



ANNUAL REPORT 2017-18



ANNUAL REPORT 2017-2018

Vision - Crafting Art for Social Change

Mission - To facilitate the process of healing and transformation through arts based expression, expanding on creative freedom and establishing creative spaces for marginalized individuals, groups and communities, enabling them to be catalysts for positive change.

CONTENTS

The Founder's Desk	1
Project Creative Community Center	3
Project Inner Light	5
Project Ehsaas	11
Project Sukoon	13
Workshops	14
Volunteers and Interns	15
Publicity	16
Staff	
Our Partners	
Information about KA	17

The Founder's Desk

The year 2017-18 was an exciting one, with many pockets of learning for us as an organisation. Through our engagement with incarcerated population, we were able to reach more depth and clarity surrounding the needs of both men and women in prison. We worked at Nasik and Pune Central jail, Byculla, Thane, Bharuch (Gujarat), Borstal school at Nasik with support from Tata Trusts and Prayas (TISS).

In a setting where support for well being is recognised only during crisis, we stepped in to emphasise that it is important to take care of the well-being of this population right before the crisis situation arises.

We belong to a country that grew up with mythologies, where a criminal like 'Valya' grew to become a sage and wrote the Ramayana, because he realised his wrongdoings. In yet another story, Angulimala, the one who killed 999 people on the order of his teacher and wore their fingers in a garland around his neck, changed his heart after coming in contact with Buddha. He became a follower of buddha leaving his criminal tendencies behind.

The context has changed. In this time and space we have to respect the law of the land. We are also not looking at these stories with a romantic gaze and yet, we still appreciate the wisdom stored in the same. We feel that, an opportunity to reflect, analyse and correct is essential for every person, and punishment alone does not provide this possibility.

Hence, the need to work with the incarcerated population and to go beyond what is visible to the eyes. To understand the 'why' behind every 'why' till we know the reasons of misbehaviour and address them at that level. Till we know the stories from both the sides and create spaces for people to understand themselves and others, to forgive themselves and others. This is the most difficult road that needs to be charted.

We believe the role of Expressive Arts in discovering the innermost self of the person is very powerful and useful in this context.

A series of planned sessions were executed using various modalities of Expressive Arts Based Therapy and Dance Movement Therapy, along with Yoga and basic meditation techniques. The women, be it in prison or within institutions, loved our sessions and told us repeatedly to not to stop these sessions. At Pune prison they even came together and wrote a letter to the prison authorities requesting for the continuation of this healing group work.

We also got an opportunity to do a series of five workshops with the prison Police staff from five different jails from Maharashtra, namely Mumbai, Pune, Nasik, Nagpur and Aurangabad. The experience of working with this group was an eye opener. The workshop helped us change our coloured perception of the police, as the workshop highlighted another side of their lived experiences. They spoke about how their work is such that they have to keep their emotions under lock and key. They mentioned about their issues in terms of not getting leave for weeks together, to remain under constant vigilance and pressure 24x7, which is very taxing, both mentally and physically. They said that they are aware that it is not good to carry the stress at home but invariably they do so and their wives and the children bear the brunt of their frustrations and anger. They also spoke about their problems with intoxication. The two days of workshop opened doors for a dialogue, brought a ray of hope but for the sustain change, to last overtime would require consolidated efforts at individual and at the systemic level.

Till such time that the entire system is ready for a transformation these workshops act as tiny droplets of change to showcase other possibilities both for those insiders and outside the prison system. Our deep gratitude to Ms. Mangala Honawar of Tata Trust and Dr. Vijay Raghavan of Prayas (TISS) for giving us this opportunity.

Under Project Ehsaas we worked at various government rehab institutions with women and girls, who have been victims of trafficking. The intervention was made possible due to the support from NG Naralkar

Foundation. We thank Ms. Vidya Patwardhan for her role in making it possible. While we implemented the module for recovery from stress and to rebuild the confidence and self esteem we also included skill development through craft activities.

Meanwhile, the project Creative Community Center (CCC) got new dimensions. Khula Aasman conducted a seven month long theatre training for the children in the community. For the grand finale they performed the play 'Humari Aankhon Se' for an audience of about a hundred people during the Ganesha festival. The play was written by the children and for the adults to highlight some of the issues that were of prime concern like water contamination and ever persisting caste divide.

We also initiated 'Hamari Aankhon Se,' a wallpaper for the children and by the children. We believe that the wallpaper can act as a binding factor for children to come together, think together and share their stories and experiences. There is a need to create the feeling and belongingness of a community so that a positive interdependence, cross checks and balances are in place, essential attributes for a good community.

Lallubhai compound, where the Creative Community Center is run by KA is actually not a community by definition. The families have nothing in common, except that they live in similarly structured houses, houses so similar that there is not an inch of difference, so predictable that it can be exhausting to the eyes. The lack of basic humanitarian designing aspect, vis a vis the dignity of human existence are neglected in every possible way in this place. No wonder people resort to anti-social activities, alcohol and other kinds of substance abuse. There is nothing around that can please the eyes, only drab, colorless buildings, roads occupied by vendors, crowds and filth. In the greed of the builders to earn more FSI, the poor pay a very big price, not realising that a bigger price is being paid by the next generation due to lack of our foresight of not being able to create community spaces to play and unwind. Amidst this negative and dark environment we admire the zeal of the people to live and smile. It gives us an energy to be able to create safe child friendly spaces.

