

2017

2018



ANNUAL REPORT

ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS



FOREWORD

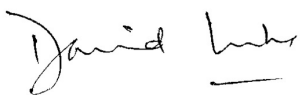
GRATITUDE! This has been the theme for ACT for this past year and in presenting this report, we want to do so with immense gratitude to the many who gave—time, talent, money and of themselves to make the year a fruitful one.



As you read the report you will be encouraged to know that beyond the many programmes that ACT was involved with, there were many precious lives that were impacted. From partnering with communities to care for their neighbourhood to empowering communities to advocate for better amenities; from providing hope to young trafficked children to patiently encouraging victims of trauma to look for a better tomorrow'; from partnering with government run programmes to joining hands with other like-minded NGO's – ACT has had a busy year. And all of this with the singular purpose of making our city a better place and demonstrating a love that never gives up on the poor, the needy and the marginalized.

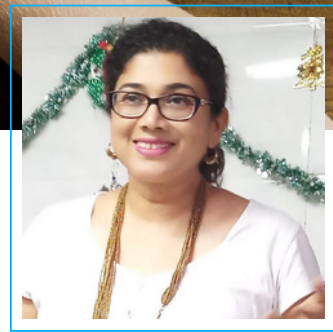
Team ACT was His hands extended. Our gratitude to Dr. Alita Ram and every member of the team for a job done with commendable courage, commitment and character.

Blessings !

A handwritten signature in dark ink, appearing to read 'David Luke'.

Rev. David Luke

Board Member



Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance and confusion into clarity. It can turn a meal into a feast and a house into a home.

Contemplating the highs and lows of the year 2017-2018, I realize that unless gratitude for what has been placed in our hands floods our hearts, there is no purpose in what we do. Gratitude overflows from the wellspring of our hearts, always firm in the assurance.

I have learned this from one of my dear friends living in a one room tenement who, in spite of having very little money to pay the rent and a sickly husband to care for always had a glow about her. People flocked around her, knowing that in every situation she always found something to be grateful for.

Dr. Alita Ram

C.E.O

VISION



"Creating Synergy for City Transformation"



MISSION

"Empowering churches, institutions & young individuals, resulting in networks that care for marginalized & vulnerable Education, Health Care, Counseling Services, Leadership Development in the name & Spirit of Jesus Christ"



COMMUNITY DEVELOPMENT



The Community Partnership Program is the core work. This program trains communities by first envisioning and then equipping them to care for the poor, needy and marginalized in around them.

We often see that people are ready to serve the slum communities they are located in, but may not have the skills or training to do so. Over the years, ACT has developed the expertise to build the capacity of the team to engage meaningfully with their local communities. As a result, they have approached ACT for training.

The Community Partnership Program works with each community for at least three years on issues of Health and Advocacy. During this period, we conduct monthly trainings, network with different NGOs and GOs to map resources for the community,

provide weekly supervision on field and other technical input. Through this process of training on the field, the partners are able to identify specific ways that their communities can be benefited.

In 2017- 2018 we worked with 13 different communities in Mumbai, Navi Mumbai and Thane through 13 partnerships.

One of the highlights of this year has been to assist people in the community to unite and advocate for their common needs. The major problem faced by the slum communities was a lack of toilets and drainage facilities. The community then focused on working on this issue. The story given below describes one such example of a community working for transformation.



*An Advocacy
meeting in
Turbhe*

PARTNERSHIPS



15

Target



Actual

8

Community



8

Target



Actual

15

*Trauma
Counseling*



4

Target



Actual

3

*School
Counseling*

2017 - 2018



*Training Teachers on
Child Protection
Policy*



UNITY BRINGS EMPOWERMENT

AND FEEL YOUR BOND WITH
EACH OTHER GET STRONGER

Our community partner in Navi Mumbai was gradually we are trying to reach to the people of surrounding slums of Navi Mumbai. We have got altogether 40 families from the surrounding slums of Digha, Navi Mumbai.

