiles Through Dance

The Restoring Smiles Through Dance project works with survivors of gender-based violence, not only within community settings but also

among residents of care institutions. The program brings attention to the experiences of participants who have faced the deep impacts of trauma and its aftermath and takes them through a healing journey through Dance Movement Therapy. Through this initiative, participants are beginning to open up, share their stories, and rediscover their sense of self-worth.

Reach of the Program

Location	Program Population & Set-up	Reach (Direct)
West Bengal (Murshidabad)	Adolescent girls from the community (Balarampore, Bhagwangola, Radha Ghat)	111
	Mothers (family members) from the community	69
West Bengal (Kolkata, Bibirhat)	Residents (girls) from Child Care Institutions, (Mahima Upasana, Mahima Umeed and Mahima Umang)	39
	Care-givers of the above Child Care Institutions	15
	Residents (girls) from Child Care Institutions, (Kshamata Transforming Center, Children's Aid Society, Children and Observation Home)	224
Maharashtra (Thane & Dongri)	Care-givers of the above Child Care Institutions	39
	Total (direct)	497
West Bengal (Murshidabad)	Community Awareness Camp at Balarampur	110 (Indirect Reach)



Outcome of the Program

- Participants, especially adolescent girls and institutionalized survivors, developed healthier ways to process and express emotions through dance and movement-based sessions.
- Many participants reported increased comfort in sharing personal experiences, indicating growing emotional openness and trust in safe spaces.

- Survivors began to reclaim their sense of identity and self-worth, often diminished due to prolonged trauma and systemic neglect.
- Visible changes included improved posture, eye contact, and active participation in group activities and discussions.
- Family members, especially mothers, gained awareness of gender-based violence and its emotional toll, creating more supportive home environments.

- Through the awareness camp in Balarampur (reaching 110 indirectly), community members were sensitized to the realities of gender-based violence and the role of psychosocial healing in recovery. The camp helped reduce stigma and build a more empathetic outlook towards survivors.
- The project attempted to demonstrate that trauma healing through art can be effective across diverse populations and geographies.

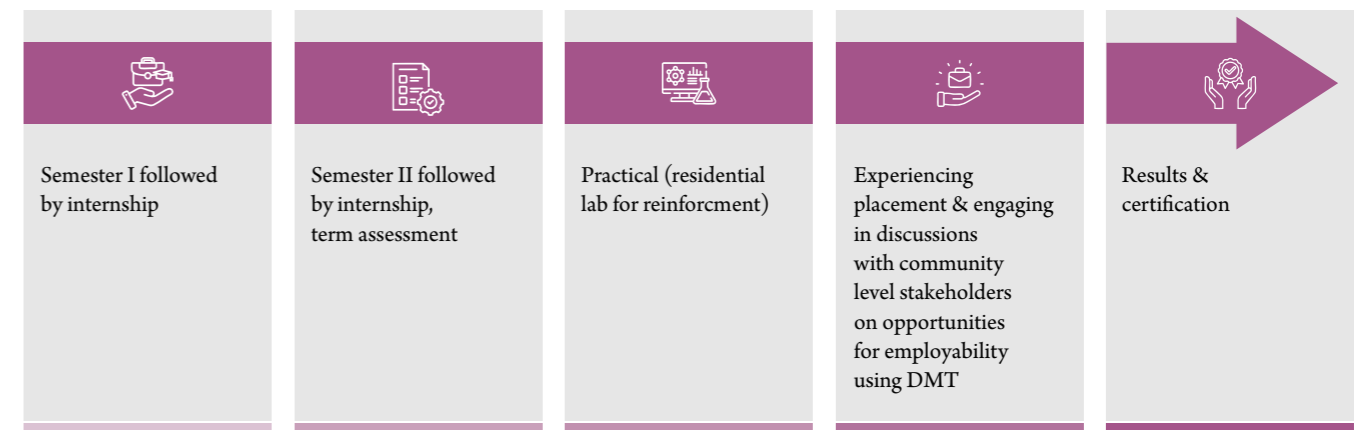
e. Dance Movement Therapy Leadership Development Academy (DMTLDA)

The Dance Movement Therapy Leadership Development (DMTLD) program,

spearheaded by Kolkata Sanved, is an 18-month certification course titled Therapeutic Movement Facilitator Training. This initiative engages survivors of gender-based violence and oppression as well

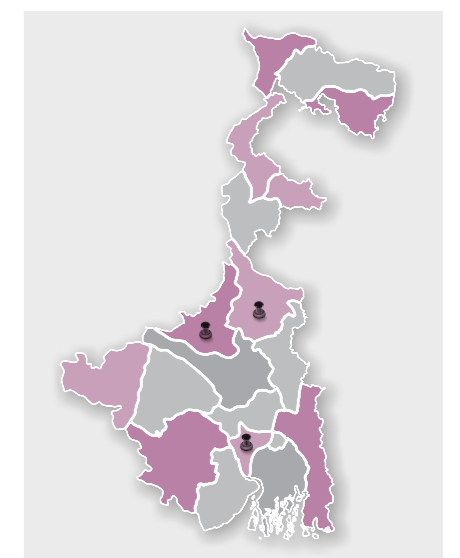
as vulnerable, at-risk adolescents and youths, aiming to empower them as DMT practitioners who can lead change in their selves, families, and communities and also as facilitators equipped to lead DMT sessions.

Course Milestones and overview



Reach of the Program (West Bengal-Howrah, Birbhum, Murshidabad)

Location	Program Population & Set-up	Reach (Direct)
West Bengal (Howrah, Birbhum, Murshidabad)	Course participants	44
	Internship participants	762
	Need assessment & selection process	93
	Parents / Guardians	132
	Peers	250
	Educational institutions / NGOs	16
	Educators / Administrators	160
	Community presence in course participants certification ceremony	270
	Total	1727



Outcome of the Program

- Participants reported profound transformations in personal growth, communication skills, time management, mental health, and empowerment.
- Personal growth sessions strengthened self-esteem, group bonding, and trauma recovery. The participants demonstrated remarkable emotional progress, especially in

overcoming barriers to participation. Future possibilities include positive impacts on social relationships, knowledge sharing, mentoring, and community building.

- Despite the positive impact of DMT on participants' confidence and mental wellbeing, many were compelled to prioritize traditional roles over personal development. The findings emphasize the need for systemic support to

address these challenges, ensuring girls can access and thrive in educational programs while overcoming societal constraints.

- The program contributed to the development of a new curriculum at the Kolkata Sanved Academy, focusing on life skills, leadership, and DMT practice, ensuring sustainability and long-term impact.

