

## A report on capacity building training of the staffs of Geneva Global Project at Samastipur



The internal mettle of Prayas Samastipur has been embedded with its proficiency over the activities to hone the intrinsic quality to pursue the viable objective within stipulated time frame facilitating the respectability that is fairly imbued with the total quality management of staffs at Prayas Samastipur per se. Faced with rigorous debilitating hurdles and hitches while working in the ambit of our assigned duty we generally use to perceive spates of negative impacts over many incidents

of trafficking from rescue , providing legal aid and up to the restoration on the part of various steps concerning the episodes of trafficking. On the wane of confidence, many a time it was felt that in the predicament arising out of onerous activities and tasks, we mulled over to increase and develop the capacity of staffs at Geneva Global Project Samastipur due to the psychological contractions of the mental visibility coming up with off the positive attitude taking place in boundary conditioned cases with the working momentum of the staffs of Geneva Global Project at Samastipur.

### Objectives and Impacts of the capacity building training

- To enhance the coordination among the staffs of Geneva Global Project with fruitful results.
- To develop a better understanding between police personnel and the staffs of Geneva Global project Prayas Samastipur.
- To have a right need base approach for the abandoned children due to their susceptibility of being trafficked.
- To fill the pool of confidence among the staffs to face the challenges while working in the field.
- The overall personality development of the staffs as well as inducing awareness about trafficking among the community people through the skills gained in the training.
- To improve quality approach with quantitative measures to counter the incidences of trafficking.

So having been afflicted by such non-plussed feelings, sometimes transient, of the staffs as well as to counter and avert the pricking restraints we at Geneva Global Project Samastipur decided to organize a Capacity Building Training for the staffs to make them imbued with quality of the co ordination, impeccable performance and temperate morale



boosting while facing impediments during their result oriented job. To catering our need we requested **Ms. Sohini Chakraborty** the scion and stalwart of dance therapy movement “**SANVED**” Kolkata to train our staffs of Geneva Global Project. She is also the founder of dance therapy movement which pertains to psychological rehabilitation, counseling environments, healing and expression of victims for violence and trafficking, marginalized population, people living with HIV/AIDS and people facing



mental challenge in various forms. Rationally, accordingly the various modes and activities of dance therapy which includes myriad number of gestures of dance that inturn are like wise to recuperate the mental instability and depression of the victims. That, too, has given a movement to the stagnant facts which have been unanswered by the time in the wake of healing traumatized children after their rescue and just after that to open the dulcet cascade of over all

development of the abandoned children. She heralded the dance therapy movement to recognize the factual inner conscious of the marooned children by reassembling their mental horizons so that the shattered brain waves would be beamed with sublime emotions necessitating normalcy and routing life far off the circle of abandonment for the survived children. Ardently, for resurrection of their lives, the dance movement therapy will not only mould in the minds of many of forsaken children but also infuse the art of coordinating mind and soul of the staffs at Geneva Global Project at Samastipur by reviving their energy into synergy through the unique modes and segments of dance movement therapy. Resultantly, this therapy has given effective psychological approach that can create a new outlet that could be a vivacious tool to enhance and nurture the very basement of people who have been abused or neglected; both in themselves and in their lives. According to Sohini Chakraborty the persecuted victims of violence especially sexual violence dance therapy can help them regaining bodies as well as mental equilibrium having command over their mental dimension rapidly. She says that dance movement therapy classes provide genuine platform for the victimized children where each person either the abandoned child or the Prayas worker who participates these classes can express his/her idea plainly and categorically in the form of reflexes regarding their counseling and also may be respected by society against the earlier commitment of being demoralized on the part of society. So, really, psychotherapeutic



process provides a stand to excel and recognize our inner potential rather than the prophylactic accommodation to reciprocate the instantaneous harsh challenges coming on the way while working in the operational area by the staffs of Geneva Global Project Samastipur. Substantially this path of “vital medication” has been immensely useful for both the victimized children and the staffs of Geneva Global Project at Samastipur to overcome the over all problems of our team work by dint of the positive impacts of dance movement therapy.