Our work with Family Welfare agency for Senior citizens is very much being appreciated by the elderly. It is an inexpressible joy to witness old people dancing and painting to the rhythm of music.

KA is also known for inviting the various stalwarts in the field of drama, dance, crafts and more. This year we organised two training workshops: One was Life Drama and Improvisation and the other was Dance in Education. Both were successful, fulfilling KA's mission of sowing the seeds of change through training and dissemination of knowledge.

As the year 2018 ends and the new year unfolds, we see more dreams and more hopes rising around us. The magic lies in being there and doing more of the same with a renewed energy and delivering one notch better at every step.

We thank all our partners, volunteers, students and donors for keeping faith in us and being part of our journey.



Sarita Ganesh

Founder,
Khula Aasman Trust,
Crafting Art for Social Change.

Project Creative Community Center

The project involves children in after school activities through Play for Peace, dance, drama and other creative activities. The goal is to guide the energies of the children in a positive manner, so that they refrain from self-destructive behaviours like substance abuse and violence.

The area chosen is Lallubhai compound which is a resettled colony with poor indicators of development. KA provides an opportunity for the children to PLAY and provide creative engagement to head, heart and hands. The aim is to protect the rights of the children to play and create champions for a better tomorrow.

Lallubhai Compound is a residential colony in suburban Mankhurd, Mumbai. It includes a cluster of about 65-70 buildings built under the Slum Rehabilitation Act (SRA) 1995.

The area has very high prevalence of tuberculosis. The insufficient amenities, ill maintained buildings, lack of proper garbage collection system, crowded streets and congested houses, all affect the day to day living of the people negatively. There is little ventilation in the 5 and 7 storey buildings that are built very close together. There is very limited water supply, which is often restricted to 15 minutes a day (as reported by the residents), the air is thick with smog in the evening and in the morning, residents live with garbage piling outside their windows. There are no parks, no lush green spaces, and the open drainage running through the area is a flood of plastic and garbage and foul smell.

Furthermore, social indicators for the area are very poor, with low literacy and high dropout rates, crime, violence and drug use being reported in the area.

In order to shift the narratives in the area amongst the youth, and to create inclusive spaces for play, exploration and growth, KA began working in the area starting with the youth and children, and also including parents and women in the community. KA created a platform for the children to learn life skills. This opportunity gave them a chance to think and reflect positively, to build self-awareness, develop critical thinking and social interaction skills through drama, dance, play and other activities oriented towards personality development.

Several activities comprising of expressive arts classes such as dance, music and drama, dance movement therapy, non-competitive games, Play for Peace sessions, healthy food competitions, yoga, leadership programs, field visits etc. were organized for the children, their parents and also for the community facilitators this year. Please see Annexure 1 for the list of activities.

Feedback : The children said, *“our self- confidence and courage have developed, we had stage fear and lack of confidence with public speaking, but we have overcome that. Also we developed our personality, our way of communication, body language, and understanding of social issues. We will support our parents by focusing on our study and concentrating on a more positive future”.*

After playing the non-competitive games *“we are not fighting with each other but instead, we are developing our friendship. While working as a team, we respect each other while developing both our self-awareness and our awareness of our surroundings.”*

CCC Newsletter:

The children also prepared a newsletter by themselves, which was displayed in different places in the community. The Newsletter is our first publication created together with the children in Lallubhai Compound from our Creative Community Centre! The kids wrote about what they had learnt and their experiences through the program. Ragini Baile spoke of her journey as a trainer in her community and her experiences on the field as a Play for Peace (PFP) trainer. This really boosted visibility for the organization and at the same time, created a new platform for the kids to share their opinions and stories and interact with the larger community as well.



Story of Dinesh and Ranjana

Dinesh is a student at Shivam School and has been part of the Play for Peace sessions. He took initiative in helping the facilitators and learnt the games well. He can now conduct some of these games on his own and has decided to volunteer with us in his free time. One can notice the change in him over a period of time, from a shy boy to a more mature teenager.

Ranjana, homemaker and mother of two daughters started helping the facilitators in her free time. Her introduction to Play sessions happened through her daughters who used to come regularly. A shy person with soft voice is now being groomed to take the sessions independently and is very happy to do so.

The last one year has seen a flood of activities, many committed interns, and volunteers joining the Creative Community Centre. As we are working with the children we have seen that the need for such an intervention - which is not completely linked to academics - is significant, especially to create safe spaces for children to play, learn together and explore themselves and the community – to shape oneself as a leader of one's own life and space. We hope to reach out to more youth in the community in the next year so that they can be groomed as community leaders and facilitators.

Project Inner Light

This project is being implemented with incarcerated men and women aged 18 and above. The project aims to provide support for the mental health and well being of this group.

