

ASSOCIATION  
FOR CHRISTIAN  
THOUGHTFULNESS

Annual Report  
2016 - 2017

# Foreword



Vivian Fernandes  
Chairman

*Looking back at the year gone behind, my heart is filled with gratitude to our Almighty God, who has faithfully led us as an organization and used us in different areas for His glory. All glory to God, as I pen down these achievements of Association For Christian Thoughtfulness (ACT) in the areas of Counseling, Community Development, Church Relations, Trainings etc.*

*In the area of Counseling, God has equipped ACT with professional counselors, with good experience and commitment. I appreciate each one of our staff involved in counseling in schools, girls aftercare homes, government homes. It's my prayer for them that God would use us in a greater way and bring glory to His name.*

*The Community Development Programs in partnership with the local churches have truly proved beneficial for the community and the local church. Many pastors and leaders from the local churches have been blessed by this program. Also the community has been benefitted by the different programs organized by the Community Development department. This has helped ACT to bring awareness in the churches on the need to be sensitive to the needs of the community and in turn it has helped the churches to have a platform to share the love of God through word and deed.*



*The work in the community with the help of local church has worked well and this networking and partnership would help us to reach to more community in the city of Mumbai.*

*The ongoing regular trainings held by ACT has helped not only our staff but also the local church pastors and leaders who are directly involved in the community. Our staff in the Counseling department are regularly trained and updated on being effective counselors in the city of Mumbai. This has resulted in doors being opened in different schools and homes.*

*Each day the newspapers are filled with news of people of different age groups who are going through tough times leading to depression and drastic decisions. Counselling is the need of the hour and even the secular world recognizes this need.*

*At such a point of time as this, we are grateful to God for using ACT to be actively involved in the lives of the people both young and old.*

*We hope and pray that God would open more opportunities for ACT both in the area of Counselling and Community Development, to show forth the love of God through word and deed.*



Vivian Fernandes  
Chairman



Vision



**“Creating Synergy for City Transformation”**





## From CEO's Desk



Dr. Alita Ram  
CEO

*Waiting for the traffic light at the Ghatkopar - Makhurd junction to turn green, I watched as a young girl came up with outstretched arms begging for a few coins. A thought crossed my mind where Mother Teresa said, "The poverty of being unwanted, unloved and uncared for is the greatest poverty."*

*Living below the flyover, did not dull the mischievous spark in her eyes as she ran back to her waiting mother with her pigtails flying and surrendered her earnings.*

*I observed the heart rending and ghastly living conditions that she was subsisting on.*

*Poverty was screaming at me from every direction. But, because she was loved, the dirt and the filth could not keep her vibrant spirit in check.*

*Beyond the poverty of clothes, food and shelter lies the faceless poverty of being unloved and unwanted.*

*There are many hundreds of organisations working to eradicate physical poverty and but we as an organization feel called to assist the community to address issues of emotional health -feelings of being loved, wanted and accepted . Clothing, food and shelter will never be able to fill the chasm of emptiness that being unloved and unwanted constructs.*

*The year 2016 - 2017 has helped us charter a new course for the next 5 - 6 years wherein training and equipping communities for understanding issues of mental and emotional health is our priority.*

*Thus, our end goal is to restore Shalom for all our families and our communities so that our marred identity is restored and we realise our true God given potential and vocation.*