### Activities of the dance therapy movement



- Ribbon activity
- Boundary Limitation
- Paper activity
- Thread activity
- Eye contact activity
- Solo performance
- Vulnerable Activity
- Ice-melting
- Psycho Physic activity

Sohini Chakraborty, the august pioneer of the dance therapy movement started to train the staffs of Geneva Global Project at Samastipur in the meeting hall of Khatu Shyam Mandir Samastipur on 23<sup>rd</sup> June 2008. The **Vice-president Prayas Samastipur Dr. B.N.Prasad** was present in the training sessions and he encouraged the staffs to gain the tips of the training positively with fervor.

The training commenced at 9.30 a.m. with the self introduction of staffs of Prayas as per the instructions by Sohini Chakraborty. The staffs were asked to introduce themselves diversely and in a distinct way so that the inner traits, inclination and involvement of each staff could be psychologically measured after that the activity related to co-ordination was performed in that the coordination of mind and soul of individual was given priority outwardly by having made round circle with the help of ribbon around the sitting staff as his/her boundary of activity and he was asked to imagine or think a movement after closing his eyes in a trance in order to attain the co relation of mind waves with corporeal activity in the same activity a string of ribbon was given to each staff and he was asked to concentrate on that ribbon by catching it with the tip of fingers. In the “paper activity” the staffs were grouped in pairs and a sheet of paper was stretched by the one of the partners of the pair and the second one was asked to



have his eye contact and concentration on the rapid flickering of the sheet of paper by the second partner of the pair that activity was aimed at improving the conscious mind wave to readjust according to the instant need of action and to make a rational decision that in the very adverse circumstances for the better solution sharply. In the “thread activity” the mantras of enhancing and augmenting the body language reflected actions of the staffs were illustrated by Sohini Chakraborty so that while facing segregated problems they could be able to convince and take the person in confidence to get well through the problems.

In the “Eye contact” activity, to inflate self confidence, the staffs were divided in male group and female group each male staff was asked to have eye contact with a female staff by running diagonally and meeting at the mid point of the floor of the training hall. In the “Solo performance” each staff was asked to express his /her feelings having a bit dancing stance in order to carve out the latent feelings of unconscious mind coming out with subtlety to coordinate one’s self with other individual environments.

In the vulnerable activity the subconscious quality and basic trait of the staffs were exposed in the terms of the veracity of their internal ethic. In that activity each staffs was asked to lift the pair of shoes and just after that he was asked to become calm and placid so that in a slow procedure the entire depression syndrome could be lowered expressing the real feelings of vulnerability felt by the staff that the abandoned children use to face during their trafficking. The relaxation activity “ice - melting” was geared to equip the staffs with patience and calm to soak up super natural qualities in the wake of smooth and result oriented performance of the staffs of Geneva Global Project Samastipur. In the “Psycho-physic therapy” activity which is obviously a yoga activity that prevails in the hidden behavior of the victimized children and getting a good riddance of mental depression. This activity was practiced and rehearsed by the staffs as to how to keep themselves mentally balanced, cool and relaxed after having the mayhem they use to face in their operational areas and to revitalize their souls to rejuvenate their lives by rejoicing the real taste of life. In the “fast dance” activity we learned that how to abate the haze of ignorance due to complex social order prevailing in our society where social disparity has been on at the alarming rate. She gave the tips to honor the psychological contract with colleagues maintaining the interacting coordination with the staffs at a time meticulously. In the counseling section we were given the outlines over how to take traumatized children in confidence to get correct information regarding his trafficking by having mind and body language application appropriately. Along with that she expressed her view how to face the GRP on various issues relating to the FIR on the traffickers as GRP generally shows procrastinating reaction over lodging the FIRs against the traffickers then we must use our body language and eye contact activities to make them understand the realty and implicit intensions of the traffickers aptly besides the rescue of children rearing to provide natural justice to the trafficked children.