Internship Evaluation

Semester 1 Internship

- 01
- Lapses in technical skills
 - Closed movements
 - Inappropriate music selection
 - Guideline mistaken as session-plan
 - Incorrect use of terminologies
 - Not able to give proper feedback or ask questions

- 02
- Lapses in class readiness and management
 - Nervous
 - Not able to make everyone participate equally
 - Poor time management

30 PERCENT OF THE PARTICIPANTS TOOK SATISFACTORY CLASSES

Semester 2 Internship

- 01
- Improved technical skills
 - Open movements
 - Appropriate music selection
 - Writing & application of session plan
 - Curing introduction, creating safe space, giving instructions, ensuring participation
 - Giving proper feedback and asking questions

- 02
- Improved readiness & class management
 - Good voice modulation
 - Appropriate time management
 - Non-aggressive communication with learners and management
 - Problem solving, listening, maintaining eye contact

60 PERCENT OF THE PARTICIPANTS TOOK SATISFACTORY CLASSES



Overall Student Capacity Assessment



The Facilitator Ready Group:

The Facilitator Ready Group: This group of 12 students shows exceptional skills for leading and guiding others. They can facilitate discussions, encourage participation, and foster collaboration, making them ideal facilitators.

Dedicated Practitioners: This group of 20 confident students has strong foundational skills. While competent, they need

Dedicated Practitioners:

This group of 20 confident students has strong foundational skills. While competent, they need more practice in

Activity-Dependent Practitioners:

Activity-Dependent Practitioners: This group of 10 students needs guidance in leading activities. They perform

more practice in facilitation techniques to improve their leadership in complex discussions.

Activity-Dependent Practitioners: This group of 10 students needs guidance in leading activities. They perform best with structured support as they develop their facilitation skills.

facilitation techniques to improve their leadership in complex discussions.

best with structured support as they develop their facilitation skills.



II. Preventive Intervention

Sampoornata Wellbeing Club

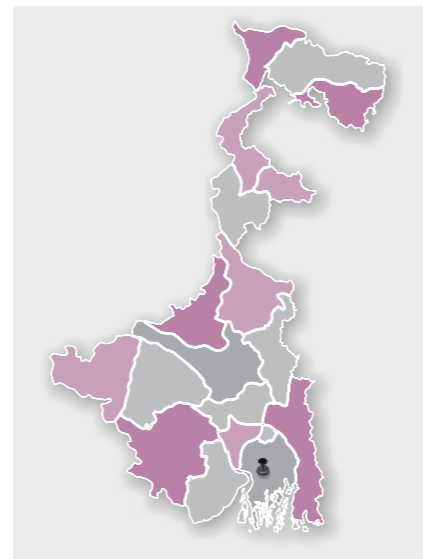
The Sampoornata Wellbeing Club's program seeks to build trafficking-resilient communities

through the creative and therapeutic use of Dance Movement Therapy. The initiative strengthens adolescent girls, youth, and community members by fostering protective

factors against trafficking and gender-based violence (GBV) while establishing sustainable, community-led structures for prevention.

Reach of the Program

Location	Program Population & Set-up	Reach (Direct)
West Bengal (24 Parganas South – Mandirbazar block)	Adolescent girls of Wellbeing Clubs	240
	Community volunteers	16
	Collaborative Network – Safety Net members from local administration, schools, CBOs, police, NGOs, ASHA workers, ICDS workers	33
	People from the community attending sessions at Community Wellbeing Centres	300
	Teachers from 4 local schools	140
	Total	729



Outcome of the Program

- The program demonstrated a significant impact in building trafficking-resilient communities. 16 Community Leaders emerged as confident and capable advocates against trafficking and gender-based violence, gaining a strong understanding of the project's vision and effectively communicating it within their communities. Awareness and knowledge on wellbeing and preventive practices increased, with over 600 community members actively participating in sessions.
- Leadership capacity was further enhanced as adolescent girls and youth emerged as

volunteers, gradually transitioning into roles as change agents.

- Leaders are engaging and encouraging adolescent girls to build a second line of leadership for sustaining the anti-trafficking movement at the grassroots level. Peer groups (20 members each) have been created in 2 Gram Panchayats, which are playing active roles in fostering collective support and discussion on self-care and safety.
- The program also fostered collective participation, motivating men, women, and adolescents to engage in awareness initiatives and creating peer groups in two

Gram Panchayats that serve as safe spaces for discussion on self-care and safety. Collaboration with 6 Gram Panchayat Pradhans, police officials, and school authorities strengthened local support systems, while community leaders extended their engagement to institutional spaces through the Sayamsiddha program.

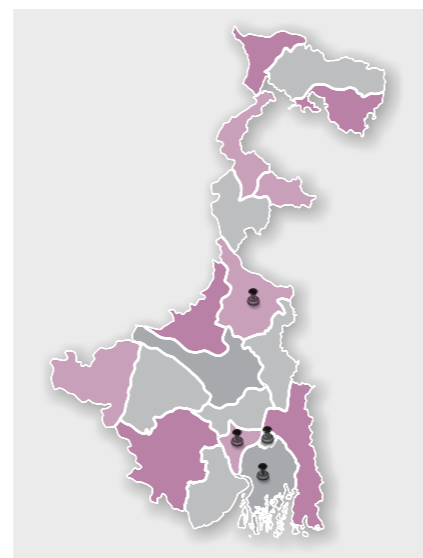
- Strong linkages with schools and government programs provided institutional sustainability, with active support from school authorities and the Inspector-in-Charge, enabling policy-level collaboration and opportunities for scaling the initiative.

Sexual & Reproductive Health & Rights (SRHR)

The SRHR program engages youth in meaningful conversations about sexual and reproductive health and rights through the creative medium of Dance Movement Therapy. Designed to empower participants, the program addresses topics such as gender, sexuality, menstruation, safe sex practices, healthy relationships, and bodily autonomy. The objective was to equip participants with the awareness, confidence, and practical skills they need to make informed choices about their sexual and reproductive health and wellbeing.

By integrating movement-based exercises with group discussions, interactive activities, visual aids, and information-sharing sessions, the program creates a dynamic and inclusive learning environment. Children, adolescents, and young women from marginalized communities are encouraged to explore and understand the physical, emotional, and social changes that occur during adolescence.

The sessions also focus on breaking taboos, promoting menstrual health and hygiene, and addressing gender-related stressors. By blending education with experiential learning, the SRHR program equips participants with the awareness, confidence, and practical skills they need to make informed choices about their sexual and reproductive wellbeing.



Reach of the Program

Location	Program Population & Set-up	Reach (Direct)
West Bengal (Kolkata, South 24 Parganas, Howrah, Murshidabad)	Adolescent girls, youth and care-givers from the community	118

Outcome of the Program

- The participants shared that the SRHR Program helped them become more attuned to their bodies and minds, teaching them the correct terminology for private body parts to seek medical assistance when needed.

- The program helped the participants to distinguish between healthy and unhealthy relationships, fostering safer interpersonal connections.

- Participants gained a deeper understanding of safe sex practices, including essential protection and prevention strategies.
- The program played a key role in breaking down the stigma surrounding menstrual health and hygiene practices.