Khula Aasman has been working inside the prison settings since 2015, with inmates - both convicts and those undertrial, with an outlook to form a healthy relationship with oneself and with others by dealing with difficult emotions like anger, revenge, guilt, hopelessness and forgiveness. To encourage them to build and work towards a better future, this year KA facilitators and trainers facilitated Expressive Arts-Based therapeutic intervention in different prisons across Maharashtra and Gujarat. The concept of providing support to this group through Expressive Arts Therapies is innovative and is being welcomed by the prison and the inmates.

Projects with Tata Trusts:

Prison / Reform School	Program Duration	Number of Sessions	Total No. of Inmates Reached	Avg. No. of Participants per Session
Borstal School	13th June 2017 to 7th October 2017	23	13	13
Pune Central Prison	13th June 2017 to 6th December 2017	19	40	12 to 14
Nasik Central Prison	June 2017 to November 2017	18	77	13 to 15

Borstal School

The intervention undertaken with the inmates of the Borstal School, Nasik, commenced on 13th June 2017 and concluded on 7th October 2017. As part of Expressive Arts Therapies intervention with people living within a prison system, Khula Aasman Trust conducted 23 sessions with 13 participants at the Borstal School. This intervention lasted over five months, in which the facilitator conducted one session each week with the inmates. Each participant was a resident of the School on account of having been convicted of a serious crime, and being between the ages of 18 - 21. The Borstal School has been envisioned as a special institution where offenders who have been convicted are sent for 'reformation' by the courts, for a term of not less than 3 years and not more than five years.



The intervention incorporated the use of non-competitive games, drumming, clay work, visual art, playback theater, drama, yoga and breathing exercise, meditation, chanting and relaxation techniques.

Outcomes

In the beginning of the intervention the boys hardly spoke with each other. Some of them did not even look at the facilitator. Some had drooping postures and refused to talk. The intervention helped group bonding in more socially acceptable and respectful ways, violence and aggression decreased, they began using their names to

refer to each other which was not seen prior to the sessions. They reported that prior to the intervention they would react without hesitation to situations which would then go out of control. Now, they were taking time to respond while reflecting on their anger and other emotions, and trying to ascertain what they wanted to convey.

The intervention opened up new possibilities for working with the youth. Through the use and exploration of art and music (drumming) many boys found an outlet for expression and also found a skill that they wanted to develop. Some staff members who attended the sessions also felt the same way. The boys started taking initiative in learning to play musical instruments. The instruments that were available at the school, started to be put to optimum use. There was more direction and clarity reported by the participants. It helped them build self-esteem, self-image and confidence in each of them.

It is challenging to intervene with this group as they have multiple challenges. They carry the burden of guilt, lack of safe spaces to speak, have the pressure to earn once released and assimilating back into the space where they have come from. Many of these boys came from lower socio-economic strata and with low levels of education.



Pune Central Prison

The 6 months long, 19 sessions intervention at Pune (Yerawada Jail) commenced on the 13th June and concluded in December 2017. The participants were women inmates, both convicts and undertrial. The program started with 25-30 participants and received an average 12 participants who were regular over the entire duration of 6 months. The remaining attended the program as per their schedule. Many women had duties to perform at the prison and were unable to participate in the program regularly.

Nasik Prison

In the course of the 6 months we were able to conduct 18 sessions with the women at Nasik Prison. In this time we were able to work with around 77 women, who actively participated in sessions. Of these 77, 15 people (19.5%) of them attended 6 sessions and above. 7 women attended more than 10 sessions and only one of all of these attended all 18 sessions.

The intervention at these prisons focused mainly on understanding oneself and having an emotional catharsis, through the use of expressive therapies. The modalities that were used were Dance and Movement, Voice work, Rhythm, Games, Clay work, Stories, Visual art, Meditation, Drama, question box, Creative letter writing, Reflections, sharing and discussion.

Feedback of Nasik and Pune

"This has been like a personality development program for me. It has helped me connect with other women here."

"I feel as if a huge burden has been taken off my shoulders."

"I feel happy when I come here. It really feels like we are under open skies rather than inside the prison."

"We really find a strong need for this program to be done inside the prisons for us."

One of the participants of the program had been in the prison for almost 17 years. She made sure to attend most of the programs that were offered at the jail, like yoga, meditation, discourses and expressive therapies. While she was quite expressive of her thoughts, she would cry at the slightest emotional trigger. She found it difficult to communicate with other women and resorted to shouting to get her point across to others. The other inmates were somewhat intimidated by her. She also shared in the group that she found it difficult to communicate with her husband and could never complete her conversation because she would break into tears. Her relationship with him was at a brink and she had already started to imagine her life outside the prison without him. As the intervention progressed, she cried lesser. Her approach to communicating with others changed. She remained assertive, but did not find the need to shout. She understood reason for her anger and proactively worked towards managing it. She was able to better communicate with her husband when she met him next. The staff reported that everytime she was on duty to serve food to the others, she would greet each person with a smile, make eye contact and wish them a good day. This not only brought a smile on the other inmates' faces, but it also helped create a much better environment in the jail. There was a noticeable change in the behaviour of other inmates for the positive, on the days when they were served by her.