Dr. Alita Ram

*C.E.O*

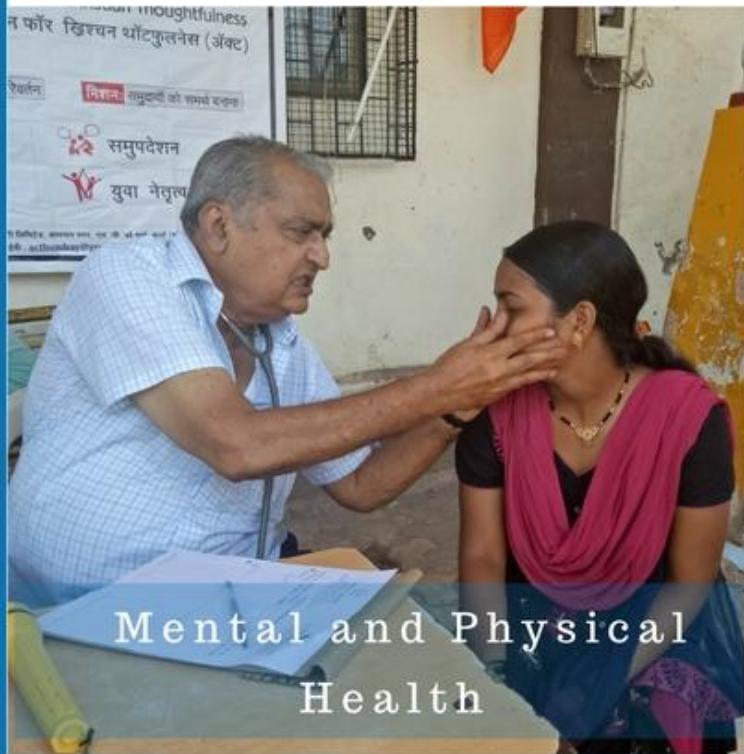


Networking & Justice

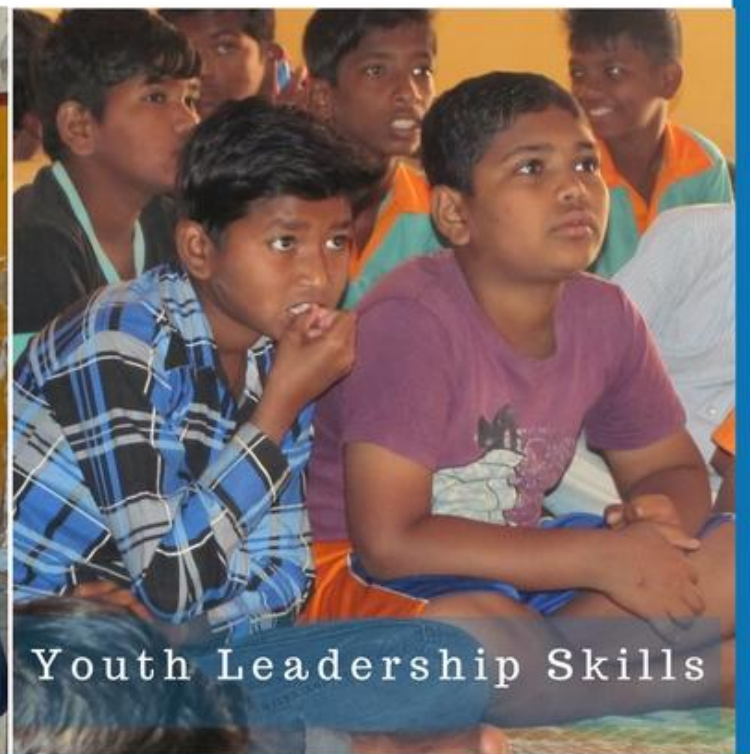


# CORE AREAS OF WORK

3 thematic areas of work



Mental and Physical Health



Youth Leadership Skills



# Where we work?



	Community
	Counseling
	School Counseling

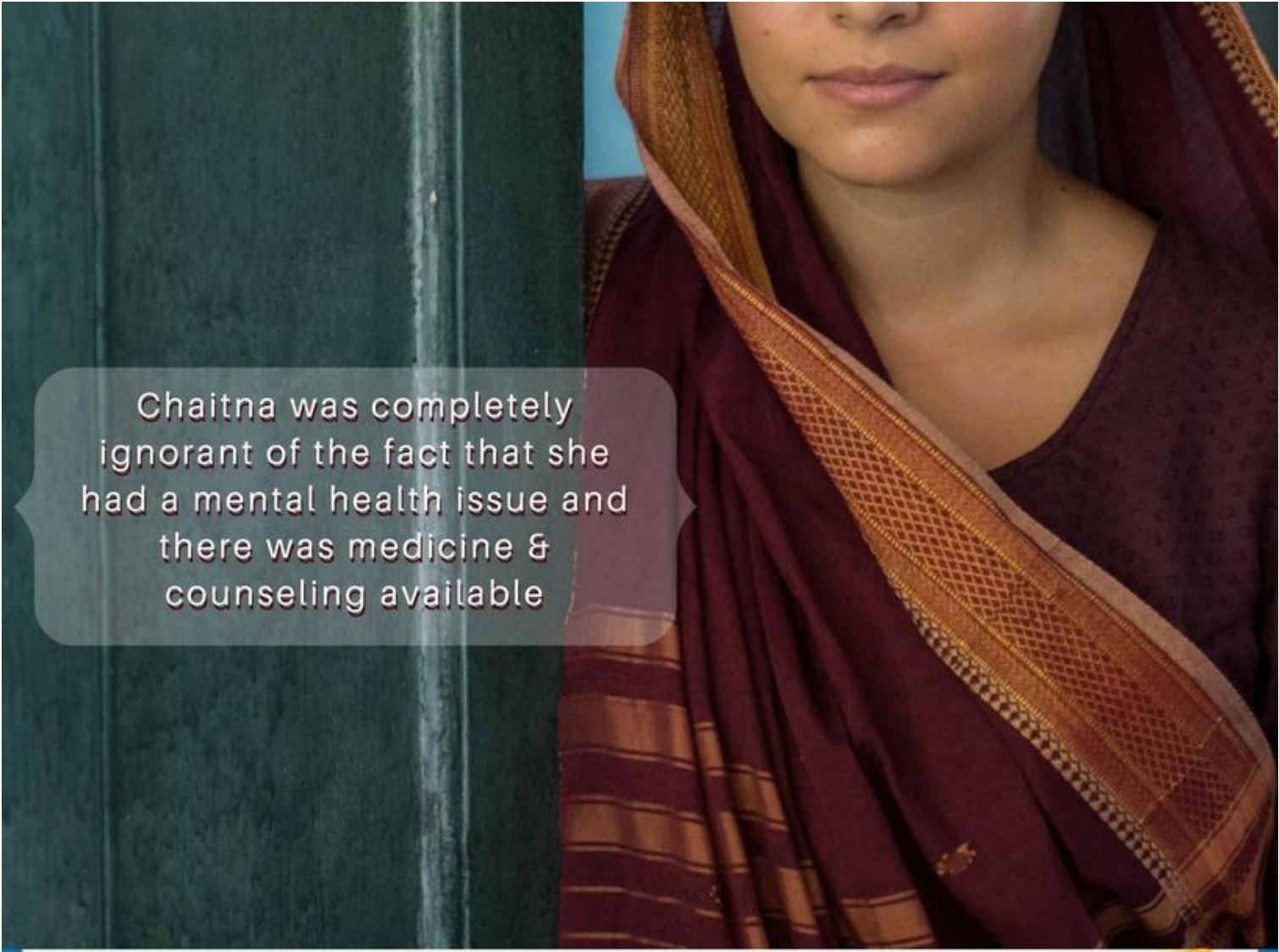




"2000 vulnerable families taking steps towards healthy lives and seeking their basic rights"

Health & Networking





Chaitna was completely ignorant of the fact that she had a mental health issue and there was medicine & counseling available

Chaitna is married with a thirteen-year-old daughter. Within a few months of her marriage her father-in-law's sister passed away prompting her mother-in-law to relentlessly accuse and abuse Chaitna for her death.

A few days later, the other members of the family also stopped speaking with her. They too became abusive and repeatedly asked her to leave the house. Being an alcoholic, her husband was oblivious to her struggles.

While attending our door-to-door awareness sessions on mental health it dawned on her that she was suffering from depression



Amidst these bitter strife's Chaitna began contemplating suicide. Unable to bear the torture, Chaitna decided to leave the house and live with her father.

The return to her father's house did not stop these suicidal thoughts tormenting her, and at the slightest provocation she would begin to weep incessantly, especially when alone; trivial matters angered her and sleepless nights plagued her.

While attending our door-to-door awareness sessions on mental health it dawned on her that she was suffering from depression and required treatment. We suggested that she visit Rajawadi Hospital, Ghatkopar for treatment.