III. Promotional Interventions

a. Building New Constituency

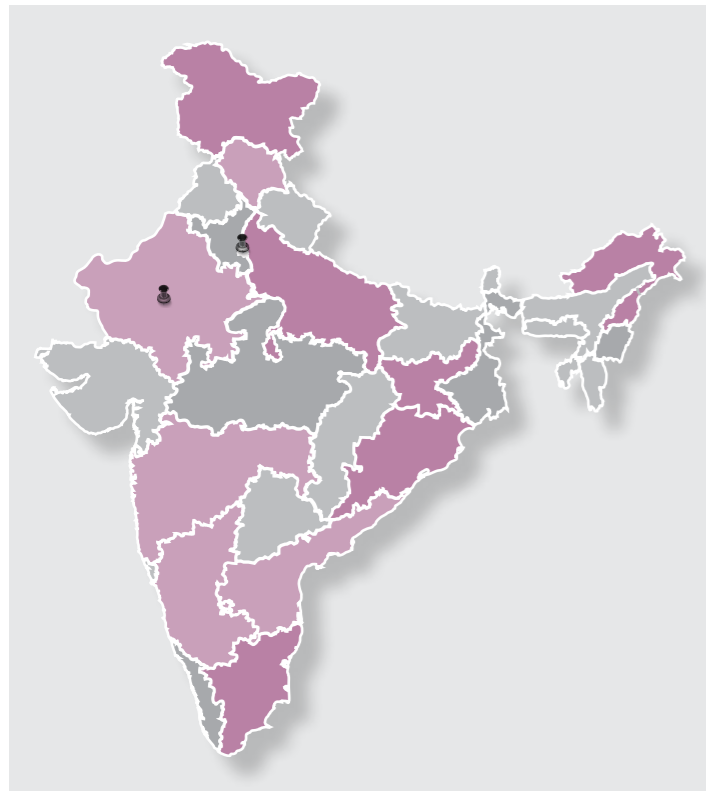
Sanved Imprints (Training of Trainers program)

The **Training of Trainers (TOT)** program has played a crucial role in preparing the foundation for the next level of the intervention and strengthening sustainability of the program. The objective of the program is to develop DMT-based movement practitioners who can implement customized

DMT sessions in different settings as per population need and also to develop collaborations and partnerships with other civil society organizations during the process.

A major milestone during this period was the comprehensive assessment conducted with TOT participants across two locations in Rajasthan-Udaipur and Sawai Madhopur. Through this process, participants shared insightful feedback on their learning needs

and expectations, enabling the team to better understand current capacities and identify clear pathways for continued growth. While the implementation plan demonstrated strong impact in several areas, it also gave a scope for learning which will now serve as valuable guidance, allowing Kolkata Sanved to refine strategies and enhance focus in areas requiring further support to ensure long-term effectiveness.



Reach of the Program

Location	Program Population & Set-up	Reach (Direct)
Rajasthan (Udaipur, Jaipur, Sawai Madhopur), Delhi	Adolescent girls, youth and care-givers from the community	60

Outcome of the Program

- Approximately 80% of the participants have shown increased confidence, reduced hesitation, and a more open movement vocabulary.
- Around 90% are now capable of creating a safe and inclusive space for their community participants, especially adolescent girls.
- About 60% of participants can now express themselves through movement.
- Emotional Resilience: A strong sense of emotional resilience has been observed among the participants.
- Significant shifts have been observed in the thoughts, feelings, and behaviour patterns of the youth after attending workshops on positive masculinity.
- Heightened awareness on how emotions influence behaviour and relationships.
- Leadership Skills: Participants who have undergone the TOT workshops have experienced a notable enhancement in their leadership abilities. There is a visible surge in their enthusiasm and confidence, especially in stepping up to take leadership roles. They now demonstrate a proactive attitude and a willingness to lead initiatives.
- Aspiration Building: The program has played a key role in helping the participants clarify their long-term goals and aspirations.
- Around 30% of participants are creatively applying the tools they have learned and improvising with them in their programs.

b. Diploma & Post-Graduation in Dance Movement Therapy (PG/DDMT)

The Post Graduate Diploma in Dance Movement Therapy (PGDDMT), running from July 2024 to August 2025 in Mumbai and Kolkata, is a specialized academic and practice-oriented program aimed at developing skilled Dance Movement Therapy practitioners. The program equips trainees to work effectively across diverse communities

and professional settings, including mental health institutions, schools, residential centers, and community organizations. With an exit option at the Diploma level, it provides flexibility for learners at different stages of their careers or personal growth, ensuring a comprehensive foundation in DMT practice and its application in real-world contexts.

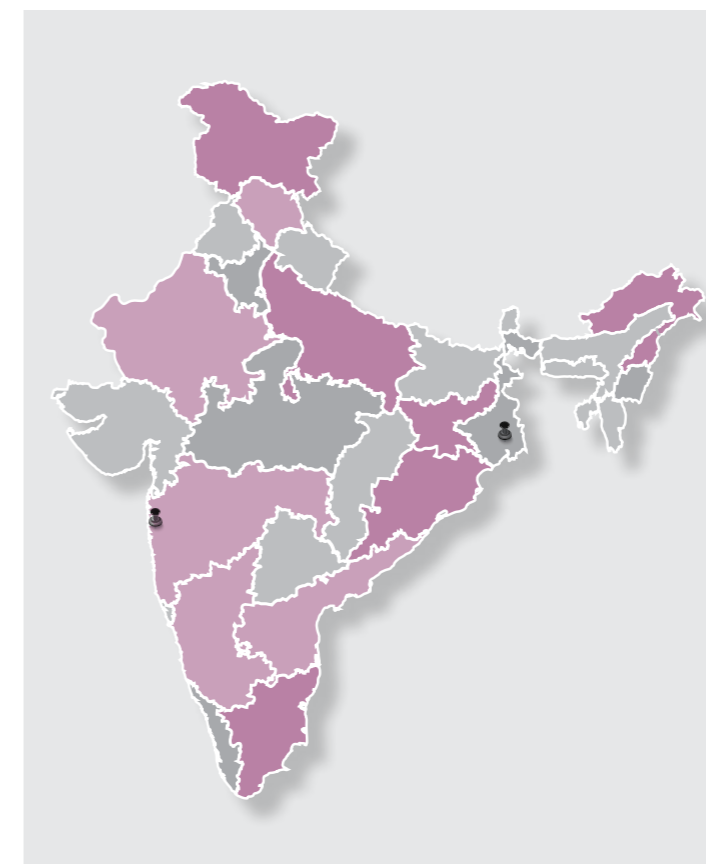
This year participants represented multiple states in India, (Maharashtra, West Bengal, Haryana, Delhi, Madhya Pradesh, Kerala, Rajasthan, Gujarat, Noida, Bangalore, Chennai) and included one international student from the USA, demonstrating the program's wide national and international reach.