Conclusion

Expressive arts-based intervention is an extremely useful tool for healing, forming group bonds, expression and release of intense negative emotions, exploration of the self and others, creation of alternate possibilities, mental stimulation and creating a lighter atmosphere for the women to experience joy and peace. The research says that continuous stressful conditions can lead to depression and violent behaviours both of which are very difficult to deal with in the long run.

The women have stated that through the intervention, they have learnt skills and strengths about themselves to scaffold their journeys forward. The participants have definitely been able to overcome a lot of communication problems within the prison. They have been able to gain better insight into their problems and been able to deal with them better over a course of time. They now have better relations with one another within the group and in some cases even outside of the group.

Projects with Prayas, TISS: Byculla and Thane Prisons

The programs at Byculla and Thane Prisons were supported by Prayas, TISS. 12 sessions of around 80 mins each were conducted within the Byculla prison premises from October 2017 to December 2017 and from December 2017 to February 2018 in Thane Jail.

The program at the prisons started with around 30 participants. Over a period of time the number settled at an average of 12 women per session. However, these were the women who were truly interested in doing self-work, resolving their issues and developing themselves further. These were all undertrials who had been there for less than 2 years. Eight certificates were distributed to those who had attended a minimum of 8 sessions.

The Program

We worked with expressive movement, drama, voice, clay work and mandala art. Material for mandala art and collage work was given to the inmates of Thane jail to work with over the week.

Feedback

All participants felt a change transpiring as the program progressed. Although 12 sessions was too short a time to create a lasting change, the participants felt happier being able to find a space to share their burdens, talk about their families and their backgrounds, remember their childhoods. Conflicts and name calling reduced as they began to accept each other, and even began to work with others in groups and pairs. Moreover, they also felt an acceptance of their own emotions. Denial of anger turned into an acceptance of it and they began to consciously work to overcome conflicts. The onlookers, though they remained at the fringes, had a lot to share on their part and narrated their experience as observers. The program at Thane was able to cater to the needs of the inmates who were not a part of the intervention, and still provide a way to center and ground themselves through colouring the mandalas. Participants themselves began to notice changes in the group dynamics and individual behaviours by the end of the intervention.

Bharuch prison -

A two days workshop with the incarcerated population at Bharuch women's prison was conducted with 17 women on 2 and 3rd February 2018, with support from Prayas, TISS. Facilitators conducted lot of activities which helped the participants to de-stress, and reflect upon their situation constructively.

As a group all the women were more open to experiencing something new, and participated 100%, including the older women, in spite of experiencing overwhelming emotions.

The sessions helped the women to break the barriers of age and region and come together to bond. One woman shared that she truly felt free, like she was under a khula aasman (open sky) for two days. Another shared that these sessions were helping them build positive outlook, which was very necessary. Still another said that usually during the breaks they would discuss their cases, however, in the last two days all they were discussing was the sessions, and wondering what would happen in the next session.



Future Vision:

This six months period has been a validating experience for us at Khula Aasman. The process has become clearer. We realised that continuity of the work is essential to gain support of the inmates as well as of the authorities. In the long run it is important to do these workshop first with all the staff so that they understand the efficacy of these techniques and be more supportive to the process with the inmates. The incarcerated population carry heavy burden of guilt, anger, frustration, loneliness, ideations, revenge



and suicidal ideation. Research informs us that many of the perpetrators were victims at some time in their life and mostly in their childhood and their own needs of love and acceptance were not fulfilled and hence they commit crimes. Hence, the need to work at the level of self is important. When people say that, 'they will not change,' yes THEY WILL NOT unless something else is demonstrated as an alternate role model. Lastly, we understand that there are no magic pills, the therapeutic work through expressive therapies is like a stone thrown in the silent lake, whose ripples are felt within the silent walls of the prison. What is required is much more sustained work, therapist visiting on a regular intervals along with a psychologist, a permanent room / facility which will give more freedom for the participant and the therapist to hold the space not under the gazing eyes of the onlookers.. An atmosphere of trust is what will have to be worked together to see the visible changes. Furthermore, there is a need to conduct a more detailed documentation of the work. However, due to the various factors beyond our control sometimes the process can not be completed. A lot of information is confidential and hence completing the narratives in totality is a challenge.

Self-Awareness through Expressive Arts

Tata Trusts has started a pilot prison project wherein social workers have been appointed at 5 jails across Maharashtra- Nashik, Nagpur, Taloja, Yerawada, Aurangabad. As part of their training process, a 3 day Expressive Arts Therapy workshop was conducted by Khula Aasman Trust on the 7th, 8th and 9th of November 2017 at K. K Bhavan. The workshop was participatory and experiential.

The programme goals were to provide a space for expression and de-stressing, as well as to provide the group with self-soothing techniques and tools for self-care, understanding that the role of a social worker within the prison setting is not only new in India, but also a high stress role. This was corroborated by sharings from the group stating that they experienced high levels of stress on the job and some degree of isolation from the rest of the Prison staff as well. The workshop also aimed to sensitize the participants towards stratification and subsequent marginalization in the society, cause for the same; and the use of art to better oneself and create empathy towards various elements of the society. The workshop was successful in achieving these aims.

