

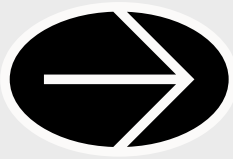


Annual Report

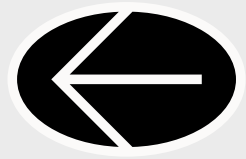


Trauma informed learning
spaces to promote
resilient childhood
experiences

2021-2022
Kyokan Foundation



Vision & Mission



Vision

To cultivate a world where individuals and communities flourish with emotional resilience and cultural humility, guided by trauma-informed, resilience-based practices within safe, inclusive environments.

Mission



At Kyokan, we are dedicated to fostering the holistic well-being of individuals and communities through trauma-informed, resilience-based practices rooted in cultural humility. Our safe and inclusive spaces provide opportunities for exploration, healing, and growth, ensuring that all individuals feel valued and empowered to thrive.



About Us

Kyokan Foundation is delighted to present the annual report for the year 2021-22, highlighting our commitment to empowering marginalized children through trauma-informed learning. This report encapsulates the outcomes, impact, and activities of our project, made possible with the generous support of our clients and partners.



Project Background

Childhood trauma can have enduring effects on individuals' physical, emotional, and social wellbeing. Kyokan Foundation has been at the forefront of addressing this issue by creating trauma sensitive learning spaces for vulnerable children in Kolkata and Howrah. Our project focuses on providing holistic support to children who have experienced adverse childhood experiences (ACEs), including abuse, neglect, and economic poverty.





Our Work



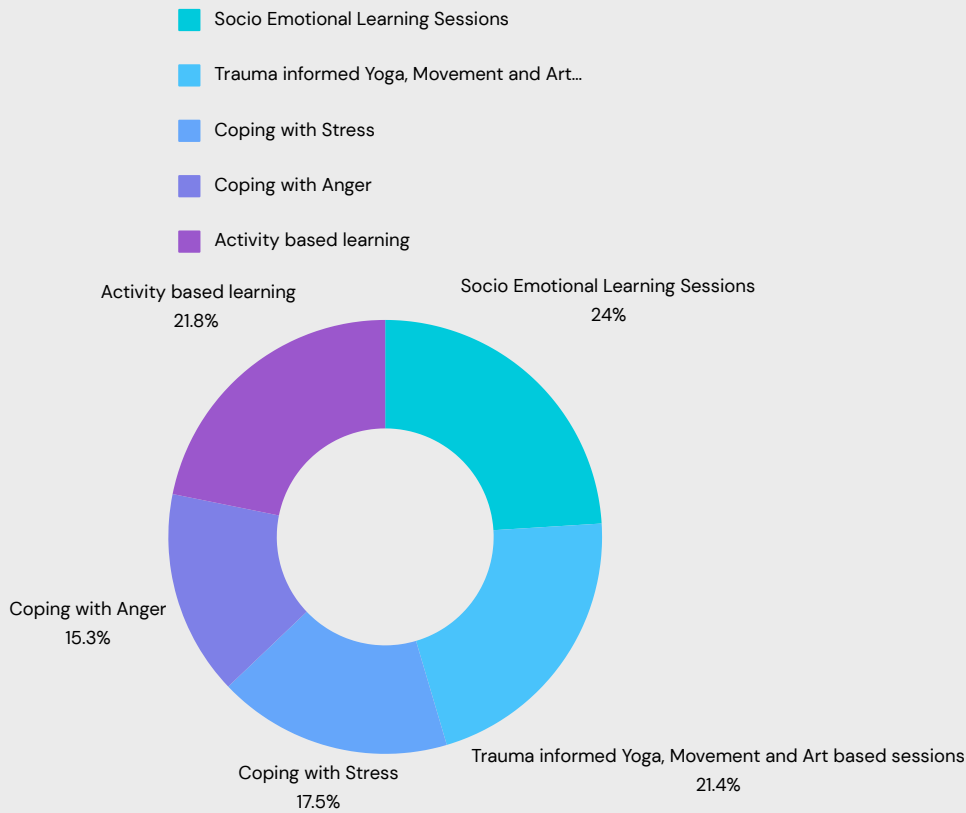
In our activities throughout 2021-2022, our focus was on nurturing a supportive environment where children thrived emotionally and developed essential life skills. Utilizing trauma-informed learning sessions, we integrated expressive arts therapy modalities to create a secure space for emotional exploration and resilience-building.

Through diverse sessions in art, yoga, movement, and music, we provided avenues for creative expression and emotional release. Emphasizing socio-emotional learning, we guided children in understanding and managing their emotions, fostering empathy, and cultivating healthy relationships.

Moreover, specialized sessions equipped children with practical tools for managing stress and anxiety, empowering them to navigate life's challenges with resilience. Additionally, our program addressed effective anger management strategies, encouraging constructive expression of emotions and promoting peaceful conflict resolution.



Our Achievements



Throughout the year, we conducted a total of 170 trauma-informed learning sessions, engaging 100 beneficiaries with an impressive average attendance rate of 82%. In addition, we conducted 110 socio-emotional learning (SEL) sessions, achieving an 80% participation rate. Furthermore, we organized 98 sessions focused on trauma informed yoga, art, music and movement, providing creative outlets for emotional expression and release. To address the critical need for stress and anxiety management, we had 80 specialized sessions, empowering individuals with practical tools to navigate life's challenges with resilience. Finally, we conducted 70 workshops dedicated to effective anger management, fostering constructive expression of emotions and promoting peaceful conflict resolution.