Reach of the Program

Location	Program Population & Set-up	Reach (Direct)
Kolkata, Mumbai	General Mass	45

Outcome of the Program

- Trainees applied their learning to upgrade skills and competence in DMT, ensuring effective practice in varied settings
 - Graduates were motivated to work with vulnerable populations, using DMT to empower, heal, and support individuals and communities in need
 - Participants experienced transformation and development through experiential training, contributing to both professional and personal growth
 - Learners gained the ability to practice DMT effectively with both groups and individual clients
 - The program strengthened the pool of skilled DMT practitioners across India, expanding its footprint and accessibility
 - By training practitioners from diverse regions and internationally, the program fostered greater awareness, acceptance, and integration of DMT as a recognized therapeutic practice
- This year participants represented multiple states in India, (Maharashtra, West Bengal, Haryana, Delhi, Madhya Pradesh, Kerala, Rajasthan, Gujarat, Noida, Bangalore, Chennai) and included one international student from the USA, demonstrating the program's wide national and international reach.



c. Dream Project: The Centre for Creative Wellbeing and Social Change

This year marked a milestone in the journey of Kolkata Sanved. After many struggles, hurdles, and years of unwavering belief, our long-nurtured dream finally took its first breath. The Centre for Creative Wellbeing and Social Change—a vision held close to our hearts—was initiated in 2024–2025.

Born from resilience and collective aspiration, this Centre is envisioned as a transformative

space where expression, healing, and creativity come together to open pathways for wellbeing. Alongside this, it will function as an academy and knowledge hub—offering practitioner training, generating new research, and holding a rich repository of resources that nurture learning, inspire innovation, and strengthen the therapeutic and healing role of the creative

arts in promoting health, wellbeing, and social change.

It is a place where individuals and communities can rediscover their potential, explore new possibilities, and find strength through the arts. Designed as a 'physidigi' space—both physical and digital—it reflects accessibility, inclusivity, and innovation.

The physical Centre will not be limited to Kolkata or urban spaces. We are exploring collaborations with psycho-social rehabilitation facilities, health institutions, and academic spaces, so that healing through the Dance Movement Therapy and Creative Art Therapy reaches those who need it most.

Parallely, a digital infrastructure is under development and will include online platforms, software support, a digital archive, virtual DMT sessions, pre-recorded learning modules, and a resource-rich library. This virtual ecosystem will help us scale our work sustainably and bring Dance Movement Therapy into homes, communities, and institutions worldwide. The process involved multiple workshops and planning sessions with partner organization Amplo Global, including over five visioning sessions and cataloguing and data collection workshops, to define the direction and framework of the digital archive.

This year, both the architectural and structural designs were completed, marking a significant step forward. We have also received a donated physical space—an act of generosity that strengthens our belief in collective care

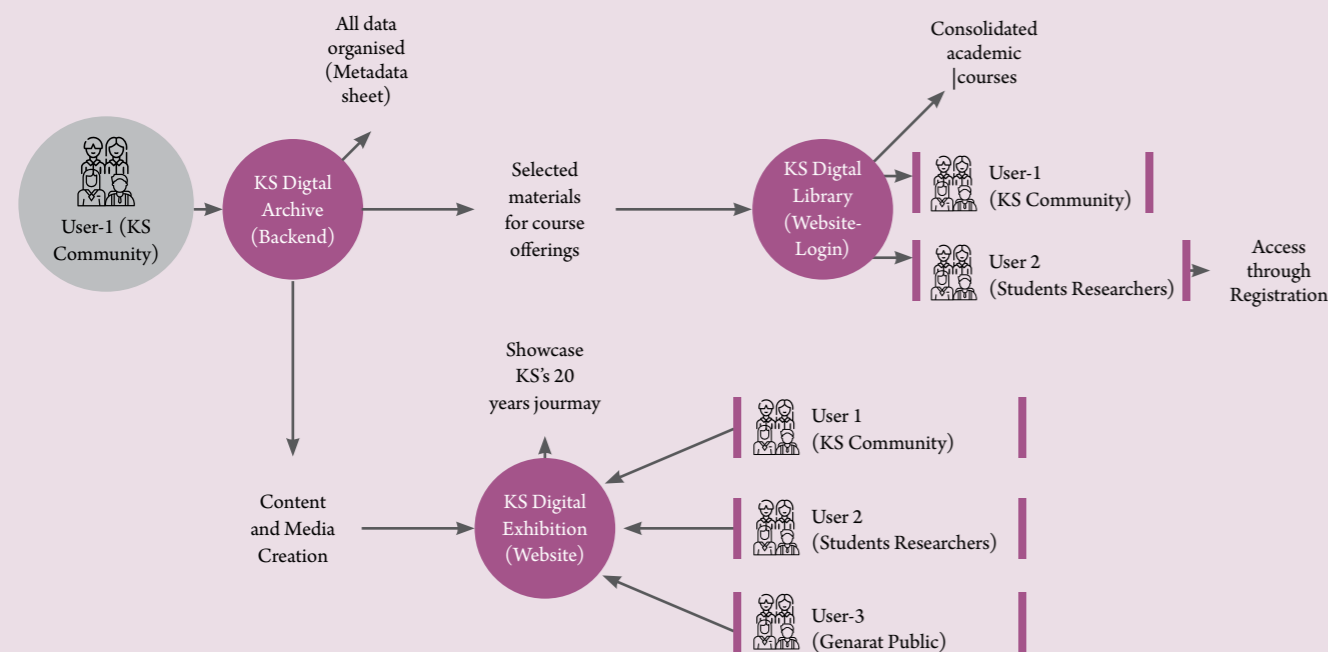
and shared dreams. This space will soon be renovated and transformed into a centre space. With hope and determination, we aim to make the Centre ready and functional in the upcoming financial year, taking one more step toward reimagining a world where healing is accessible, creativity is celebrated, and communities thrive.

Kolkata Sanved has since developed a prototype outlining reach and accessibility and is currently engaged in data collection and mapping the design flow, laying the groundwork for assembling the complete digital repository.

Physical Space envisioned:



Digital Space envisioned



d. Transforming Steps (Events / Workshops / Performances)

EVENTS

Campaign Anandadhara – ‘Flow of Joy’

On 29th April 2024, Kolkata Sanved celebrated its 20-year journey through Anandadhara – A Flow of Joy, a two-day gathering that brought together around 200 participants, including performing and visual artists, filmmakers, art lovers, survivor leaders, youth leaders, mental health and public health professionals, educators, civil society organizations, funding bodies, government representatives, and students.

The event honored the survivors and DMT leaders who have been the heart of this journey and featured a diverse range of activities such as film screenings, performances, and workshops. Across two days (27th–28th April 2025), the programme directly reached 364 participants. Highlights included the screening of Anandadhara – A Flow of Joy by award-

winning director Debalina Majumdar. The film increased Kolkata Sanved’s reach and visibility and opened up possibilities of deep diving and reflection inwards while also relooking at various collaborations.

