

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 as I pen down these achievements of Association For Christian Thoughtfulness (ACT) in the areas of Counseling, Community Development, Trainings etc.

In the area of Counseling, ACT has equipped with professional counselors, with good experience and commitment. I appreciate each one of our staff involved in counseling in schools, aftercare homes, government homes.

The community has been benefited by the different programs organized by the Community Development department. This has helped ACT to bring awareness in the communities on the need to be sensitive to the needs of the community

The ongoing regular trainings held by ACT has helped not only our staff but also the local 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 world recognizes this need.

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

We hope there would be more opportunities for ACT both in the area of Counseling and Community Development

A handwritten signature in black ink, appearing to read 'Fernandes', with a stylized, cursive script.

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 peace for all our families and our communities so that our marred identity is restored and we realise given potential and vocation.

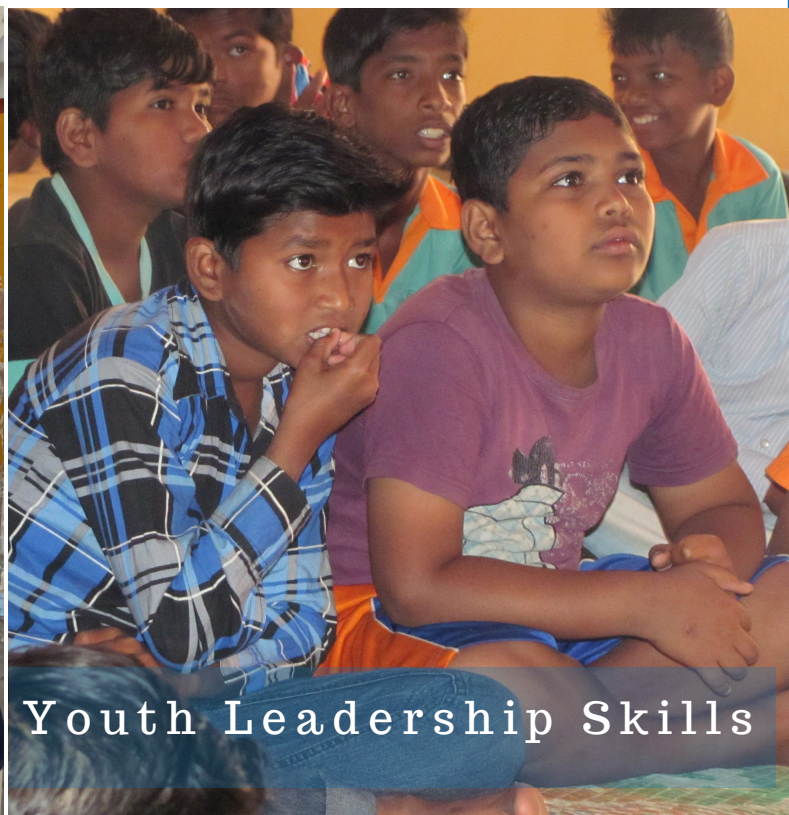
A handwritten signature in black ink, appearing to read 'Alita Ram', with a stylized, cursive script.