The participants were administered a pre and post workshop questionnaire through which the responses were analysed. All the participants found the workshop useful and said that they would like to be a part of such a workshop again. They have mainly benefited in the following areas – self-awareness, de-stressing, learning new techniques of conducting the group processes and learning coping mechanisms. Many expressed that they felt rejuvenated to go back to work.

The response from the participants and the facilitators' observation have indicated that these kind of alternate workshops that tap into the creative and emotional parts of an individual are beneficial methods of training for high-stress, high risk roles.



Self-Awareness through Expressive Arts with the Prison Staff

Understanding the constant stressors and challenges faced on an everyday basis by the staff while working inside prisons, a pilot project was undertaken to address stress at work, conducted from 14/11/2017 to 13/12/2017, with 116 staff members from 5 prisons across Maharashtra - Nashik, Nagpur, Talaja, Yerawada, Aurangabad.

The workshops aimed at providing two days of retreat with self and to equip the staff with some techniques that will enable them to create a positivity within themselves, eventually also have an impact on their relationship with the prisoners, and aid in uplifting environment for themselves, as well as for their co-workers.

The workshop was based on participatory methodology and involved experiential learning techniques. Various techniques of expressive arts were used including drawing and painting, music and songs, role plays, dance movement, clay work, and drumming with a view to leave a lasting impact on all the participants. The workshop aimed to sensitize the participants towards stratification in the society, cause for the same; and the use of art to better oneself and create empathy towards various elements of the society. The workshop was successful in achieving these aims.

The participants were administered a pre and post-workshop questionnaire through which the responses were analysed. All the participants found the workshop useful and said that they would like to be a part of such a workshop again. They have mainly benefited in the following areas - development of personality, stress and anger management, and creation of empathy towards other. As for stress reduction, and stress management in everyday life, they have reported having gained the knowledge and skill of using art based techniques, clues or ideas for developing a hobby, a shift in their own perspective/attitude, mindfulness, and revisiting childhood, as a means of stress reduction.

DIG Swati Sathe with staff members



Feedback

"My self confidence has increased and I received guidance about how to behave with others, including with prisoners."

"All the techniques (clay, art, dance, drumming) highlighted the qualities within each of us, and helped in personality development."

"In this workshop, I learnt to love myself as well as those who I come across. To help them in any way that I can, and how to understand others."

"This was the first workshop which spoke about management of emotions and someone asked us how you feel. It was amazing"

Project Ehsaas

The work with trafficked and rescued women and minor girls within government or non-government institutions for mental health support & skill development by reusing waste to make utility products.

An Expressive Arts Based therapies intervention for women in distress for building their confidence and hope for the life.

Khula Aasman has been working with the State-run Homes for women's wellbeing since 2014. The main aim has been to address the gaps in mental health support prevalent in these spaces. This year we worked in four different homes. The modalities used were arts-based therapy, dance movement therapy, games and exercises and craft activities for skill building.

Shanti Sadan Mahila Vasati Gruh (Ulhasnagar)

Shanti Sadan Mahila Vasati Gruh (Ulhasnagar) is a Shelter home for women who were trafficked and rescued. Most of the women coming here are over 21 years old. Many of them are from Bangladesh, Bengal, Kolkata and Maharashtra. This is a floating population, therefore the women are neither permanent nor long term residents and leave if the court order for release is received.

Details of the intervention, method and outcomes:

Phase	Timeline	Total Number of Sessions	Average No. of Participants per sessions
I	June 2017 to December 2017	29	8
II	January 2017 to March 2018	13	7

In Phase 1, a total of 5 skill based sessions were conducted, and in Phase 2, we had the skill based sessions alongside our therapeutic sessions. By September, after the 18th session, approximately 32 of the fairly regular participants and only 8 of the remaining women participated in the sessions. For the duration of the intervention we were able to work with a total of 70 women. 5 workshops involved the use of paper based recyclable materials to create things of utility or ornamentation value, like earrings, rakhis and paper coasters of different shapes. The focus of these was not only to provide the women with a craft-based skill, but also to engage them meaningfully. Working on fine and repetitive motions like - those involved in the creation of these tasks also helps in centering the attention of the participants and allow the focus and string of thoughts to shift away from the worry, anxiety, fear and uncertainty associated with the current state of the women.

Deonar Special Home (Mumbai)

As part of a collaboration with Kolkata Sanved, we conducted the second year of the Restoring smiles through Dance programme with the girls at the Deonar Special Home. This consisted of 10 therapeutic

Deonar Special Home	
Total number of sessions during Intervention (Jan - April 2018)	10
Average number of participants per session	8
Total number of Participants reached	8

sessions oriented towards healing and letting go, as well as capacity building of the individual and training that would enable them to take the work back to their own communities.

NavJeevan Mahila Vasati Gruh (Mumbai)

Several challenges were faced while working at NavJeevan. There was no space for us to conduct our sessions and we are left to use the space available, outside the toilets/ kitchens, in the corridors, etc. This resulted invariably in frequent interruptions and distractions. Some women were often called to complete or participate in other tasks. In the month of June several times other activities/programs were conducted alongside our intervention, during the same time slot, making the participation level low. Many times the facilitator even had to return because of these issues. Seeing the lack of support from the staff, we had to eventually discontinue our efforts at NavJeevan.