Kolkata Sanved’s own performance Yatra choreographed by Dr. Urmimala Sarkar and Vikram Iyengar, and a thought-provoking performance by renowned artist-activist Navtej Singh Johar were also staged. The performances gave a clear message on culmination of art, and social activism. A knowledge building platform through DMT brought the community participants and survivors together. This was the first time for many – opening an opportunity to come together as not just participants or survivors but as DMT community members. For the

first-time, an on-stage performance through 2 hours workshop mode of showcasing understanding of DMT was hosted, where each and every DMT community member participated in groups and were led by various art faculties. This was a unique platform of bringing art, DMT and creative arts practitioners and activists together, along with funders.

The festival also created new platforms for knowledge-building, collaborative opportunities, and for the first time, a collective on-stage DMT performance led by diverse art faculties bringing together community members, survivors, creative arts practitioners, activists, and funders to reimagine art and DMT as powerful tools for change.

DANCE MOVEMENT THERAPY (DMT) FOR CHANGE SUMMIT



The **Fifth Biennial Summit on Dance Movement Therapy for Change** was held on March 6th & 7th 2025, at Dr. Ram Manohar Lohia Park, Lucknow, India. It was organised by Kolkata Sanved (KS) in collaboration with Centre for Lifelong Learning (CLL), School of Social Work (SSW), Tata Institute of Social Sciences (TISS), Mumbai. The summit served as a transformative platform that addressed personal and community wellbeing while exploring the intersections of collective care and environmental health.

The event commenced with a Pre-Summit Exploratory Dialogue on March 5th 2025, which focused on **Envisioning Tomorrow: The Future of DMT and Creative Wellbeing and Expanding Horizons: An Exploratory Dialogue on Research in DMT and CAT**. The dialogue was held with a select group of practitioners engaged in discussions shaping the field's future direction.

This strategic conversation was facilitated by external experts and attended by alumni of Kolkata Sanved, CLL-SSW, DMT practitioners and experts from mental health, academics and civil- society organizations.

The two days summit was a dynamic confluence of knowledge, creativity, and

shared experiences. The theme this year was **“The Power of Collective Care and Wellbeing: Expanding the Horizon of DMT and Creative Art Therapy.”**

Building on recommendations from previous summits, this edition emphasized collective care, inclusivity, and diversity. Recognizing the need for accessibility, it integrated multiple languages, movement styles, and non-binary vocabulary, ensuring participation for all, including individuals with disabilities.

With **200** participants, including **60** experts from **15 states across India**, the summit provided opportunities for knowledge exchange and collaborative learning. It included:

- 5 Innovation Labs – Spaces for exploring new frameworks, methodologies, and approaches.
- 10 Experiential Workshops – Engaging sessions that integrated movement, music, storytelling, drama, and visual arts.
- 5 Panel Discussions – Thoughtful exchanges on the evolving landscape of DMT and CAT.
- 2 Interactive Conversations – Opportunities for deeper engagement and reflection.

- 2 Collective Creative Arts Experiences – Sessions that brought together movement, narrative, and artistic expression, including a special performance by Askari Naqvi (Soz Khawan) and a traditional Dastangoi storytelling experience from Lucknow.

With a focus on inclusivity and diversity, Kolkata Sanved organized for an interpreter to narrate the entire proceedings through sign language for the benefit of any hearing-impaired participants. Briefings for each discussion were given in Hindi as well. The disability-friendly environment was further enhanced by making a wheel chair available at all times for any participant who might need it. The summit prioritized sustainability by using 100% biodegradable packaging, choosing an accessible eco-friendly park, and minimizing its carbon footprint by avoiding LED screens, projectors, air conditioning, and digital presentations.

Each space, an innovation lab or an experiential session, was co-led by experts and participants turning it into a co-creative journey in its true sense. Intersections of healing, wellbeing and social change were explored by breaking barriers and embracing diversity.



It was a powerful gathering where movement became the language of transformation and collective care became the path to attain a more inclusive and sustainable future.

The event fostered rich interdisciplinary dialogue, including that of survivors, grassroots practitioners, and community leaders, as knowledge experts in the field, amplifying lived experiences and highlighting the role of DMT and Creative Arts Therapies in community-based healing and empowerment. Dedicated platforms for youth and survivor leaders shifted the narrative toward resilience and collective care, while discussions bridged policy, practice, and academia broadening the scope of creative arts therapies beyond clinical mental health to encompass livelihood creation, education, and social transformation.

Focusing on collective wellbeing, the summit expanded the horizons of DMT and CAT, emphasizing the vital connection between individual, community, and planetary health. This approach positioned DMT and CAT as essential tools for nurturing a healthier, more just, and sustainable world. By incorporating diverse voices and innovative approaches, the summit paved the way for future collaborations and strategies to strengthen the role of DMT and CAT in building resilient and sustainable communities worldwide.

The summit was supported by The Human Capability Foundation and The Mariwala Health Initiative. Other partners were: Global Fund for Children, GAATW, Breakthrough, and Sanatkada, with event and venue partnerships from Reperthwar Foundation and Lucknow Development Authority.

The fifth Biennial Summit reaffirmed the critical role of DMT and CAT in advancing personal, social, and ecological wellbeing through collaborative and interdisciplinary engagement. The insights generated from this gathering will inform future research, practice, and policy, strengthening the integration of creative arts therapies within diverse socio-cultural contexts. Moving forward, Kolkata Sanved will create a network of collaboration that deepens knowledge, develops inclusive methodologies, and establishes sustainable frameworks, positioning DMT and CAT as essential instruments of transformative change.

Festival for Empowerment and Art for Life (FEAL)

FEAL is an art-based festival on mental health and wellbeing. It was initiated by Kolkata Sanved during the times of the COVID 19 pandemic and has continued over the years. The purpose of the festival is to motivate people in the community towards their healing and wellbeing through various creative art forms.

This year the festival was organized by Kolkata Sanved at Shantiniketan in collaboration with Arthashila in January 2025, focusing on the theme 'FEAL YOUR SPACE – DNARABAR JAYGA'. A total of 71 participants joined in celebrating the event. The festival focused on defining personal and professional space, exploring the role of DMT/CAT in reclaiming

one's inner and outer space, examining space through a gender lens, and positioning art as a medium for social change.

A reflective session through panel discussion on SPACE proved to be an eye-opener. The panel discussion further encouraged individuals and the community to critically examine their relationship with space and its



broader impact. As observed, the people from the local community were able to reflect on their own space and how it relates with their surrounding community and environment. The acceptance of the program in the community is growing stronger with time, creating awareness on how art can be used as a tool for wellbeing and gender equity and thus bringing in social change.

The festival also strengthened the ongoing three-year collaboration with Arthshila, highlighting the growing acceptance of art as a tool for social change within the partnership and the community.

One Billion Rising (OBR)

The One Billion Rising campaign focussed on the theme of transitioning from self-wellbeing to collective wellbeing through the theme of "reclaiming space". The campaign was organised in collaboration with Arthshila. The campaign featured a diverse range of activities, including storytelling, Dance Movement Therapy, visual arts, and a panel discussion. Over 50 participants took part. The panel discussion offered valuable perspectives on how individuals can contribute to their own wellbeing while making a positive impact on the broader community.

