



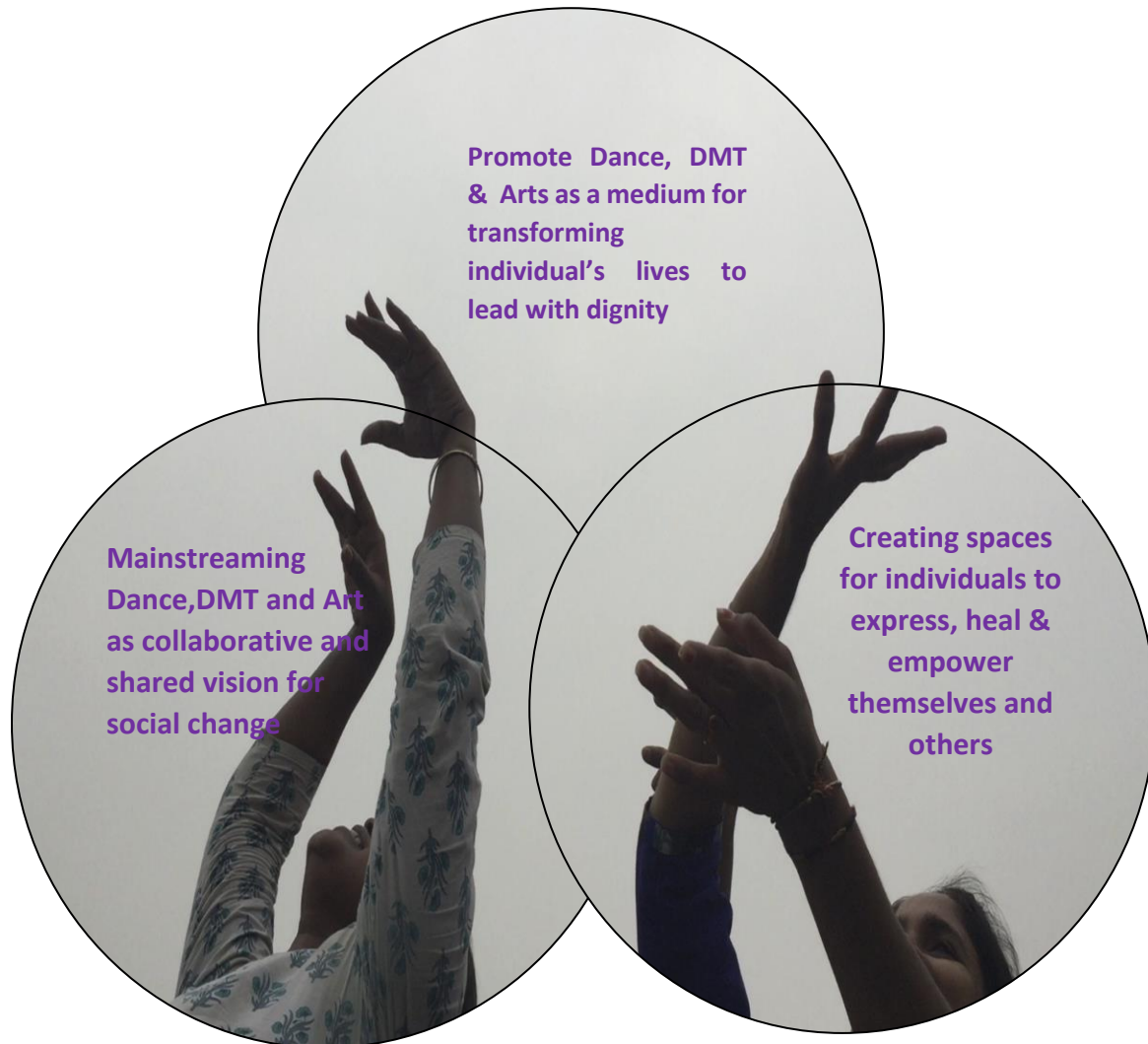
Empowering Lives Through Dance

Kolkata Sanved: Organization Profile



Founded in 2004, Kolkata Sanved (KS) is a women-led organization and pioneer in the field of dance movement therapy (DMT) for promoting holistic well-being and enhancement of quality of life. KS has carved a niche for itself in the field of gender equality, mental health and well-being using DMT. KS works for empowerment of marginalized individuals, including children, adolescent girls, youth & women through DMT and other creative arts. KS has created the culturally contextualized approach to DMT, coined model *Sampoornata* (meaning “fulfilment”) and focuses on holistic well-being including all aspects of an individual: physical, emotional, mental, spiritual and social. *Sampoornata* works for psychosocial rehabilitation of survivors of violence & marginalization, prevention of violence & promotion of mental health. KS’s model has focused on empowering individuals by bringing about a “change within”.

Goal, Dream and Purpose :



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

Our **Mission** is to enhance gender equality and improve mental health and wellbeing of marginalized individuals and communities by building an ecosystem for Dance Movement Therapy for social development. We strive to create DMT practitioners, leaders and change-makers in the field, especially from vulnerable communities.