The community in Navi Mumbai is newly developed and consists of a mixed group of people from Scheduled caste, Scheduled Tribe, and migrants from Uttar Pradesh and different parts of India. We are working in partnership with ACT since April, 2017. Our project area is Sathe Nagar and I would like to share a success story with you.

While working in Sathe Nagar, we identified many problems related to health and hygiene. We could successfully solve the rampant mosquito problem, help community members to get PAN cards by organizing camps, guide them

to make voter IDs and ration cards etc. At present, a drainage repair work is in progress to improve the hygiene of the community.

In front of our area, a drain pipeline was overflowing. This caused a very bad smell, made the area dirty and became a health hazard as many mosquitoes were found to be breeding. People had to walk through the stagnated water.

On 8th November, 2017 our community worker Mrs. Savita Waghmare brought all the community women together and wrote a request letter to the NMMC (Navi Mumbai Municipal



Corporation) Ward Officer to solve the problem. They also organized a signature campaign. The request letter, campaign letter and some photos were attached and submitted to the municipality office”.

Challenges faced - The busy pace of life in the city makes it a huge struggle to get people to join together for a common cause. Often even if they finally find a common solution, the tedious bureaucracy of our government makes it difficult for the issue to ever be resolved.

The other struggle that our poor communities face is a lack of awareness of the entitlements given by the Government . Even if the Government finally implements the scheme, the implementation is so poorly executed that it aggravates the problem that caused it to be created in the first place.



*A Parenting
Seminar in
Virar*



Trauma Counseling

TRAUMA COUNSELING



Above 18

120

Below 18

126

Individual Counseling



Above 18

82

Below 18

64

Group Counseling

Roopa (*name changed*) is a 15-year-old girl who was fooled into matrimony at a very young age. Her husband left her within a year of marriage after the birth of her girl child. Roopa was trafficked to Mumbai from another state by her own mother which was a great breach of trust for her. Roopa continued in the profession for nearly 6 months in order to sustain herself and her daughter until she was rescued by the police.

When the counselor met Roopa, she was very anxious, depressed and suffering from severe insomnia with constant flashbacks of past traumatic experiences. As the counseling sessions progressed, the counselor was able to develop a good rapport with Roopa. TFCBT (trauma focused cognitive behavioural therapy) was used to help stabilize Roopa. She was taught various skills and calming techniques to help her get over constant flashbacks. The counselor helped Roopa to understand how trauma can affect one's physical, mental and emotional well-being. Roopa thus realized that the emotions which she was undergoing were the after effects of the complex trauma of being married, bearing a child at a young age and later being trafficked by her own mother. This understanding was a great turning point in her recovery.

Over a period of time, Roopa started developing trust with the counselor. She felt relieved after sharing her story with the counselor. Relaxation techniques were taught to help Roopa manage her anxiety levels. As the sessions progressed, her insomnia also steadily improved.

Her feelings of depression, hopelessness and shame started decreasing. Roopa started feeling accepted and hopeful about the future. She even set achievable goals. The counselor encouraged her to take part in sports and dancing competitions at the shelter home, which she did. Roopa enrolled herself in the vocational and educational programs at the shelter home and started performing well. Thus she started feeling more confident and happy.

Roopa shared that her grandmother had inculcated the habit of meditating daily since childhood. She felt that she had lost this habit due to the pressures of life. Through this time of difficulty, Roopa was able to renew her desire to meditate. During one of the sessions, Roopa stated that she wanted to relive her childhood and catch up on everything that she had lost. Timely intervention and support from counseling has motivated her to begin this healing process of catching up!