Later, on 27th May 2025, 18 alumni reunited in Kolkata, rekindling bonds and weaving narratives into movement after a long gap. Both events created meaningful spaces for alumni to reconnect, reflect, and expand their creative journeys.

Teaching For Transformation: The Dance Movement Therapy Alumni Meet

July 8-9, 2024, Mumbai, July 11-12, Kolkata, July 16, Delhi

The Teaching for Transformation: Dance Movement Therapy Alumni Meet, jointly organized by Kolkata Sanved and the Centre for Lifelong Learning, School of Social Work, Tata Institute of Social Sciences, Mumbai, brought together Diploma and Post-Graduate

alumni across Kolkata, Mumbai, and Delhi as part of our ongoing academic collaboration to strengthen Dance Movement Therapy for social development, mental health, and wellbeing. Hosted across three locations—Kolkata, the TISS Mumbai campus, and Delhi—the meet ensured broad accessibility and deeper engagement. This year's gathering was further enriched by the presence of international expert Marin Legat Ropper from Brigham Young University, who facilitated sessions on Laban Movement Analysis. The multi-city approach enabled a larger and more diverse alumni community to reconnect, learn, and strengthen their professional practice.

DMT Symposium 2024: Strengthening Practice, Purpose, and Community, November 25-27, 2024

In November, the DMT symposium hosted in Kolkata by Kolkata Sanved brought together alumni from the DMTLDA and ToT programmes, along



with Dance Movement Therapy practitioners working with Kolkata Sanved across different projects in India. This three-day gathering created a reflective and collaborative space for inner work, advanced conversations on the future direction of Sanved's DMT practice, and a shared exploration of the deeper purpose of DMT in social development and healing. The symposium also focused on understanding the evolving needs of practitioners and identifying ways to strengthen support systems so they can deliver more effective and meaningful sessions in their communities.

South Asia Book Talk

Dr. Sohini Chakraborty was invited to represent Kolkata Sanved at the South Asia

Book Talk on Healing Through Movement held on October 15th to 18th, 2024 at Le-Meridien, Suvarnabhumi Bangkok Golf Resort

& Spa, Thailand. The event was organized by GAATW at their international conference.

Workshops & Performances

Awareness Campaign on Collective Action Against Gender Based Violence

One community awareness camp on gender-based violence (GBV) was conducted in Murshidabad, West Bengal, reaching a total of 110 community members. The sessions focused on understanding gender roles, recognizing the spectrum of violence, and

promoting supportive community responses. Through audio-visual presentations, participants were also introduced to Kolkata Sanved's work and the role of Dance Movement Therapy in psychosocial healing. The camps saw active involvement from community members, families, and key stakeholders, fostering meaningful dialogue and collective engagement towards preventing GBV and supporting survivors.

Kolkata Sanved also facilitated several DMT workshops on invitation from various organizations for gender equity, health and wellbeing.

Performances by Kolkata Sanved on various occasions included those at The Kolkata Book Fair 2025, Southend Park Puja Celebrations and at the American Centre.



IV. Organizational Strengthening

Organization Review & Strategic Growth Plan

As a part of developing the organization strategic growth plan process, a review was conducted on the impact created by the organization's work over a span of 20 years by 2 external consultants. The entire Kolkata Sanved team, the board, partners and the donor community were engaged in this process.

The process was conducted over 3 to 4 months to understand and review the present status of the organization with a focus on its programs, finances, and administration. The process

included group meetings, focused group discussions, and individual interviews.

The findings reflected that Kolkata Sanved has put DMT on the map in India as a tool for healing and wellbeing, and in the process demystified the space of therapy. It has pushed the boundary of elitism around therapy practices and challenged the exclusiveness of "experts" defined by academic qualification.

It has made a very significant point about the appropriateness of group-based therapy, especially for resource-poor settings. The other significant contribution of KS has been the breaking of the perception of dance being

either an elitist pursuit or a frivolous one. It has pushed the boundary and developed the idea of dance as part of an interconnected web of tools which have a higher purpose of healing.

There is anecdotal evidence of noteworthy transformations in individuals going through DMT, especially for those who come from the most marginalized sections. This has created a leadership pathway for young people. The recommendations focus on visioning community transformation, integration of DMT at various settings and building on leadership skills.

Capacity Building Training for Staff Members

Personal Growth & Group Development Process

Group Development (GD) process undertaken by Kolkata Sanved began in November 2023. This initiative seeks to promote the overall wellbeing and growth of the organization. The GD process evolved from personal growth (PG) sessions that were initially focused on individual wellbeing but expanded, over time, to address more complex

organizational and inter-group challenges. The sessions add value to the growth process of the individuals as well as the organization.

This year the process focussed on meta communication, feedback principle, strength-based appreciative enquiry, wellbeing parameters and self-care, priority and time

management and conflict resolution. The key activities included icebreakers, intergroup discussions, individual and group exercises and feedback and communication exercises. The workshops aimed to nurture the process of feedback giving and effective communication and to promote decentralization of work at all strata in the organization.

Mentorship & Training of Senior Leadership Team

The leadership development program successfully addressed key objectives, promoting a more decentralized and accountable organizational structure. The activities facilitated meaningful engagement,

reflection, and growth, laying the foundation for continued development within the organization. Through mentorship sessions, efforts are made to develop other aspects of leadership skills within the senior leadership

team and those in leadership roles within the organization, such as strategic thinking, perspective building, decision-making, and team-building.

Workshop on Behaviour Management

The team participated in a comprehensive four-day workshop on behaviour management, which resulted in several valuable outcomes for organizational growth. During the sessions, the Senior Leadership Team (SLT) reflected on their individual behaviour patterns, identifying key strengths

as well as areas requiring improvement. They collectively explored strategies to integrate positive behavior management approaches to strengthen team dynamics and contribute to the organization's development. The workshop also provided a space to examine challenges and barriers related to behavior management,

while developing effective solutions to address them. Overall, the training emphasized the importance of fostering a healthy work culture grounded in constructive communication, mutual support, and consistent behavioral practices.

Training on Advanced level DMT

A three-day symposium on Advanced DMT was organized to strengthen practitioner capacity, deepen knowledge, and promote peer learning. The training journey began with personal reflection and creative exploration

through movement and art, progressed to collaborative group presentations on DMT applications across diverse populations and emerging sectoral trends, and concluded with shared discussions on real-world challenges

and success stories. The symposium enriched professional skills, enhanced collaboration, and strengthened the practitioner network for future growth.

In-House Capacity Building

Monthly in-house capacity-building sessions on Child Rights and Protection were conducted by trained staff. In addition, the team received important guidance on provisions under the Juvenile Justice Act

and trafficking-related issues, enhancing their understanding of legal safeguards and protection mechanisms for vulnerable children. These sessions equipped the practitioners with a deeper awareness of

the context, challenges, and risks faced by the target groups, enabling them to deliver Dance Movement Therapy sessions in a more informed, sensitive, and rights-based manner.