She has also mustered up the courage to file a Non-Cognizable Offense complaint to the police, against her mother-in-law

She has also mustered up the courage to file a Non-Cognizable Offence complaint to the police, against her mother-in-law for which we guided her.

Chaitna was completely ignorant of the fact that she had a mental health issue and there was medicine & counseling available.

Chaitna was completely ignorant of the fact that she had a mental health issue and there was medicine & counseling available. She is under regular medication now and is being followed up for treatment by our community worker She is now sleeping soundly and feeling better



Rallies  
22



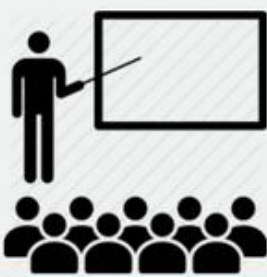
Street Play  
185



Door to door  
8336



Parenting  
251



Seminar  
1147



Medical Camp  
897



Community Trainings  
395



Aadhar & Pan Card  
98



11509  
BENEFICIARIES

Health &  
Networking





62 vulnerable individuals  
counseled by 48 bare foot  
counselors from 8 partner  
churches

Community Counseling

Ujwala's husband's extramarital affair and her inability to conceive a child to compelled her to approach us for counseling. She felt that her life was meaningless. In the course of the sessions she was encouraged to love herself and her unique identity. She was encouraged not to believe the comments of people who mocked her and said she was barren and useless. Working on her relationship with her husband was essential and responding, not in bitterness and anger but positively to the situation.