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Model *Sampoornata*

Model *Sampoornata* is an approach to Dance Movement Therapy (DMT)¹ that has adapted global DMT principles while contextualising this to the social development sector in India. It has low resource requirements, thereby providing marginalized communities with **access** to mental health services to recover from trauma, develop themselves holistically and enhance their quality of life.

A strong philosophy of **gender equality** is embedded in our approach. Many of our participants are women and girls who have survived trauma and exploitation, whom we encourage, through DMT, to exercise agency over their bodies and emotions, voice their opinions and access the rights that they have been deprived of. Irrespective of the gender of our participants, our focus is on enabling them to reclaim and embrace their own selves, whether or not their self-definitions and qualities conform to gender norms.

One of the key features of *Sampoornata* is the ‘**survivors to leaders**’ approach through which individuals from marginalized communities are given the option to train as DMT practitioners and change makers in their own right. In consonance with this, 70% of Kolkata Sanved’s core team have emerged from marginalized communities. This includes 4 Founder Members of the organization who serve leadership roles in the organization, including being part of the Senior Leadership Team, which makes key decisions regarding program planning and implementation. One survivor is part of the Board as well. The majority of team members who directly implement the interventions at the field level have emerged from contexts of socio-economic marginalization and utilize knowledge from lived experience to work towards empowerment of individuals and communities.

¹ Dance Movement Therapy is defined by the American Dance Therapy Association (ADTA) as “the psychotherapeutic use of movement to promote emotional, social, cognitive and physical integration of the individual.” (www.adta.org)



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Program Overview

Kolkata Sanved (KS) is working towards psychosocial rehabilitation of survivors of marginalization and gender-based violence, prevention of violence and poor mental health and promotion of mental wellbeing, through the medium of **Dance Movement Therapy (DMT)**. KS is based in and works extensively in West Bengal, and has expanded its work to **7 states** in India including Maharashtra, Meghalaya, Delhi, Haryana, Rajasthan and Jharkhand. KS works in collaboration with government departments, NGOs, CSOs and academic institutions in order to create change.

Intervention Areas	Psychosocial Rehabilitation of survivors of marginalization and violence		Prevention of violence and poor mental health	Promotion of wellbeing
Strategic Goals	Enable individuals on a journey of wellbeing and recovery in their lives	Amplifying the voices of practitioners and trainers working on wellbeing and recovery	Create healthy and empowered individuals and communities	Building new constituencies for DMT as a holistic tool
Key Projects	<ul style="list-style-type: none"> Trauma Recovery project Psychosocial support for healing and wellbeing 	<ul style="list-style-type: none"> Dance Movement Therapy Leadership Development Training of Trainers 	<ul style="list-style-type: none"> <i>Sampoornata</i> Well Being Club Sexual and Reproductive Health and Rights Empowerment program 	<ul style="list-style-type: none"> Post Graduate Diploma in DMT Biennial Summit on DMT Campaigns Integration of DMT into social work processes DMT wellbeing workshops
Overarching focus: Evidence Generation, Organizational Strengthening				



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Impact and Accomplishments

- KS's flagship programme DMT for mental health and wellbeing and training of trainer expanded to **7 states in India**, has collaborated with **60+ organizations** and government departments across South Asia and connected with **200,000+** from civil society
- **65,000+** survivors of violence and marginalization have accessed DMT to **heal and empower** themselves and enhance their own wellness
- KS has developed a structure for **Dance Movement Therapy Leadership Development** for individuals emerging from marginalized communities. **130+ such individuals** have grown and transformed themselves into DMT practitioners, & change-makers. **10+ such DMT practitioners have been individual recognized at national and international levels.**
- **40+ social workers** and care providers in different organizations have been trained to apply DMT to their work in various settings.
- During the COVID pandemic, KS adapted DMT to a blended methodology (online and in person), through which **psychosocial support was provided in Pan India during the pandemic 1000+** individuals- including children living in Child Care Institutions, girls and women living in community settings where there is high risk of violence and front line social workers.
- During the COVID and Amphan super cyclone crises, KS worked in crisis response to provide relief materials to 7000 families in West Bengal.
- KS has built a **strong collaboration with the Department of Women and Child Development and Social Welfare, Government of West Bengal & Maharashtra**, through work in Child Care Institutions.
- **Academic credibility for Dance Movement Therapy** in India has been built through KS's partnership with **Centre for Lifelong Learning-Tata Institute of Social Sciences, Mumbai** to implement **Post Graduate Diploma Programme in Dance Movement Therapy**, with **170 +graduates.**
- Kolkata Sanved was featured in an international documentary film "**Little Stones**" with **70+screening globally** and very recently KS's work showcased at **Oprah Winfrey Network (OWN)**. Kolkata Sanved has received **10+** national and international awards for its work which has been published in more than **12+** national and international journals and books and featured on more than **50 +news media outlets.**

Kolkata Sanved works to contribute to three Sustainable Development Goals (SDGs):

- **SDG 3: Good Health and Well Being**
 - **SDG 5: Gender Equality**
- **SDG 17: Partnerships for the Goals**