Capacity Building Training for Staff Members

I. A Comprehensive Study on Personal Growth Interventions – Kolkata Sanved & Samikshani

Kolkata Sanved and Samikshani (an organization working on mental health and wellbeing) joined forces in 2024-25 to conduct a comprehensive study focusing on mapping the organizations' journey through the personal growth process.

The primary focus of this study is to explore how personal growth interventions have contributed to organizational growth and collaboration perspectives within Kolkata

Sanved and Samikshani. The first phase of the study has been completed.

The Process-cum-Impact document aims to cover and uncover the intention, implementation, impact, and insights from the Personal Growth sessions facilitated by Samikshani for Kolkata Sanved employees over 8+ years. Additionally, it aims to deep dive into the collaboration between the two organizations, to understand the motivations,

evolving goals, and working relationship throughout this journey.

As a result of this study, 3 interview guidelines and a framework analysis has been prepared to conduct a qualitative inquiry in the second phase of the program using a social constructivist lens to analyze how knowledge of the self, the other and the organization is shaped through interactions.

II. Formative Research in North Bengal – Let's Dance -

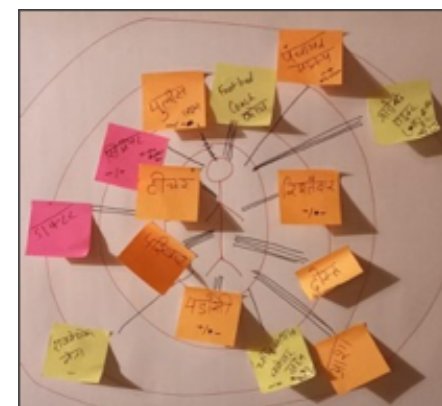
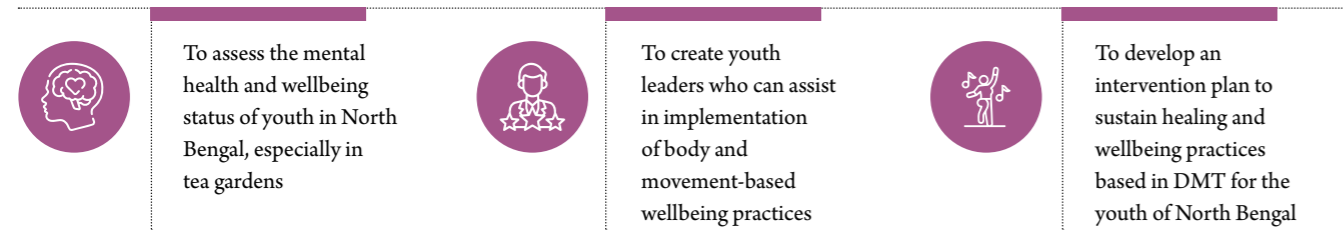
This formative research explores the aspirations of youth in the tea garden regions of Jalpaiguri and Kalimpong districts in North Bengal. These youth, shaped by

socio-economic vulnerabilities, limited opportunities, and systemic barriers, are central to a proposed Dance Movement Therapy intervention aimed at enhancing

mental health and wellbeing, individual agency, and leadership capacity.

Why this research :

Diagrammatic representation of the objectives of Kolkata Sanved's DMT programme



North Bengal, encompassing diverse ethnicities and geographic landscapes, faces socio-economic challenges. With limited access to quality education, healthcare, and alternative livelihoods, youth in the region are burdened with systemic inequities. High migration rates, gender-based violence, and environmental changes exacerbate these vulnerabilities. Amid these challenges, Kolkata Sanved planned an intervention with youth to improve the mental health and wellbeing of the youth of North Bengal.

Using participatory tools such as stakeholder mapping, ranking exercises, focus group discussions and key informant interviews, the study engaged 154 respondents, including youth, parents, and other key stakeholders.

Key Questions:

The study looks at the following areas of enquiry:

- Understanding aspirations, needs, priorities of youth, including mental health and wellbeing.

- Understanding the opportunities and challenges
- Unpacking access to existing institutions (especially health and education) and support
- Understanding the intersections

Methods of Data Collection and Analysis:

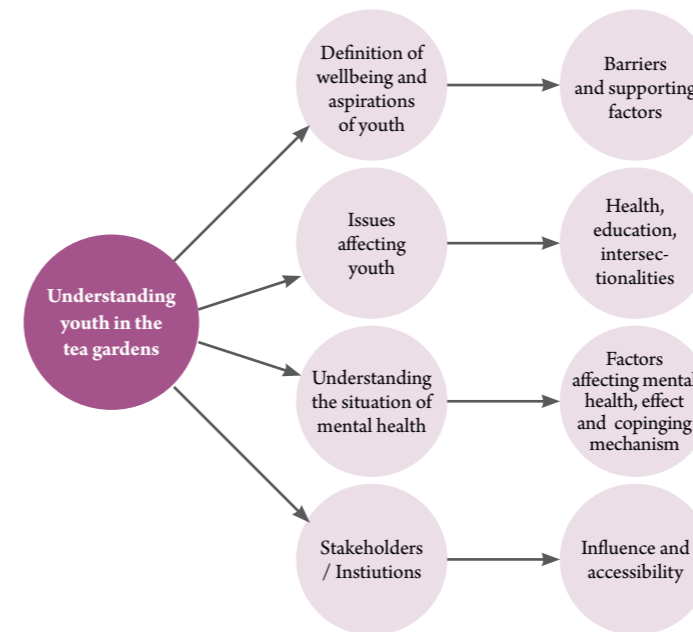
The study used participatory approaches to unpack the key questions listed above in a

focus group discussion setting. The use of participatory approaches was based on a conscious decision to involve the participants to be part of determining the direction of the programme. It created the space for the participants to engage in an analysis of the key questions of enquiry rather than just providing data. Some of the participatory tools used during the discussion are listed below:

- Stakeholder Mapping
- Key Informant Interview (KII)

- Kite Tool
- Ranking Exercise
- Mind Mapping Exercise
- Daily Activity Chart
- Demonstration and Sharing Sessions with youth on Dance Movement Therapy
- Findings Validation and Enrichment Workshop

Diagrammatic representation of the scope of the formative research.



Research Findings

The major issues affecting youth emerged as follows:

- Limited access to education
- Livelihood challenges
- Lack of quality healthcare facilities
- Issues of culture and identity
- Climate change
- Absence of proper connectivity
- Disruptive social relationships

Recommendations for creating DMT Model:

- Using existing cultural strengths such as the openness to music and dance which is prevalent in the region. This includes finding ways of negotiating with the youth's use of Instagram, Instareels and other platforms which can become means of self-expression
- Through partnerships with existing NGOs working on the same as well as building leaderships among the youth
- Creating a safe space for adolescents to engage collectively as they recognised the absence of such a space in their lives and also saw a potential in the DMT workshops to fill this gap

- Converging with existing spaces in civil society, government as well as youth spaces to avoid creating parallel systems
- Catering to a younger cohort in the 14-17 age group to address the challenges that migration will pose to the programme's effective functioning and also help provide a stronger mental health foundation by starting young
- Creating a space for dialogue between parents and youth
- Including conversations around topics that are largely taboo or not raised, especially around menstrual health and hygiene, sexual harassment as well as gender and sexuality

III. Research on Scope of DMT in an Urban Setting: A study in Mumbai & Kolkata – Kolkata Sanved & Tata Institute of Social Sciences, Mumbai

In collaboration with CLL-TISS, Kolkata Sanved initiated a study titled **Scope of DMT in an Urban Setting: A Study in Mumbai & Kolkata** to critically assess the Dance Movement Therapy program curriculum and explore its potential in urban settings.