NavJeevan Mahila Vasati Gruh	
Total number of sessions during Intervention (June - November 2017)	14
Average number of participants per session	6
Total number of Participants reached	36

Kasturba Home (Mumbai)

Kasturba is a State-run Home for women in distress. There is a mix of women in this space. Approximately 30 women were there at the time of intervention. Many of these women have experienced extreme trauma, and are here due to lack of resources/ options, some are referred to the space by the Police. Many women in this space were those with disabilities – many had speech impairment. We were able to identify 4 women in our group, who were clearly experiencing mental health issues, and were in need of professional care.

Working with a group comprising of participants who were high cognitive functioning, low cognitive functioning and also those who were suffering from extreme trauma, made it challenging for us to design sessions to cater to include all their needs.

Intervention details:

Kasturba Home	
Total number of sessions during Intervention (Jan - March 2018)	7
Average number of participants per session	18
Total number of Participants reached	35

Feedback

There was an increase in energy level, body movement and participation levels of the groups. Many of the women participating in our intervention became open to share their opinions, perspectives and explore through the artistic medium their own emotions as the sessions progressed. The girls who would not initially talk during the sessions or share were able to do so after attending several sessions of the intervention. Their confidence increased; while walking, their pace and posture improved to reflect confidence.

Project Sukoon

The project has been initiated to create safe and unstructured space for women and others to de-stress and at the same time learn. The focus of the activities has been on up-cycling.

Women made various utility products out of waste material and also taught the same in various institutions where KA has been working. The project helps women going through the mental health issues or those who are in their rehab process either post incarceration or post rescue from trafficking. The women have shown a great amount of dedication and creativity, proving that the safe and conducive environment can nurture the soul and rekindle the hope and positivity. Most of these women have been placed by other agencies who support these women financially and otherwise.

Exhibitions organised at various places -

- 1 - Tata institute of Social sciences, Deonar, Mumbai.
- 2 - Inorbit mall, Vashi.
- 3 - Hotel Fourpoint, Vashi.
- 4 - Bhivandi Observation Home.
- 5 - Urban Haat, Belapur.

Taking part in the exhibition is a good learning experience for the women in terms of understanding various other aspects of marketing and showcasing the products.



Work with Senior Citizens

We conducted 19 sessions with Senior citizens of Family Welfare Agency. Each session was attended by 15-20 participants. The purpose of the group work is creative engagement and challenging the body movements and creating fun time together.

The sessions included various modalities of Arts based therapeutic tools as well as Dance Movement to free the rigidity stored in the body. The participants ranged from 60 to 80 years. Some of them had hearing difficulty, some had difficulties in comprehension of instructions, and some had some body ailments which made the group challenging. However, the trainers with their commitment and enthusiasm created a beautiful synergy amongst the participants and left them happy and a few notches free in their mind and body. The work is satisfying and trainers received immense amount of blessing every time the sessions get over.

Feedback

"We wait for you to come back."

"We feel good here as we forget the daily stress and can laugh and be a child again. At home they will call us mad if we do this."

"We did drumming, singing, dancing, playing games and painting never would we got these opportunities in our life."

"We feel much lighter, get sound sleep."

Workshops

Life Drama with Joel Gluck, Drama Therapist, USA

A two day Life drama workshop was organised under the guidance of Joel Gluck. The participants came from varied backgrounds like educators, therapist, drama practitioners and counsellors. The workshop welcomed professional actors, theatre artists, improvisers, and students who are interested in the intersection of meditation/mindfulness and theatre. Workshop was full of fun training filled with self-expression, creativity, and physical/vocal work. It was designed for anyone who would like a different view of what acting and improvisation are, and to improve their skills.

Joel Gluck, MEd, is a Registered Drama Therapist, meditator, theatre artist, and executive coach who offers individual and couple therapy, workshops, clinical training, and coaching for performers and professionals throughout the world.

He has taught drama therapy—including his own approach, Insight Improvisation—in the US and Asia.

He has also used theater and drama therapy in his work with ex-cons and prison inmates, inner-city students, tsunami survivors in Thailand, school teachers in rural India, persons with borderline personality disordered.

Dance in Education with Tripura Kashyap



There is always a search for innovative approaches to teach children and it is great to see how different disciplines can come together to make learning more joyful. Many people are grappling with these thoughts, and sparks of innovative ideas are always welcome.

Therapeutic Dance-in-Education is the Art of facilitating creative movement experiences for children in diverse educational settings. It included methods and techniques of integrating dance as a cross-curricular activity alongside academic learning in the school.

The focus of the workshop was on how dance promotes creativity and self-expression, enhances social skills and physical-emotional well-being in children apart from exploring how dance can reinforce concepts from academic subjects.

The workshop covered the definition, principals, scope and goals of dance as pedagogy and models of Dance-in-Education. The two days of workshop were full of activities challenging the participants to stretch their imagination and contextualise the dance to the curricula.