Our Value

Our BLUES model serves as a guiding framework for providing trauma-informed care and support that is grounded in empathy, empowerment, inclusivity, collaboration, and resilience. By incorporating these principles into practice, caregivers, professionals, and communities can create environments that promote healing, recovery, and well-being for individuals who have experienced trauma.

- **Belief in Empowerment:** Fostering resilience and self-efficacy in children.
- **Loving Compassion:** Providing compassionate care and support to those impacted by trauma.
- **Universal Inclusivity:** Creating safe and inclusive environments where all children feel valued and respected.
- **Effective Collaboration:** Working closely with clients, partners, and communities to promote healing and recovery.
- **Strengthening Resilience:** Equipping children with adaptive coping skills and positive relationships to navigate adversity.

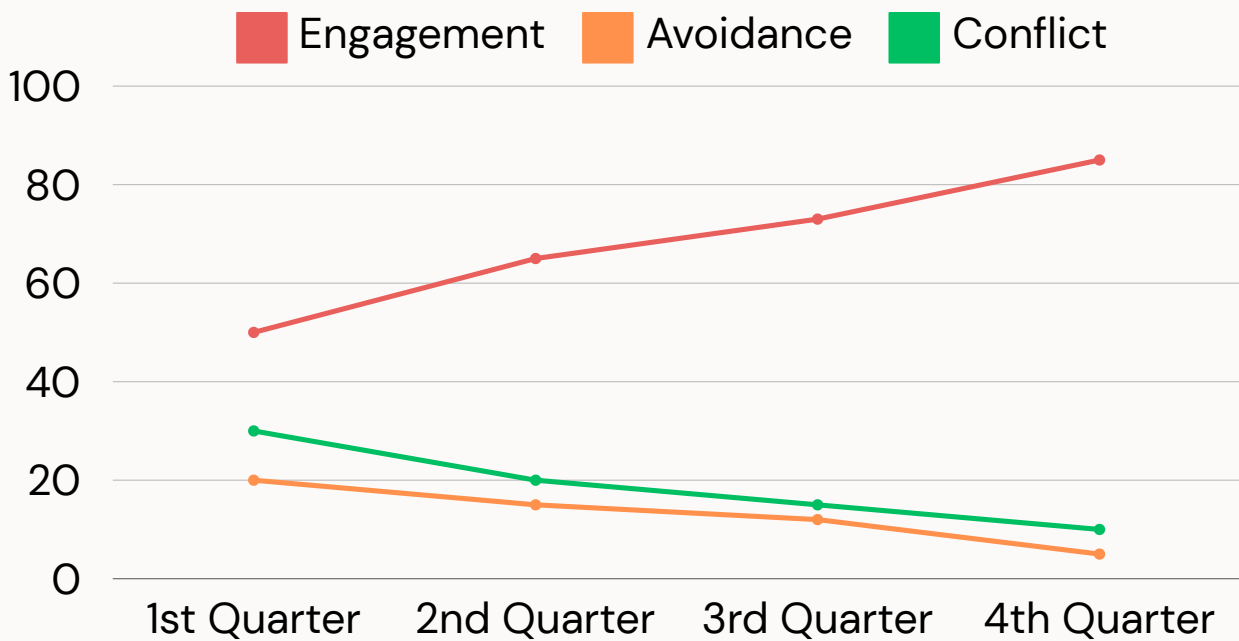
"I didn't trust anyone before. I thought nobody cared about how I felt. But in these sessions, I found people who listen. I learned how to manage my anger, and now I don't get into fights like I used to. I want to keep coming here because it helps me."

- Rakhi, 14 years





Annual Report



Annual Program

Lompho Jhomp was a day-long retreat by Kyokan Foundation, engaging 200 children in art, yoga, mindfulness, and storytelling activities. Set amidst nature, it offered a nurturing space for self-expression, resilience-building and emotional well-being. Through creative arts, yoga and mindfulness, children explored their emotions and developed vital life skills. Engaging storytelling sessions inspired curiosity and imparted valuable lessons. *Lompho Jhomp* was a holistic retreat fostering self-discovery and connection among children.





What our children say

"You know, when we do movements and stretches, it's like waking up my body from a long nap. I can feel all my muscles waking up. It helps me feel strong and brave, like I can climb any mountain. Now, I feel more energetic and ready to explore the world." – Neha, 13 years

"When we have our socio-emotional classes, it's like we're all in this big boat together, sailing through the sea of feelings. We talk about how we feel and learn that it's okay to feel different things. It's like finding treasure in the middle of the ocean. Now, I feel more connected to others, like we're all in this adventure together." – Anandi, 11 years

"When we sit quietly and close our eyes, it's like the whole world slows down, and I can hear my own thoughts. At first, it felt strange, like trying to catch a butterfly with my bare hands. But as we kept doing it, I learned to listen to my heart. Now, I feel like I have a secret superpower to calm myself down whenever I need to." – Shahida, 11 years

"I used to hide my feelings like secret treasures. But here, I learned to share them. It's like sharing cookies with friends. My feelings are sweet, and I share them with smiles and hugs." – Kabir, 8 years





What we remember





Thank You

Kyokan Foundation is a nonprofit NGO focusing on Trauma Work and Social Justice through trauma informed expressive arts, Socio Emotional Learning (SEL) in education and comprehensive sexuality education (CSE), registered under Section 8 of the Indian Companies Act, donations are tax-exempt under Section 80G.

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