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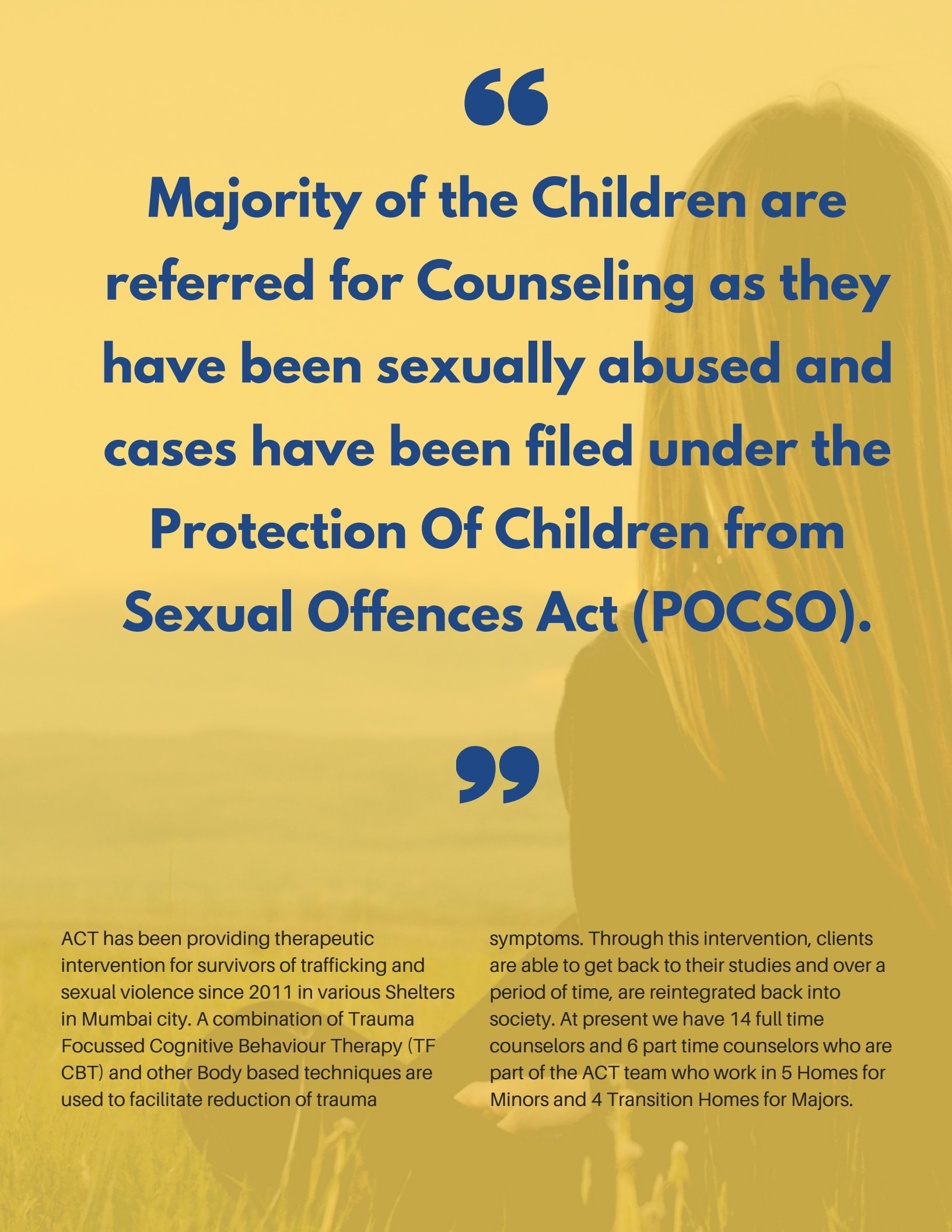
Sania grew up without a father who died when she was little. She was brought up by her mother and her elder sister. Sania's sister was trafficked by her mother's friend and her earnings were used to support the family. When Sania was around 14 years old, her sister ran away with her boyfriend and got married. Sania's mother severed all ties with her sister because of this. Within a short time, Sania was trafficked by the same mother's friend and initiated into the sex trade. Like her sister, she too operated out of her home. Until she was rescued, Sania earned enough money to pay her mother's bills.