Working on her relationship with her husband was essential and responding, not in bitterness and anger but positively to the situation.

The affair came to an end but the years of infidelity had greatly fractured the marriage. Gradually after Ujwala's emotional health stabilized their relationship grew better. She has grown into a bold and confident woman.

**Community Counseling**





**23**  
Family  
conflicts



**5**  
Relationship  
issues



**10**  
Depression



**1**  
Mental  
Illness



**16**  
Marital  
Issues



**1**  
Self Harm



**6**  
Career  
Guidance



**4**  
Anxiety &  
Stress



**1**  
Low Self  
Esteem



**1**  
Health  
Related



**62**  
BENEFICIARIES



**1**  
Sexual  
Harrasement

Priti our Community counselor for the last one and half years was aware that her brother and his wife were in a marital crisis. Things had gone from bad to worse and it looked like divorce was inevitable.

It was a miracle and an answer to prayer when both her brother and his wife agreed to be counseled.


Priti desperately wanted to intervene and prevent the inevitable divorce but was too afraid to interfere as she felt that their past disagreements could deepen the existing rift in their relationship

After much thought and prayer she very hesitantly decided to confront the couple. It was a miracle and an answer to prayer when both her brother and his wife agreed to be counseled.

After weekly sessions for 3 months using the methods taught to her including problem solving, self-disclosure and cross road activities, Priti's prayer was answered and the couple have been able to settle their issues and live together happily. Priti is thankful to God and ACT who helped her restore the joy of family to her brother.

**Community Counseling**





700 vulnerable victims of  
Commercial Sexual Exploitation  
and sexual abuse, have their  
psycho-social skills  
strengthened by 16 counselors  
trained in trauma therapy.

**Trauma Counseling**

## HOLD ON TO YOUR DREAM

Trafficked at age eleven by her own step-mother, abandoned by her biological mother, raised by her so called "father", forced to service 7 to 8 customers daily for almost two years and pregnant at thirteen - this was Sita when she came for counseling after her rescue.

She came in silent and depressed. Over the next six months through trauma therapy, Sita's vacant stare was replaced by frequent smiles.

She loved to play with the clay and colours as she talked.

Bit by bit the multiple layers of neglect and abuse began to emerge. Sita revealed her real name and the stories of horror that she had been subject to in her childhood.

Sita's vacant stare was replaced by frequent smiles. She loved to play with the clay and colors as she talked.





During this period, she had a healthy baby through normal delivery. A couple of months later Sita lost her "father". In spite of this she was able to bounce back.

Through the stabilization techniques and psycho education done during counseling, Sita's trauma symptoms reduced. She now has been enrolled in the in house education program. She wants to testify in court against her perpetrators.

Sita is also determined to pursue her studies and is happy in the safety of the Shelter Home. In one of the counseling sessions, she said "a girl should always hold on to her dreams". There is a long way to go but Sita is well on her way to recovering her capacity to dream.

**36**

Care Givers in  
Shelter Homes  
trained in  
Trauma  
Informed Care

**289**

Clients in  
Individual  
Therapy

Trauma  
Counseling With  
Victims Of CSE &  
CSA

**18**

Case  
Management  
Meetings with  
Partner NGO

**12**

In House ACT  
counselors  
Training with  
16 Counselors

**371**

Clients in  
Group  
Therapy





The school authorities referred Ajay, a 10th Standard teenager for counseling. The imminent board exams had exacerbated his suicidal tendency, which was a cause for concern.

His previous two attempted suicides were because of him being “in love” with a girl who was not “in love” with him but loved someone else.