Tripura Kashyap is pioneer of Creative Movement Therapy in India, back in 1990. Amongst many other achievements, she has co-founded Creative movement Therapy Association of India (CMTAI).

Volunteers and Interns

- **Anagha Rao - (May and June 2017)** A student from Industrial Design School of IIT, Mumbai, Anagha showed much dedication and focus in her work. She helped us through all the design work which is a major backbone for publications.
- **Akshara Aiyar - (June - July 2017)** She came with her experience of working with Teach for India and zeal to work with children. She helped us through the drama training with the children besides the engagement with office work.
- **Natasha Sarkar - (May-July 2017)** With background in PHD from National University of Singapore Natasha is also an artist and a writer. She contributed in editing our reports and articles.
- **Meredith Starkman - (Jan 2017 - August 2017)** An actress and arts activist, she is a graduate from the University of Michigan. She was selected as the sole recipient of the prestigious 2016 Wallenberg Fellowship for her project “Artistic activism: exploring the intersection of performance and social justice in Indian urban spaces.” Meredith contributed in training the children from the community in drama and life skills.
- **Jo Ellen - (June - July 2017)** A third year student at the University of Michigan in Ann Arbor, Michigan, USA. Jo has been studying Theatre and Creative Writing. She got fellowship through the University of Michigan Center for South Asian Studies. Jo is choir singer and her experience of leading the groups helped in conducting voice and drumming sessions with children and the senior citizens.
- **Chetana Iyer - (Mid Nov- Mid Dec 2017)** A postgraduate student of TISS at Center for health and Mental health came with her passion for arts and social change. Herself an explorer and amateur artist she got her enthusiasm and fresh energy into the work especially the work with Prison staff.
- **Jyotsna Sodhi - (Mid March- Mid April 2018)** A student from TISS-BALM (Chennai) she was doing her final semester of MA in Clinical Psychology. Jyotsna helped us in our work with children in the community. A passionate worker with eye for detail she was successful in creating bonds with children and the staff alike.
- **Jordan Dobrowski, Keisha Burenconsejo - (Mid July- Mid August 2017)** Students of University of Chicago helped KA in designing the website and communication material.
- **Mrunal Bansode, Pradnya Padale, Ujwala Salve, Jagdish Londhe - (October -December 2017)** The students from paraprofessional from N M Joshi Social Workers training center helped us in the project creative Community Center.
- **Nishtha Bhatt, Fiona Jose, Sweta Doshi, Divisha Jain, Netra Kadam, Vidhi Desai - (2017)** The students of Dance Movement Therapy course from Center for Lifelong Learning, TISS . The students were placed at Sukhshanti - a short stay home, at Kasturba Mahila Vasti Gruh, and at Lallubhai Community. Students performed well and learnt the application of dance movement in the field.

Publicity

Hindu Daily published an article title 'Expressive art therapy' for releasing pent up feelings by Dr. Jayakar (on June 06, 2017, Expressive art therapy) about the work done by KA

Staff training

Sarita Ganesh

I-Rest training - The three days training in integrative restoration -i-Rest Yoga was attended by ms. Sarita Ganesh. The method is based on the Indian Yoga-nidra developed further by Richard Miller. The training was organised by Kolkata Sanved.

Restorative Justice - This is a system of reconciliation between the offender and the victim if they agree to come together to resolve and listen to each other. The workshop was a powerful experience in understanding the efficacy of this method.

Grants (in rupees)-

Capital First - 5,91,000
MSPL - 10,00,000
N G Naralkar Foundation - 4,00,000
Tata Trusts - 10,23,550
Workshop and others - 2,45,205

Donations by individuals -

Dr Vimla Nadkarni- 10,000
Ms. Sushma Padhye - 10,000
Ms. Aditi Chitre - 15,000

Donations In kind

Sanitary Napkins by Saral Design Solutions
Richa Buthello - Clothes for Women
Vimmi Kochar for Bhivandi Observation Home - Badminton rackets, toys and clothes.

Achievements -

Ms. Sarita Ganesh became part of the team developing Diploma In Visual Art curriculum committee, TISS.

Khula Aasman was invited on the Prison reformation Committee

Trustees -

Mr. Akhil Oswal, Designer & Artist
Ms. Roopashri Sinha
Ms. Shaku Kothari, Artist & Entrepreneur
Ms. Sarita Ganesh
Advisory Committee -
Ms. Gauri Deshmukh- Educator. Leads Abhay Abhiyan Andolan in schools
Dr. Mohan Deshpande- Artist and Health educator
Dr. Rekha Mammen- Associate professor TISS
Mr. Sanjeev Khandekar - Artist and writer
Dr. Uma Shankar- Principal of SIES college
Dr. Vimla Nadkarni- Educator and ex professor TISS

Khula Aasman is registered under Mumbai Charitable Trust Act. Reg. No. E-29735
C/o Sukhshanthi, Opp. BARC Main Gate,
Mankhurd, Mumbai 400-088
Ph: 022-25584687
www.Khulaaasman.org