In her initial sessions of counseling, Sania would cry and say that she does not want to stay in the Shelter Home and study. "I can't stay without my mother. Every day when I wake up, I think of her" she said. Sania was closely enmeshed in her love for her mother. She was unable to accept the possibility that her home was unsafe for her. "I have a weak brain" she used to say when asked why she did not want to study. After a month of therapy and intervention by social workers, Sania began to engage in the education program at the Home. Through the counseling activities and principles taught in the sessions, Sania's symptoms of depression, lack of insight, negative perception of herself and desire to leave the Home were addressed. Through Trauma Focussed Cognitive Behaviour Therapy, Sania was able to challenge her thinking errors and gain confidence in her interaction with other girls in the Home. She was able to testify in court against her pimp and her case is still going on.

Over the period of a year, Sania progressed in various ways. "I love dancing and net ball" Sania said in one of the later sessions. She began to participate in the cultural activities at the Home and excelled in acting and dancing. Recently, Sania was given an award during the Annual Day Program for her peace-loving nature. She now wants to stay on in the Aftercare Home and complete her education. Sania says that she wants to become an airhostess or work with computers.

The transformation process has not been easy for Sania who continues to have challenges with her low self-esteem. She still struggles with anxiety where it comes to her studies. But her move away from her painful past and determination to embrace the future has drawn admiration from those around her.

in the vocational and
at the shelter home and
Thus she started feeling
content and happy.



“

Majority of the Children are referred for Counseling as they have been sexually abused and cases have been filed under the Protection Of Children from Sexual Offences Act (POCSO).

”

ACT has been providing therapeutic intervention for survivors of trafficking and sexual violence since 2011 in various Shelters in Mumbai city. A combination of Trauma Focussed Cognitive Behaviour Therapy (TF CBT) and other Body based techniques are used to facilitate reduction of trauma

symptoms. Through this intervention, clients are able to get back to their studies and over a period of time, are reintegrated back into society. At present we have 14 full time counselors and 6 part time counselors who are part of the ACT team who work in 5 Homes for Minors and 4 Transition Homes for Majors.

significant part of their life and has to be done slowly and thoughtfully. Our counselors are involved in conducting individual and group sessions for the clients, participate in case management discussions and enable clients transition from the area to a new place of work and stay.

There have been several challenges over the year that arose as part of working with the System. The Team has been able to face these obstacles and work around them. The Organization has regular in house training and supervision sessions to equip the team of

counselors handle the ongoing stress they face.

Going forward, ACT counselors hope to conduct more training sessions with caregivers in the Homes in order to establish Trauma Informed Care systems. The process of developing the curriculum and tools has already begun with partner organizations that we work with. ACT being a key player in this process will result in many Roopas, Sanias and others to find their feet in spite of the hard knocks that life has dealt them.

A total of 639 clients have benefitted from individual and group therapy sessions over a period of one year from April 2017 to March 2018. The major highlight of the year was the opening to work with the Child Welfare Committee (CWC). This is the Authorized Legal Government Body that passes orders on those children who are victims of incest, rape and other forms of neglect and abuse.

The process of interface began when two of the ACT counselors were asked by the CWC to take up certain cases that required specialized intervention. Although this meant additional work for the counselors, ACT had the opportunity to showcase our strategy of intervention. CWC members were happy with the therapeutic approach being used. Two of the senior staff from both ACT and IJM presented the proposal to place an ACT counselor on a weekly basis to assist the CWC to provide expert advice on psycho-social needs of victims appearing before the Committee. The proposal was accepted and counseling services are being provided to Children in Need of Care and Protection under the Juvenile Justice Act, produced at the Child Welfare Committee, from February, 2018 onwards.

Majority of the Children are referred for Counseling as they have been sexually abused and cases have been filed under the Protection Of Children from Sexual Offences Act (POCSO). This includes both boys and girls. Some children are referred as they have run away from home due to abuse or conflicts with family members.

These children are at risk of being trafficked. In such cases, the counselor explores the client's situation and recommends a safe place for the child. A risk assessment is done, and children are taught safety measures. Children dealing with Addiction are assessed and referred to de-addiction centres. The counselor provides Psychological first-aid to the children. Long term Trauma Focused Cognitive Behavioural Therapy is provided to those clients who require it.