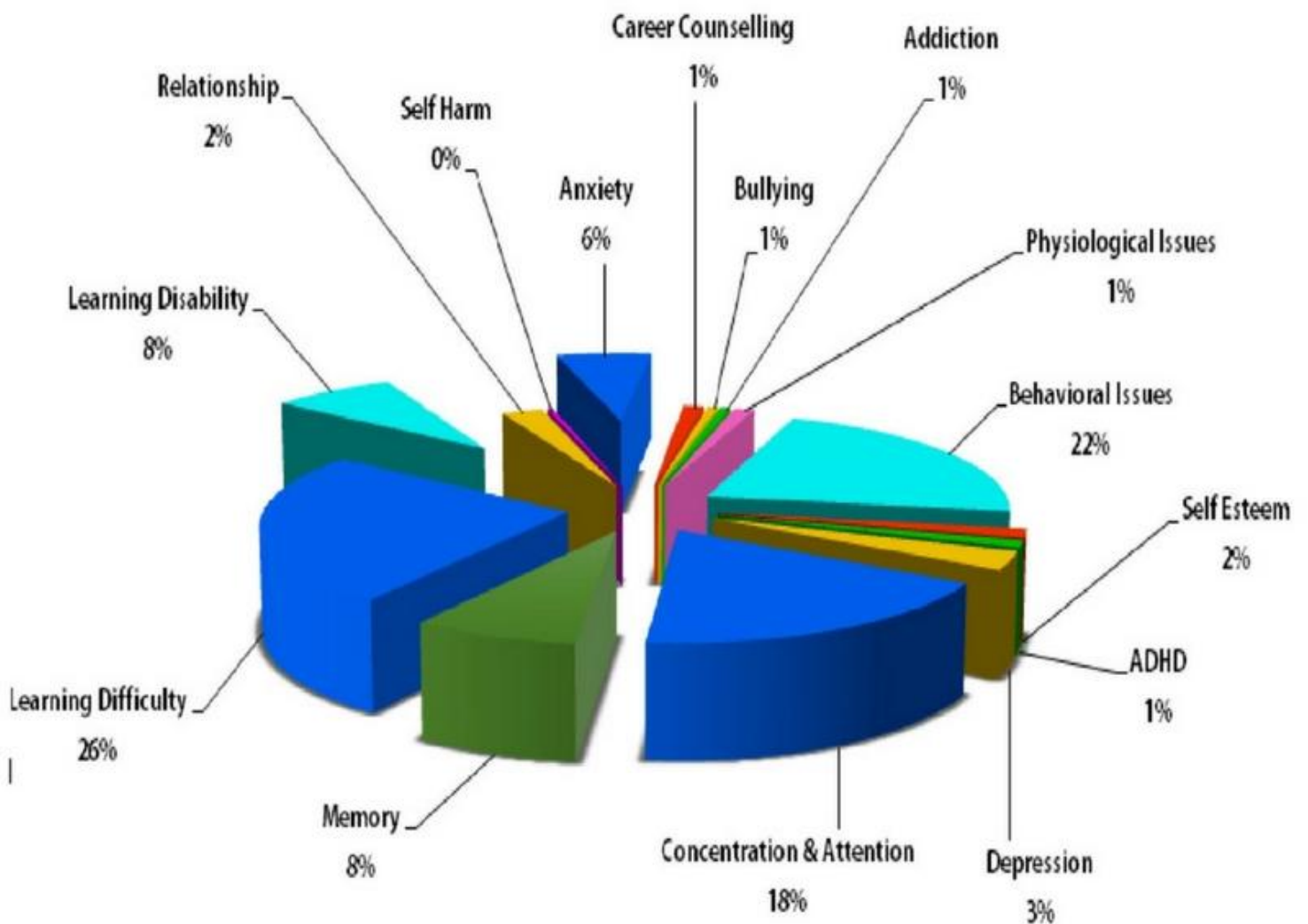
In the course of the counseling process, it also became evident that he had had a very difficult childhood, which had resulted in him having anger issues too.

Psycho-education was conducted on the cognitive triangle and an realistic action plan with him. This helped him to appear for his board exams in spite of the fact that he hated his studies.

His daily text messages ensured that he was exercising his coping skills effectively and the teacher and the vice principal were provided regular updates on his improvement.

Ajay still struggles with anger issues, but scoring 82% in the board exams was remarkable progress. He has shared that he is doing very well and is grateful for all the value and input into his life.

**School  
Counseling**



Students Counsellled 323



My church God's Church located in Digha-Navi Mumbai was privileged to partner with ACT for four years between 2010-2014. During this time we had begun community development in the surrounding slums.

We also began a children's development program through ACT where we helped children improve their academics, which soon resulted in both a study centre and a pre school.

We also began a children's development program through ACT where we helped children improve their academics, which soon resulted in both a study centre and a pre-school.

After four years ACT stopped working with our church and the financial support to our team ended.

By this time we had developed a good well trained and equipped team in our church and knew that they would be able to reach more people effectively. We did not want to stop the work but sustain it any way we could.

## Inspired to Make a Difference



ACT trained my wife to run this preschool and also to conduct preventive health awareness. I especially want to mention about our children development program because we were trying to develop our children.

" We did not want to stop the work but sustain it any way we could."

I am very thankful towards ACT and the team for the inspiration and guidance.

We currently have 7 slum preschools with where 300 children are learning the English alphabet and numbers.