Dr. Alita Ram
CEO

Networking & Justice

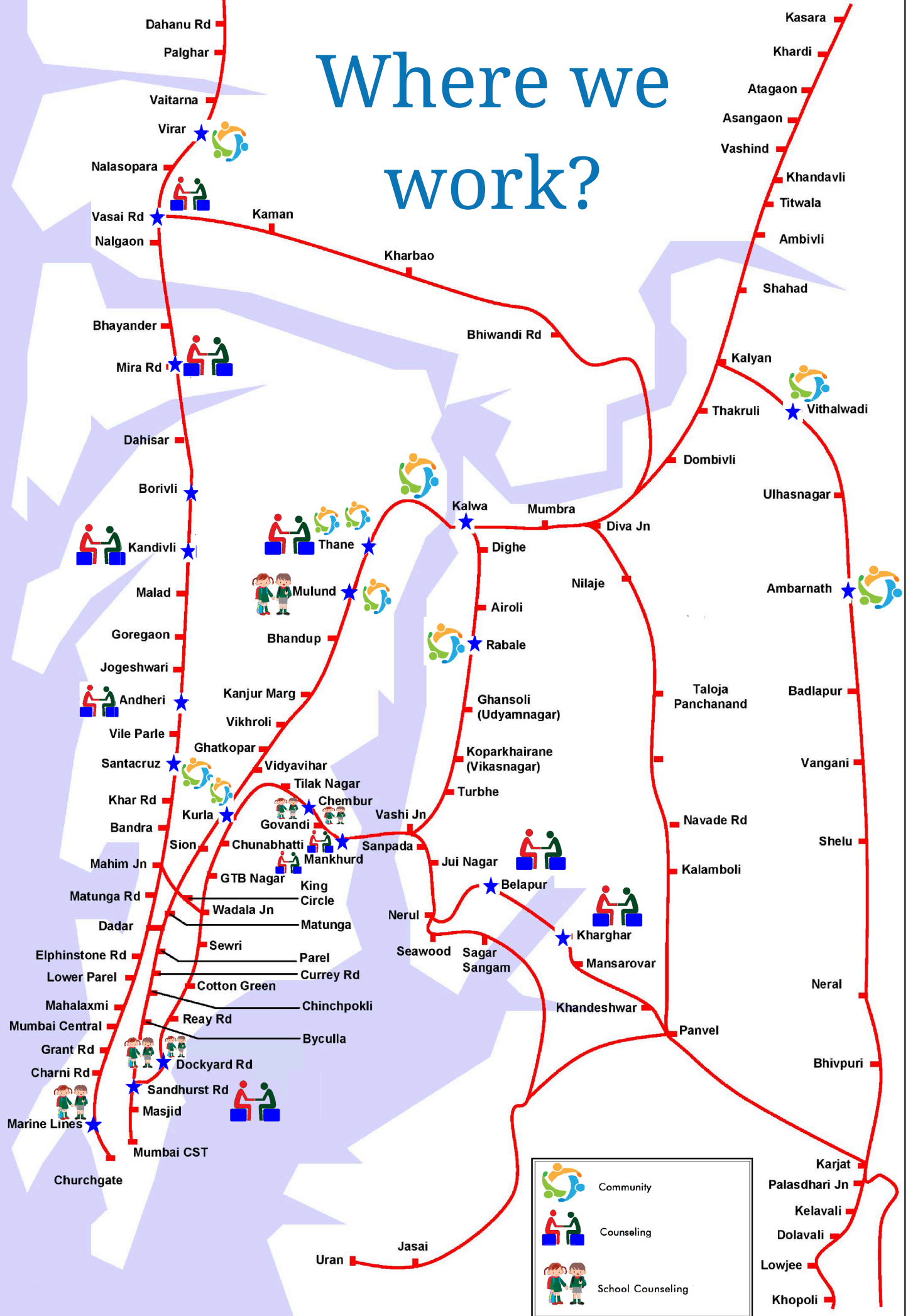
CORE AREAS OF WORK

3 thematic areas of work



Youth Leadership Skills

Where we work?





"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.

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

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.

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.

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

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. 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



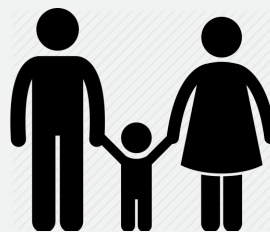
Rallies
22



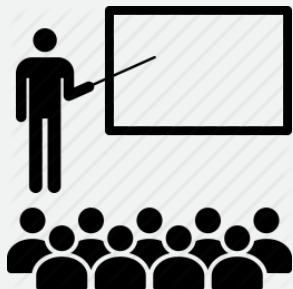
Street Play
185



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
community partner

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 she very hesitantly decided to confront the couple. 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 desire was fulfilled and the couple have been able to settle their issues and live together happily. Priti is thankful to 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.