For the first time, counselors have the opportunity to strengthen capacity of families who are willing to work with their child. This has led to meetings with families of children to offer necessary support and skill building. In the last two months, 16 minors have been counseled. Of these victims, 12 were girls and 4 were boys. This position has significantly increased ACT's visibility in the system. It has also been beneficial in providing psycho-social support to vulnerable children and their families.

Another significant development has been a partnership with an NGO that works directly in the Red Light area of Kamathipura. Here the counselors establish rapport with the clients and enable them to consider leaving the trade for other vocational opportunities provided by the NGO. Since the area has become home to them up till now, this transition involves leaving behind a

COUNSELING



12



28

COUNSELING IN COMMUNITY



1



2

COUNSELING IN SCHOOLS



3 2 8



6 2

COUNSELING IN AFTERCARE HOMES



126



120





Counseling in schools

In the year 2017 - 2018, ACT counselors were able to counsel in three schools. Our counselors in schools were able to identify behavioral and academic issues among the children, meet the parents, make referrals where necessary.

The counselors met approximately 220 students for individual sessions besides doing group sessions for students, parents. They were able also to help teachers in the school to deal with their personal

issues. In one of the school for the last few years there were two counselors from ACT but because of the huge emotional need among the students and the consistency of the counselors the school requested for another counselor and now there are 3 ACT counselors in one school. In that very school, there was a case which went to the Child Welfare Committee (Under POCSO) and our counselor was able to handle the same and see progress in the child. In doing so ACT has been able to make its presence felt among the CWC members even in schools. Our presence in NGO's and GO's in the city is already a known fact and the acknowledgement from the CWC has strengthened our role.

Life Skills

The Life skills education program has been an integral part of our engagement with urban youth both in the communities. In the 2017-2018 ACT was able to educate more than 2000 young people to make right choices in their lives.

2020 youth were trained to make right choices in lives through these sessions. More young people are using mobile phones and have access to internet. They are spending money on keeping up with fashion trends.

A survey was conducted in 6 of community partners to determine the challenges and identify issues of the urban youth in the communities. These communities are located in different slums.

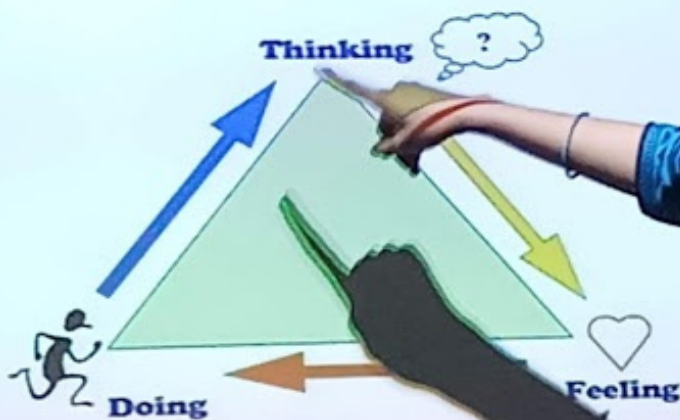
Personal interviews were conducted with 6 leaders and 11 youth leaders with specific questionnaires to understand their knowledge and challenges.

**2020 YOUTH WERE TRAINED
TO MAKE RIGHT CHOICES IN
LIVES THROUGH THESE
SESSIONS.**

96 youth were actively involved during the focus group discussion (FGD). Among the youth 60% youth were Hindi speaking and 90% youth were college going students. Collected information (data) was scrutinized under SWOT analysis format.

INTEGRITY

- Unity between Thoughts, Feelings and Actions



The findings of the survey helped the community leaders to identify and articulate issues affecting the urban youth. Once this was done, the main issues identified were

- 1) Inability of leaders to handle social media
- 2) Inability of leaders/elders to discuss sexuality.
- 3) Leadership roles not given to young people due to lack of insight of leaders.