I would also like to mention about the adult literacy program that had begun through ACT. We began with one center, which has now grown to five centers with a 100 students.

I am very thankful towards ACT and the team for the inspiration and guidance.

We shared our passion to our friends and gradually people started to support us and the social ministry through our church increased. We have now been working with 10 children development centers in different slums of Navi Mumbai and Thane for last three years.

We began with 1 center, which has now grown to 5 centers with a 100 students.





3300 vulnerable adolescents in 9 schools trained to make informed choices through life skills education programme.

**Youth Leadership**

# Choose Your Friends Wisely



Technology has induced people to live in a virtual reality. Connecting to each other needs only the swipe of a finger. Pragya, a bubbly and vivacious teenager has many friends.

During the life skill session on friendship, the class was asked who had the most friends. Pragya raised her hand with pride. She had the most Facebook friends and made friends online with all and sundry, since she believed we are created for relationships. Being a teenager she found joy in chatting with her online friends for hours.

Pragya sat silent and withdrawn while the other students were busy creating a 3 - 5 line "advertisement" for a good friend.



Pragya sat silent and withdrawn while the other students were busy creating a 3-5 line "advertisement" for a good friend. This was puzzling, since she was the one who was the most excited about the large number of friends she had.

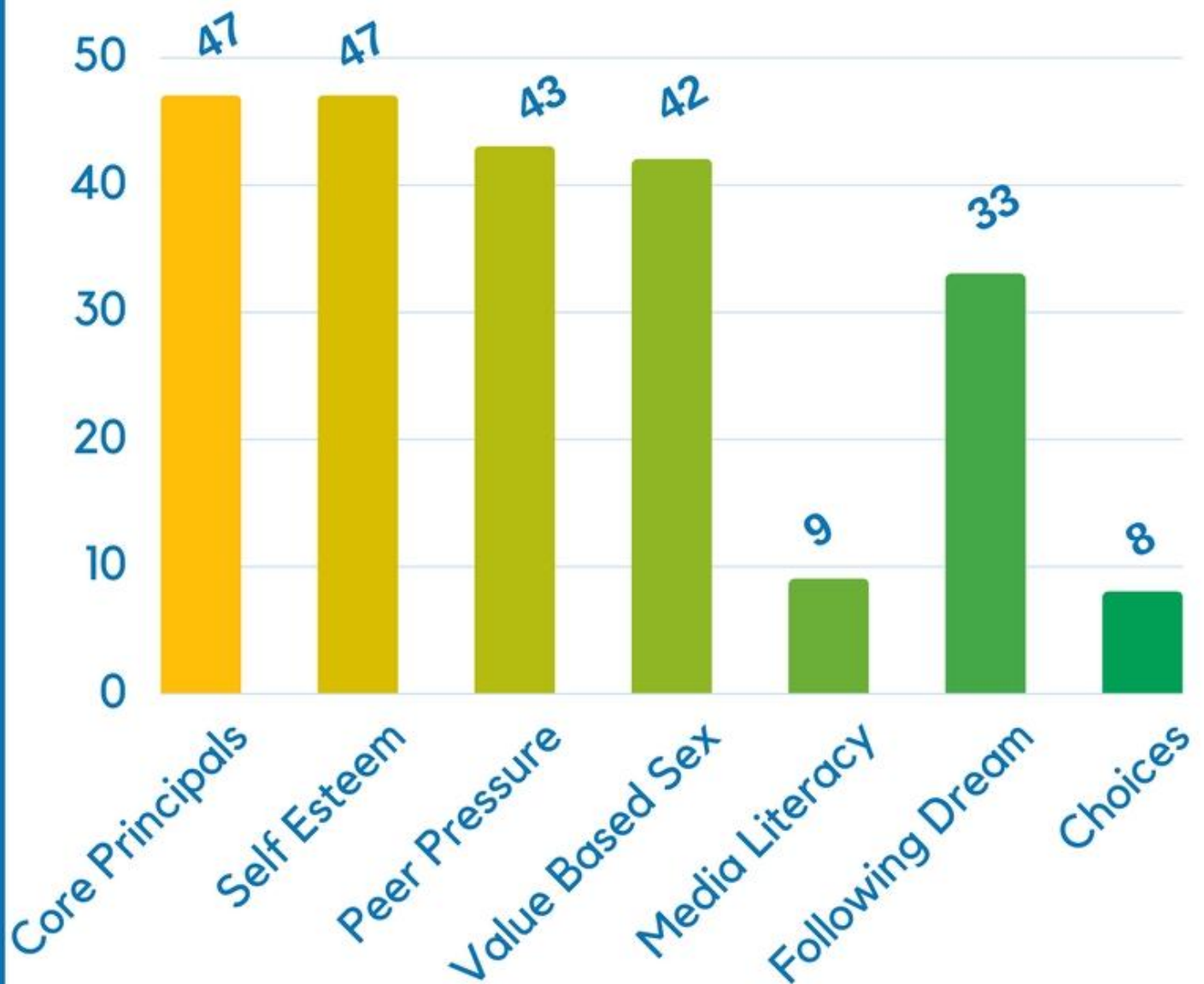
She said that the life skill session had helped her to understand that yes, we are created for relationships, but only "healthy relationships."