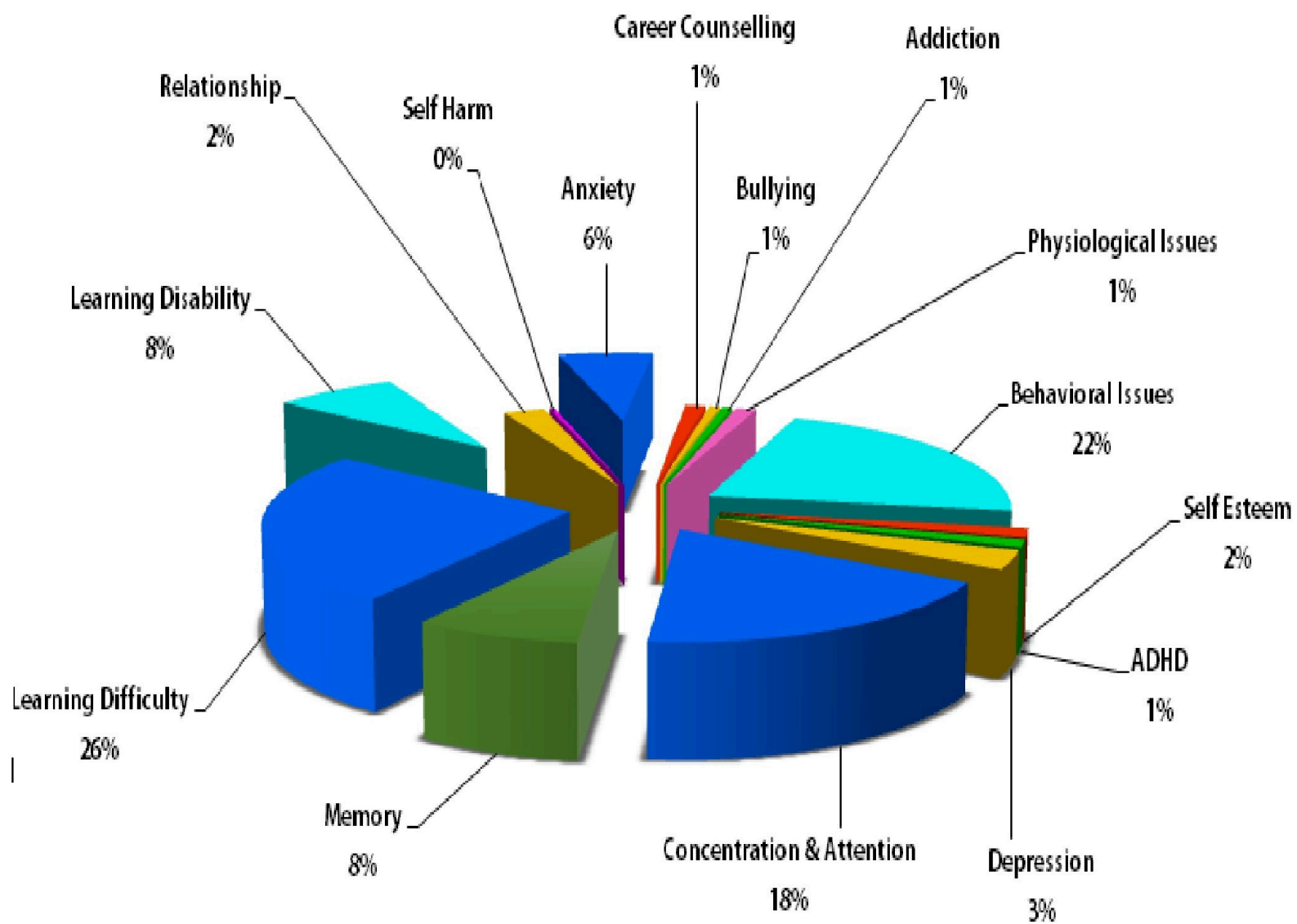
In the course of the counseling process, it also became evident that he had had a very difficult childhood, which had resulted in him having anger issues too.