ANNEXURE 1 : Creative Community Center

Timeline	Duration	Type of Activity	Total No. of Participants reached	Outcomes
18th Jan - 2nd Sept 2017	156 sessions	Drama Classes	7 Boys and 7 Girls	Children wrote and performed a play titled “Humare Aankhon Se”, which was based on different social issues in the community. They performed in a public place in front of a large crowd who really enjoyed their performance.
3rd March - 16th April 2017	8 sessions	Dance Movement Therapy	12 Women	Had very positive involvement in all the sessions, felt lighter and relaxed.
1st April 2017 - 22nd Feb 2018	80 sessions	Play for Peace	250 Children	Group bonding, laughter, enhanced self confidence, being able to spend time in the open air.
19th April - 29th April 2017	6 sessions	Music Sessions with Ms. Srishti from TISS, Clinical Psychology Programme	10 Women	Women appreciated and participated hundred percent. Felt happier.
28th - 30th April 2017	2 Days	Leadership Program with Fieldwork Students from Amity University	25 Children (14-17 Yrs)	Students felt joyful, de-stressed.
7th - 8th June 2017	2 Days	Summer Camp Day 1- Drawing Competition Day 2- ‘Best out of Waste’ Competition	16 Boys and 15 Girls	Enthusiastic response with possibilities of learning from each other.
21st June 2017	1 Days	Science and Technology Exhibition	4 Boys and 7 Girls	Expanding imagination and exposure.
31st June 2017	1 Days	World Yoga Day with Ms. Jordan Dobrowski	Mothers from the community	Bonding, awareness regarding self care.
25th to 27th October 2017	3 Days	Friendly competitions : Rangoli for parents	16	Rangoli for creative engagements.

Timeline	Duration	Type of Activity	Total No. of Participants reached	Outcomes
25th to 27th October 2017	3 Days	Friendly competitions : Cooking competition for parents Cooking competition for children	12 12 Boys and 15 Girls	Group bonding through activities Showcasing the talents. Learning concepts of healthy food.
2nd Aug 2017 - 23rd Feb 2018	58 Sessions	Dance Classes	34 Boys, 25 Girls	Participants gained skills in dance and body movement, while also developing their self-confidence and overcoming the fear of the stage.
1st Nov 2017	1 Session	Question Box	20	Children were encouraged to ask questions about a wide range of topics.
14th Nov 2017	1 Session	Children's day drawing competition	30 Boys and 26 Girls	Participants made drawings based on 3 themes: Cleanliness, Nature and Human rights. Children went home with gifts and snacks after an evening full of songs, poetry and fun.
18th Nov 2017		Visit to NGO Pratham by facilitators from the community and Khula Aasman		Play for Peace games were conducted for the children at the NGO.
22nd Nov to 6th Dec 2017	3 Sessions	Dance Movement Therapy	18 Parents	Lightness, laughter, bonding
2nd Dec 2017		Marathi Film 'Yaari Dosti' screened	35 C hildren	A discussion was held in which the children talked about the importance of social support and good guidance to improve one's life conditions.
10th Dec 2017	1 day workshop	Paraprofessional students talked about human rights & rights of children		The children made posters and craftwork based on their understanding of human rights and children's rights.

Timeline	Duration	Type of Activity	Total No. of Participants reached	Outcomes
11th to 14th Dec 2018	4 day workshop	Mental Health Awareness - by Chetana, a student of TISS		Awareness regarding various aspects of mental health and how to be sensitive.
28th Dec 2017 to 6th Jan 2018	1 Week	Fun activities for the children		Children learnt and performed play for peace activities, drama and relaxation.
6th to 7th Jan 2018	2 Days	English speaking workshop - by Ms. Ambika		Children learnt the basics of communication, confidence building & personality development.
15th Feb 2018	Twice weekly until exams	Group study sessions - organized by children	8 Girls and 6 Boys	Focused study time
18th to 19th Feb 2018	2 Days	Picnic to Vanvadi	8 Girls and 6 Boys	Trekking through the forest, campfire, cooked and stayed the night in the wilderness. Invitation by Mr. Jain to his resort, where they talked about different types of trees, benefits of living in the natural environment, and forest conversation. Children also swam, played games and spent time appreciating the nature.
25th Feb and 27th Feb 2018	2 Sessions	Play for Peace - by Nikhil Mehta	Community children & 60 Jr. College Students	Sessions conducted at the community and at Shivam School
8th March 2018		Women's Day Celebrations	20 women	Women enjoyed coming together and playing games. They spoke about and shared their common concerns.
10th March 2018		Visit by Capital First	15 kids & 6 visitors from Capital First	Corporate engagement program
12th March 2018		Workshop on Colour Theory by Tanvi Parab	For-facilitators from the community & K.A. staff	Building a base about colour and color combinations to keep in mind while doing craftwork.
19th March 2018		Talk on Mental Health and a session on marbling	For community facilitators	Participants talked about their emotions and how to manage them



Khula Aasman
Charitable Trust
Act. Reg. No. E-29735

Office Address :

C/o Sukhshanthi, Opp. BARC Main Gate,
Mankhurd, Mumbai 400-088
Ph: 022-25584687

www.Khulaaasman.org