

“First, I found myself. Then, I started dreaming about a life for myself. Today, I have realised my dream. Today, I help others dream.”



Initially, I felt no interest in DMT. I thought I was ill-fated and most unfortunate. I didn't have energy to move, to talk with others, to smile and to enjoy. Even in DMT sessions my friends said I was mentally sick. But as the course progressed, I started feeling a change within myself. I have realised now that I love to move and play with others. I love to enjoy my life. What happened once is in the past. I will make my future better."

- DMT participant

We are interested in promoting this ideology. There is very little work on the link between the mind and body concerning this deprived group. This is an opportunity and a necessity. Girls have stopped playing. How do I use my body for pleasure? Pleasure is not only sex. This is a path-breaking initiative."

- Collaborative Partner NGO of Kolkata Sanved

65,000+

Number of survivors whose lives we have touched

63

Number of trained DMT practitioners who have emerged from the community

50

Number of partnerships with civil society organisations

100,000+

Number of citizens connected with DMT-for-Change

60

National and international volunteers

Vision

To harness the power of dance and dance movement therapy to heal, empower and transform individuals into active citizens and changemakers.

Mission

To build the ecosystem for DMT-for-Change across Asia and create leaders and changemakers in the field, especially from underprivileged communities.



What we do

Dance and movement is a powerful means of connecting to our deepest selves. The body and mind are interlinked: the movements of the body reflect the state of the mind. This means that, when we free the body through dance and

movement, we free the mind. This is the principle on which Dance Movement Therapy (DMT) is based.

Kolkata Sanved has pioneered the use of DMT for development in India and South Asia to heal and empower survivors of trafficking, exploitation, and violence. Cycles of violence begin and end with the body, leading to feelings of guilt, shame, and self-loathing, and creating negative stigmas associated with the body.

Our programmes allow individuals to find freedom within themselves through movement, thereby breaking the mental and emotional patterns of violence. Through DMT, survivors

develop a new relationship with their bodies, overcome their trauma and are able to foster a positive outlook towards the future. They enrich their emotional, cognitive, physical and social well-being while engaging in a creative process.

Kolkata Sanved's unique DMT-for-Change model, called Sampurnata (fulfilment), is a ground-breaking approach to the rehabilitation process which results in increased agency and capacity by turning survivors into change-makers. This approach was developed to break the exploitative, patriarchal and oppressive boundaries that have restricted women and girls. Sampurnata empowers participants to become agents of change in their

own lives and in their community, fuelling a cycle of transformation in society.





Our participants

- Survivors of trafficking, exploitation, and violence
- Children and youth living in:
 - Red light areas
 - Railway platforms
 - Rural and urban slums
 - Government and NGO-run Child Care Institutions
- School children
- People living with mental illnesses
- Children in Conflict with the Law

Our programmes

1. Sampoonata Direct Outreach

Conducting regular and workshop-based DMT sessions, which enable at-risk children and youth to access DMT-for-Change

2. Training of Trainers

Creating opportunities for employment by training new DMT practitioners who have emerged from the communities reached by Kolkata Sanved

3. Kolkata Sanved Academy

Offering a diploma course on DMT, in collaboration with the Centre for Lifelong Learning, Tata Institute of Social Sciences (TISS), Mumbai

4. Advocacy

Raising awareness about gender-based violence and social mobilisation for women's empowerment, through performances and collaborative initiatives





Our journey

1995-2003

- A prototype of the DMT-for-Change model piloted under the aegis of local NGO, titled “Rangeen Sapney” or, “Colourful Dreams”
- Collaborative efforts between the founder and a core group of survivors laid the foundation for Sampoonata

2004

Official launch of Kolkata Sanved

2005-2010

Kolkata Sanved’s reach widened through collaboration with multiple partners and stakeholders

2011 onwards

- Fostering awareness, understanding and acceptance of DMT as a means of psychosocial recovery and reintegration and stimulating its practice
- Working towards establishing a Centre of Excellence
- Building sustainability for the organisation

Awards and accolades

Department of Women and Child Development and Social Welfare, Government of West Bengal, incorporated DMT into their official rehabilitation policy

UNICEF Mumbai presented Kolkata Sanved's process as one of the best practices for the Western Region of India, 2016

Global Fund for Children - Global Catalyst Award and Sustainability Award, 2014

Performance for the visit of Hillary Clinton, then Secretary of State of the USA, to great acclaim, 2012

Diane Von Furstenberg Award for 'Transforming Women's Lives', 2011

Beyond Sport Award - 'Best Project for Health', 2009



Kolkata Sanved exemplifies the power of dance. I think Sanved's work is most powerful on the planet in transforming trauma into power, in transforming suffering into joy, transforming rape and the consequences of rape and abuse into help in the body."

- Eve Ensler, American playwright, performer, feminist and activist





Our partners

All Bengal Women's Union

American Center

American Dance Therapy Association

Anjali Mental Health Rights Organisation

Azad Foundation

Blossomy Project

British Council

Centre for Lifelong Learning, Tata Institute of Social Sciences (TISS)

Child In Need Institute (CINI)

Commits Institute of Journalism & Mass Communication

Creative Movement Therapy Association of India (CMTAI)

Department of Women & Child Development and Social Welfare, Government of West Bengal

Darpana Academy of Performing Arts

Empowerment Institute

Global Alliance Against Traffic in Women (GAATW)

Global Fund for Children

Goethe-Institut Indien

HELP

Holder Family Foundation

Human Capability Foundation

International Justice Mission

Iswar Sankalpa

Jadavpur University, School of Women's Studies

Jawaharlal Nehru University, School of Arts and Aesthetics

Jeevika Development Society

Khula Aasman

Kamonohashi Project

Mukti Rehabilitation Centre

Parichiti

Paul Hamlyn Foundation

Paint Our World

Rescue Foundation

Rise Learning Network

Samadhan

Sahay - Children International

South Kolkata Hamari Muskaan

Swayam

Target Charity

Terre des Hommes Foundation (TDH)

Usha Martin Group of Schools

Vital Voices

Warwick University




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