

LOYOLA COLLEGE OF SOCIAL SCIENCES THIRUVANANTHAPURAM



Criteria 3- Research, Innovations and Extension

3.2- Innovation Ecosystem

3.2.1 Institution has created an ecosystem for innovations and has initiatives for creation and transfer of knowledge

3.2.1-11: Navem Dance Movement Therapy

NAVEM

Dance Movement Therapy

The Krishnendu way

Loyola College was never short of artistic talents. We were always blessed with students who had amazing potential and interest for various arts forms. The various arts performances including the formal competitions and the ones happening in the informal settings during the evening friends gatherings were acting as a relax mechanism for our students amidst the busy academic schedule for so long.

It was our student Krishnendu who came up with an innovative model named Dance Movement Therapy. Krishnendu herself is an amazing dancer and is very passionate about the same. She combined her passion for dance with her academic knowledge and envisaged a unique model where people could let go of their inhibitions and embrace who they really are. Music, dance, drama and art are forms of expression through which people communicate stories of victory, tragedy, devotion and much more. In contemporary society, expressive arts have been taken up to address social issues. Individuals and communities around the world are now using dance and poetry as a way to come together and raise voice against the atrocities happening around. In a society where dance is considered as either a discipline or just a facet of entertainment where the body is objectified; it is doing a good job as a facet for social advocacy, healing and empowerment. At the same time, mental health issues and social problems are piling up to which the community needs a new approach rather than just 'talking about it'. So why not take an age-old concept and find ways to deal with everything that is going around in a creative manner. This was the thought that fuelled Krishnendu in her pursuit of something truly innovative.





Her concept was received enthusiastically by the Loyola Innovation Center and gave her a platform to develop and refine her ideas and skills. Dr Sonny Jose and DrFrancina were assigned as her mentors for this endeavor. They helped her to arrive at a clarity regarding the theoretical part and the practical aspects of therapy and mental health. Dr Sonny Jose also acted as a network for her to

get connected with the persons from across the globe who has made their marks in a similar path. Krishnendu initially developed a model named 'Dance Movement Therapy' which later evolved into expressive art therapy. Our innovation cell is proud regarding our role in her evolution into a leading expressive art therapy practitioner. She is now the proud owner of a venture named 'Navem' offering art therapy sessions. Within a short span of time, Navem has carved out a niche of their own and is a very popular therapy service recognized among the public. She has also successfully handled sessions in various places including Sweeden. We are proud to witness an idea conceived in our campus gaining success and helping a lot of people to be in a good place regarding their mental health. We wish her all the best and are quite sure she will scale more heights in the future.







Navem Instagram link: - https://instagram.com/navem_dmt_kerala?utm_medium=copy_link

Navem

Facebook

link:-https://www.facebook.com/NaVeM003/?hc_ref=ARQIQXVVZMwifUXYiSxL-6KwLrYDJ_ehw1H7XoEG_HLuS111d3ULR6oW0I8zWcWqOzNk&ref=nf_target&__tn__=kC-R