Rationale: As Kolkata Sanved and TISS began exploring its progression into a Master's programme, it became essential to understand how alumni and faculty had experienced the course over the years. This reflection aimed to identify key insights, strengths, and gaps that

could inform the next stage of development and ensure a stronger, more responsive academic pathway in Dance Movement Therapy.

OBJECTIVES

- Curriculum Review
- From alumni, impact and relevance of the program for their personal and professional growth
- From the faculty and resource persons, their experience of teaching and how it contributes to creating DMT professionals

METHODOLOGY

- **Location** – Mumbai and Kolkata.
- **Period 5 years** – 2016-2017 till 2021-2022 (2020-2021 no batch, 2021-2022 Online)
- **Mixed Methodology** was used. Qualitative In-depth Interview (28/30), Quantitative-Survey (10/80) and Content Analysis of Recordings.
- **Tools** – Qualitative Interview Guide for Alumni and Faculty,
- **Quantitative** – Questionnaire and Content Analysis framework for student field work recordings and seminar papers.
- **Limitations**- Those unhappy with the program may not have responded. Also,

those who dropped out, if any. The survey did not get sufficient results – only 10 out of 80 responded. Had only an urban focus because of the program location.

PROFILE OF PARTICIPANTS

- Alumni Interviews- 28 (30)
- Faculty Interviews 11 (17)
- Themes-About program design, faculty, significance, self-growth, challenges, suggestions for improvement.
- Content Analysis- 30
- Themes- Method, sessions, challenges, supervision, link to curriculum, ethical challenges, self-growth.

FINDINGS:

- Overall found it a comprehensive therapeutic experiential program that aligned with their interests in development practice.
- While field work exposure helped understand the demands of the practice and population needs, they desired more support, supervision and motivation during this.

- The evaluation methods facilitated self-assessment, reflection and integration of field learnings.
- To further strengthen practice, establish connections with government, public and private entities, integrate additional modules and create a resource directory.
- Course fostered deep personal and professional growth and highlighted the need for continuous learning, adaptation and self-reflection through conferences and seminars.
- Scope for documentation and further research on DMT techniques are beneficial for specific population/ groups.
- Support to continue professional journey, need to network, guide and strengthen practice also. Master database of practitioners. Assign job requests
- Possibility of exploring it as a Master's program, to deepen knowledge.



ADMIN & FINANCE

Kolkata Sanved Partners

- American Center, Kolkata
- Amplo Global
- Arthshila
- Antaranga
- Azad Foundation
- Bhiwandi Observation Home, Thane
- Block Development Office, Mandirbazar
- Breakthrough
- Centre for Lifelong Learning, School of Social Work, Tata Institute of Social Sciences
- Centre of Contemporary Dance, Pune
- Department of Women and Child Development, Government of Maharashtra
- Department of Women and Child Development, Government of West Bengal
- Directorate of Child Rights and Trafficking, West Bengal
- Evidence for Change - Swasti
- Faith Foundation, Shillong
- Global Alliance Against Trafficking in Women (GAATW)
- Gramin Siksha Kendra, Rajasthan
- Iswar Sankalpa
- Jagori Rural Charitable Trust
- Jeevika Development Society
- Karm Marg, Faridabad
- Kshamata, Thane
- Lucknow Bioscope
- Lucknow Development Authority
- Mahima Umang and Mahima Umeed, Mahima India & Child Welfare 'Committee
- Children's AID's Society, Children and Observation Home, Umerkhadi, Dongri, Maharashtra
- Maitree Network
- Manab Jamin, Birbhum
- Nari O Sishu Kalyan Kendra, Howrah
- One Billion Rising, India
- Patang, Odisha
- Repertwarh Foundation
- Samikshani
- Samya Development Resources Pvt. Ltd
- Sewa Bharat
- Sundarban Social Development Centre (SSDC), South 24 Parganas
- Suprava Panchashila Mahila Uddyog Samity (SPMUS), Murshidabad
- Swayam
- Tata Institute of Social Sciences, Mumbai
- Vishakha
- West Bengal Commission for Protection of Child Rights (WBCPCR)
- World Dance Alliance, Asia Pacific



Kolkata Sanved Support Community

- AWO International
- Azim Premji Philanthropic Initiative (APPI)
- Blossomy Project
- Bright Foundation
- CAF America
- EMpower
- Human Capability Foundation
- Hopewell Fund
- Learning Mate
- Mariwala Health Initiative
- Swiss Philanthropic Foundation
- Trisys
- We Trust
- World First for Training and Research Global
- Education Trust (TARGET)

Kolkata Sanved Individual Supporters

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- Anuradha Mukherjee
- Kankan Sen
- Leena Godiwala
- Sandip Kanta Mukherjee

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- Dr. Sabiha Vasi
- Lopa Bhattacharjee
- Sachin Sachdeva
- Sandeep Kantha Mukherjee

Kolkata Sanved Governing Body

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1	Bhaswati Ghosh	President
2	Dr. Sohini Chakraborty	Secretary
3	Anuradha Mukherjee	Treasurer
4	Dr. Urmimala Sarkar	Executive Member
5	Sreeja Debnath	Executive Member
6	Sohini Bhattacharya	Executive Member
7	Dr. Bipasha Roy	Executive Member

Team Members

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- Bithika Roy
- Dipali Das
- Durga Madhar
- Jharna Naskar
- Jhulan Mondal
- Jhuma Das
- Jolen Munda
- Mehraj Khatun
- Mou Ghosh
- Moumita Bhattacharjee
- Namrata Kanuga
- Neha Sarkar
- Prarthana Banerjee
- Rinki Somani
- Sabia Mufti
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- Samita Bhattacharya
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- Sandhya Karmakar
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- Innobridge Consultant Private Ltd.
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- Natasha Agrawal
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- Snehal Mohan Gaikwad
- Srabasti Ghosh
- Phuleswari rupa Sengupta
- Subhalaxmi Chakraborty
- Sultana Khatun
- Summit Kumar
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- Swaha Mitra
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- Tapashi Naskar
- The Hip Element
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- Reshmi Datta
- Samata Biswas
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- Tanvi Bajaj

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- Anjali Choudhry
- Anjali Patel
- Avesh Rawat
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- Kavir Singh Thakur
- Kavya Rajpal
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- Rajyashree Datta
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