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 Counselling 323

The community is located in Digha-Navi Mumbai was privileged to partner with ACT for four years between 2010-2014. During this time we had began 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 community since partnership ended.

By this time we had developed a good well trained and equipped team in our community 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. 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.

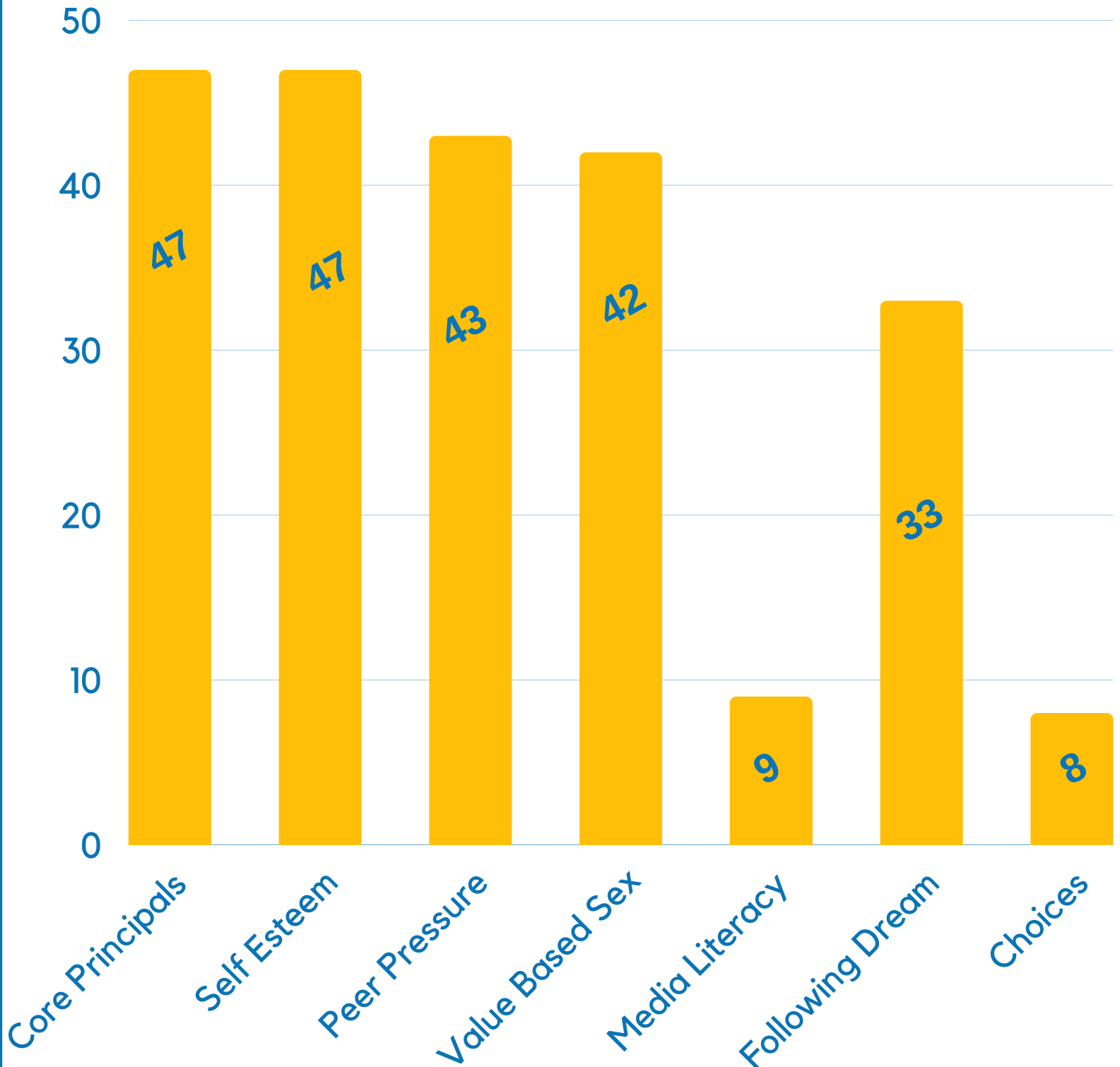
She said that the life skill session had helped her to understand that yes, we are created for relationships, but only “healthy relationships.”