A few students were asked to share the special qualities of a good friend, which the trainer began noting down. Qualities such as being trustworthy, sensitive, supportive and understanding were all mentioned.

After the class, Pragya came up to the trainer despondently saying that she does not have such friends. The trainer encouraged her, saying that she can have such friends, if she chooses wisely

A couple of weeks later, Pragya met our trainer and informed her that she had stopped accepting friend requests based on their appearance and mentioned that she had made a new friend in her neighborhood. She said that the life skill session had helped her to understand that yes, we are created for relationships, but only "healthy relationships."

Total No. Sessions 229



**Topics for Life Skills**



# ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

Registration No. F-5727(Bombay) Dt22-09-1979

## INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2017

EXPENDITURE	Rupees	Rupees	INCOME	Rupees	Rupees
<b>ESTABLISHMENT EXPENSES</b>			<b>DONATIONS IN CASH</b>		77,72,712
Staff Salaries & Allowances	9,31,997		<b>MEMBERSHIP FEES</b>		9,000
Staff Welfare	26,028		<b>EDUCATION FEES</b>		26,47,735
Staff Training	2,000		<b>INTEREST</b>		
Rent	1,83,809		On Investments	3,23,325	
Electricity	6,730		On Savings Bank Accounts	40,191	
Telephone & Internet	11,138		On Income Tax Refund	24,763	3,88,279
Repairs & Maintenance	17,507		<b>OTHER INCOME</b>		1,300
Website Expenses	23,766		<b>DEFICIT FOR THE YEAR</b>		12,52,463
Printing & Stationery	26,980				
Postage & Courier	722				
Conveyance	10,032				
Fees and Subscription	4,650				
Meeting Expenses	750				
Professional fees	3,43,000				
Bank Charges	4,883				
General Expenses	28,273				
Audit Fees	90,000				
Loss of Sale of Asset	1,300	17,13,563			
<b>DEPRECIATION</b>		96,177			
<b>EXPENDITURE ON OBJECT OF THE TRUST</b>					
<i>Educational :</i>					
Education to Community	65,58,727				
Education through Counselling	35,25,474				
Education through Seminars	1,77,549	1,02,61,749			
		<b>1,20,71,489</b>			<b>1,20,71,489</b>

**NOTES TO ACCOUNTS : PER SCHEDULE 'C'**

Per our Report of even date :

For R. K. KHANNA & ASSOCIATES  
Chartered Accountants  
(Firm Regn. No.105082W)



MOHAMMED OBAID ANSARI  
Partner  
(Membership No.116304)



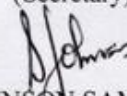
Mumbai ;  
Date :1st August, 2017



VIVIAN FERNANDES  
(Chairman)



ADRIAN LOPES  
(Secretary)



JOHNSON SAMUEL  
(Treasurer)

## ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

Registration No. F-5727(Bombay) Dt22-09-1979

### BALANCE SHEET AS ON 31st March 2017

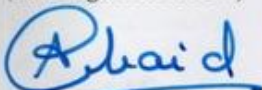
FUNDS AND LIABILITIES	Rupees	Rupees	PROPERTY AND ASSETS	Rupees	Rupees
<b>Trusts Funds or Corpus</b>			<b>Movable Properties</b>		
Per last Balance Sheet	76,63,143		Per last Balance Sheet	5,36,591	
Additions during the year	19,425		Additions during the year	4,77,200	
Deficit per Income & Expenditure Account	(12,52,463)		Deletions during the year	4,800	
Deductions during the year	-	64,30,105	Depreciation during the year	96,177	9,12,815
<b>Other Earmarked Funds</b>			<b>Investments</b>		50,50,000
Depreciation Fund	-		<b>Loans (Secured or Unsecured)</b>		
Sinking Fund	-		Loans Scholarships	-	
Reserve Fund	-		Other Loans	-	
Any other Fund	11,89,582	11,89,582	Deposits	2,25,450	2,25,450
<b>Loans (Secured or Unsecured)</b>			<b>Advances</b>		
From Trustees	-		To Trustees	-	
From Others	-	-	To Employees	-	
<b>Liabilities</b>			To Contractors	-	
For Expenses	1,01,006		To Lawyers	-	
For Advances	-		To Others	6,89,170	6,89,170
For Rent and Other Deposits	-		<b>Income outstanding</b>		
For Sundry Credit Balances	-	1,01,006	Rent	-	
<b>Income and Expenditure Account</b>			Interest	-	
Per last Balance Sheet	-		Other Income	-	-
Appropriation during the year	-		<b>Cash and Bank Balances</b>		
Surplus per Income & Expenditure Account	-	-	In Current Accounts	3,04,194	
			In Savings Accounts	5,38,414	
			With the Trustee	650	
			With the Manager	-	8,43,259
		<b>77,20,693</b>			<b>77,20,693</b>

NOTES TO ACCOUNTS : Per Schedule "A"

Per our report of even date

The above Balance Sheet to the best of our belief contains a true account of Funds and Liabilities and of the Property and Assets of the Trusts.

For R. K. KHANNA & ASSOCIATES  
Chartered Accountants  
(Firm Regn. No.105082W)



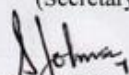
MOHAMMED OBAID ANSARI  
Partner  
(Membership No.116304)

Mumbai ;  
Date :1st August, 2017



  
VIVIAN FERNANDES  
(Chairman)

  
ADRIAN LOPES  
(Secretary)

  
JOHNSON SAMUEL  
(Treasurer)



# Future Plans



ACT has had an amazing and prolific history for these past 45 years. As we enter yet another year we are confident and joyous in the knowledge “ that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” Philippians 1:6

Our communities and churches are eager to absorb new and interesting ways to advocate for change.

We have identified a few key issues that will be our focus for the next 3 years viz.

Advocacy for women and children

Advocacy for women and children, especially those who have been

abused as a result of sexual or domestic violence.

The Central Government after the POCSO ACT 2012 has made the issue of sexual violence against children severely punishable.

As an organization working with communities our priority for the next 3 years is to make aware and encourage every person to stand up against sexual abuse. Working with the community about this issue is often extremely complex and messy but the reward is the return of the beautiful smile on an innocent child's face

We also wish to work for the rights of disempowered communities. The communities will learn to advocate for themselves and the church will learn to stand up for justice and righteousness.

### Mental Health

Mental health is a much-neglected area of concern and at the forefront of our future strategy and planning.

The trauma and neglect undergone by those who suffer from mental illness is exponentially higher than those who suffer merely from physical illness though often co-morbidities exist.

The stigma is extremely high, their social status undergoes a steep decline and marriage prospects dwindle. Fourteen percent of the global burden of disease is attributed to mental health.

We in India being so resource poor have approximately only 40000 psychiatrists in the country with each one caring for around 1 lac population.



This extremely skewed ratio brings into the forefront the need for lay professionals.

As an organization we believe in addressing the area of not only providing awareness about mental health but also addressing issues of stigma and discrimination with our partner communities.

Because of the huge burden of disease and hence trainings of para-professionals on caring and addressing needs of mental health resulting in task shifting will in future be a priority

### Youth

Working with youth have also made us aware that giving young people tools to develop coping and life skills resulting in opportunities for theory to be translated into practice has also helped the communities to see responsible



young adults with a passion for issues beyond their comfort zone.



This needs to be translated much beyond the borders of our city and our dream is to see every youth in the country undergoing some semblance of this training.

The future is exciting and ripe with opportunities.

Expanding ACT to different urban scenarios is the need of the hour but the challenge of manpower remains something that we grapple with.

In closing I wish to state that our priority will always remain people -those who are hurting abused and neglected. Being sensitive to their needs will only happen if we remember that we cannot do it all on our own and the strength and wisdom that we gain in unity with other like-minded persons and organizations will help propel the change.

Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.

James 1:17



Vivian Fernandes  
Chairman



Adrian Lopes  
Secretary



Johnson Samuel  
Treasurer

## Board Members



Bathuwel Umale  
Member



David Luke  
Member



Shanthi Kurien  
Member



Neeta Minz  
Member



# Mission



“Empowering churches, institutions & young individuals,  
resulting in networks that care for marginalized &  
vulnerable

*E*ducation

*H*ealth *C*are

*C*ounseling *S*ervices

*L*eadership *D*evelopment

In the Name & Spirit of Jesus Christ