To address these issues, training was conducted for leaders to help them to understand the mind set of young people with regard to social media, sexuality and leadership.

Assessment was conducted to understand the impact of training among participants. Most of the participants found the trainings informative and useful..

TRAININGS



HEALTH & ADVOCACY

40 PERSONS

CAREGIVERS

55 PERSONS



CHILD PROTECTION POLICY FOR PARENTS

160 PERSONS

COUNSELING FOR COMMUNITY WORKERS

22 PERSONS



LIFE SKILLS EDUCATION

600 PERSONS

ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

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

BALANCE SHEET AS ON 31st March 2018

FUNDS AND LIABILITIES	Rupees	Rupees	PROPERTY AND ASSETS	Rupees	Rupees
Trusts Funds or Corpus			Movable Properties		
Per last Balance Sheet	64,30,105		Per last Balance Sheet	9,12,815	
Additions during the year	-		Additions during the year	1,96,481	
Deficit per Income & Expenditure Account	(7,66,813)		Deletions during the year	-	
Deductions during the year	-	56,63,292	Depreciation during the year	75,810	10,33,486
Other Earmarked Funds			Investments		41,50,000
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	8,303		To Lawyers	-	
For Advances	-		To Others	9,13,470	9,13,470
For Rent and Other Deposits	-		Income outstanding		
For Sundry Credit Balances	-	8,303	Rent	-	
Income and Expenditure Account			Interest	25,529	
Per last Balance Sheet	-		Other Income	-	25,529
Appropriation during the year	-		Cash and Bank Balances		
Surplus per Income & Expenditure Account	-	-	In Current Accounts	1,02,529	
			In Savings Accounts	4,06,517	
			With the Trustee	4,197	
			With the Manager	-	5,13,243
		68,61,177			68,61,177

NOTES TO ACCOUNTS : Schedule A to B

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 : 14th August, 2018

VIVIAN FERNANDES
(Chairman)ADRIAN LOPES
(Secretary)SHANTHI KURIEN
(Trustee)

ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

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

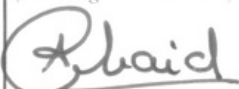
INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31ST MARCH 2018

EXPENDITURE	Rupees	Rupees	INCOME	Rupees	Rupees
Expenditure in respect of Properties			Rent		-
Rates, taxes, cesses	-		Interest		
Repairs and Maintenance	-		On Securities	-	
Salaries	-		On Loans	-	
Insurance	-		On Bank Accounts	2,86,675	
Depreciation	-		On Income Tax Refund	13,186	2,99,861
Other Expenses	-	-			
Establishment Expenses		15,87,567	Dividend		-
Remuneration to Trustees		-	Donations in Cash or Kind		82,55,328
Remuneration (in case of a math)		-	Grants		-
Legal Expenses		-	Income for Other Sources		
Audit Fees		95,000	Membership Fees	9,000	
Contribution and Fees		-	Education Fees	43,22,518	
Amount Written off			Others	-	43,31,518
Bad Debts	-		Transfer from Reserve		-
Loan Scholarships	-		Deficit Carried to Balance Sheet		7,66,813
Irrecoverable Rents	-				
Other Items	-	-			
Miscellaneous Expenses		-			
Depreciation		75,810			
Amounts transferred to Reserve or Specific Funds		-			
Expenditure on Objects of the Trust					
Religious	-				
Educational	1,18,95,143				
Medical Relief	-				
Relief of Poverty	-				
Other Charitable objects	-	1,18,95,143			
		1,36,53,519			1,36,53,519

NOTES TO ACCOUNTS : Schedule A to B

Per our report of even date attached to Balance Sheet:

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



MOHAMMED OBAID ANSARI
Partner
(Membership No. 116304)

Mumbai :
Date : 14th August, 2018




VIVIAN FERNANDES
(Chairman)


ADRIAN LOPES
(Secretary)


SHANTHI KURIEM
(Trustee)



ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

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