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
ESTABLISHMENT EXPENSES			DONATIONS IN CASH		77,72,712
Staff Salaries & Allowances	9,31,997		MEMBERSHIP FEES		9,000
Staff Welfare	26,028		EDUCATION FEES		26,47,735
Staff Training	2,000		INTEREST		
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		OTHER INCOME		1,300
Website Expenses	23,766		DEFICIT FOR THE YEAR		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			
DEPRECIATION		96,177			
EXPENDITURE ON OBJECT OF THE TRUST					
Educational :					
Education to Community	65,58,727				
Education through Counselling	35,25,474				
Education through Seminars	1,77,549	1,02,61,749			
		1,20,71,489			1,20,71,489

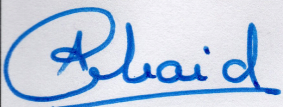
NOTES TO ACCOUNTS : PER SCHEDULE 'C'

Per our Report of even date :

For R. K. KHANNA & ASSOCIATES

Chartered Accountants

(Firm Regn. No.105082W)



MOHAMMED OBAID ANSARI

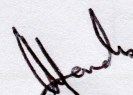
Partner

(Membership No.116304)

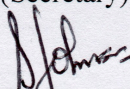
Mumbai ;

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
Trusts Funds or Corpus			Movable Properties		
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
Other Earmarked Funds			Investments		50,50,000
Depreciation Fund	-		Loans (Secured or Unsecured)		
Sinking Fund	-		Loans Scholarships	-	
Reserve Fund	-		Other Loans	-	
Any other Fund	11,89,582	11,89,582	Deposits	2,25,450	2,25,450
Loans (Secured or Unsecured)			Advances		
From Trustees	-		To Trustees	-	
From Others	-	-	To Employees	-	
Liabilities			To Contractors	-	
For Expenses	1,01,006		To Lawyers	-	
For Advances	-		To Others	6,89,170	6,89,170
For Rent and Other Deposits	-		Income outstanding		
For Sundry Credit Balances	-	1,01,006	Rent	-	
Income and Expenditure Account			Interest	-	
Per last Balance Sheet	-		Other Income	-	-
Appropriation during the year	-		Cash and Bank Balances		
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
		77,20,693			77,20,693

NOTES TO ACCOUNTS : Per Schedule "A"

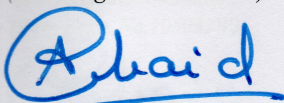
Per our report of even date

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)



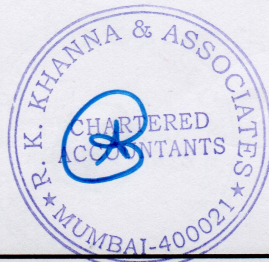
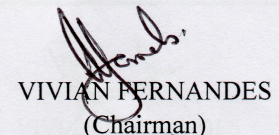
MOHAMMED OBAID ANSARI

Partner

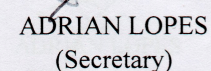
(Membership No.116304)

Mumbai ;

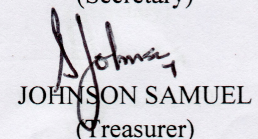
Date :1st August, 2017

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.

Our communities 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 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.



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