

Pathway to healing



ANNUAL
REPORT

**2019
2020**



A Safe Place

*Drawn by a client during counseling session

CREATING SYNERGY FOR CITY TRANSFORMATION



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GREETINGS FROM BOARD

As we review the Annual Report of the year that has gone by we are grateful about the fresh vision and renewed understanding of for the marginalized and the new avenues has opened up for them.

One of ACT's key strengths is their openness and ability to learn, implement their learnings and then build up individuals, communities, partner organizations and institutions with the expertise they have gained. In the ongoing Counseling Training and in the development of youth leadership in community.

You will be glad to read about the flourishing of community partnerships and the amazing story of transformation of the

life of Mrs Ghasbey and her son which started with a community preventive health training programme.

You will also be gratified to hear that ACT has been able to extend its counseling services to more institutions and homes including Government run homes and provide training in counseling to various bodies including government agencies.

We are grateful for Dr. Alita's wise and gentle leadership, the commitment of the staff and the partner organizations in building the Nation.

Shanthi Kurien
BOARD MEMBER

FROM THE DESK OF THE CEO

“Cast your burden upon the LORD, and he will sustain you; he will never allow the righteous to be shaken.” Psalm 55:22

We have been blessed with all that we need and require. The year has been a stable one in terms of new programs and new staff. We did not have any loss of income or staff.

As an organization we are relearning the theology of development. This has helped us to shape our attitude and behaviour towards the poor and afflicted. We have always known that working in the social sector for a long period of time, one gets jaded and cynical. But this year we have had a paradigm shift wherein, we have relearned new attitudes and corrected our cynical behaviour.

The process of implementing the learning's within the organization and understanding the concept of holistic development as a transformational journey, began for the team members in the organization initially. This later extended to our other partnerships and grass root workers. This has led to developing a curriculum that identifies key resource persons and engages potential community partners through mutual accountability. This has resulted in us learning together as a community.

Our community partnerships' program continue to flourish, with a commitment of the vision to transform lives in the city through local communities being the priority.



Services with existing partners, schools, communities and after care organizations/shelters continue to function. This year has been a blend of the old and new in keeping with the transitions of its strategy.

The team is also is also trying to develop processes & resources for rehabilitation & reintegrating victims back into safe communities. Counselling services have increased with an impact both in communities as well as among vulnerable individuals.

Our evaluation held at the end of the calendar year was extremely well received and we have been trying to assimilate the findings into our program

Dr. Alita Ram
CEO

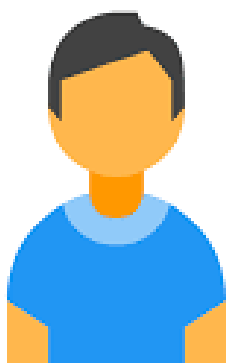


HIV& AIDS Awareness through street play, Mulund

PARTNERSHIPS

COMMUNITY HEALTH AND DEVELOPMENT

We partnered with 13 communities in the area of community preventive health and trained and empowered them to bring change in their health and hygiene practices.

**3887****5921****5058****3190****Total Beneficiaries 18056**

HOPE IN THE BROKEN WORLD



Mrs. Ghasbey was illiterate unemployed housewife 10 years ago. Fellowship Ashram started an Adult literacy program which she attended and learned to write her name and signature. Fellowship Ashram conducted a survey in Sathey Nagar for 150 houses that were a part of the community development program. A question in the survey asked about her interest in training courses which led her to tell us that her son (Anand) needed training and wants a job. Our community worker introduced the course from Tata Strive- the Nursing courses near their community Digha.

Turning point:

She regularly attended the literacy classes, and has learned to read and write She is so happy. Her son filled the form for Nursing course in April 2019

and regularly attended the 3-month training, appeared for the test, and passed. He has received the certificate now. He is estatic. He has now got a job in one of the hospitals.

Current Challenges:

Mrs. Ghasbey is now working as a cleaner in the Fellowship Ashram preschool. Her son is working in one of the hospitals, taking care of patients, and is getting a salary of Rs.12000/- He has been faithfully working on the job which makes his mother extremely glad too.

Views of the clients:

Mother and son are very thankful to the community partners and ACT. who showed the way forward in helping to transform their lives.



Advocacy Meeting for Drainage issues, Mulund



Domestic Violence and POCSO Training, Powai

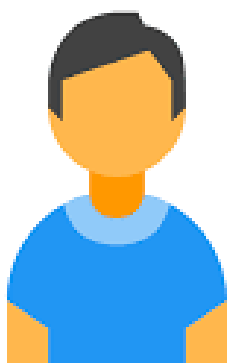
COMMUNITY COUNSELING

The community understands the need for mental health like never before and they are keen to build their capacity for mental health. ACT trained 20 lay counselors from 10 partner communities in Basic Counseling skills.

20 lay counselors are providing basic counseling to 82 clients from 10 different communities under ACT supervision.

One of our communities has identified 38 young people who are passionate about emotional well-being. They have been trained for Mental Health awareness and referral.

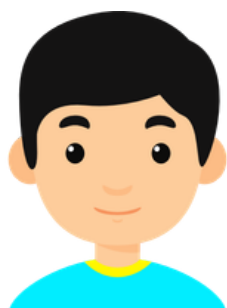
Mental health awareness is disseminated to the community through skit and drama. They have also been trained in developing a referral system to psychiatrist, lawyers, doctors etc.



25



47



5



5

Total Beneficiaries 82

COMMUNITY COUNSELING

Sarita was a 24-year old married lady residing at Thane with her husband. She was anxious for her future especially since she did not get along with her husband. There were loud arguments every day at home.

Sarita shared that her husband has mood swing. She felt insecure and scared. He always terrified her by warning that he would leave her if she does not behave, which affected her health. The counselor gathered the initial information and filled the consent and case history form. Psycho-education was given on how to calm herself. She was also encouraged to have patience.

In the second session Sarita looked much better compared to the previous session. She shared that the last session had helped her to take some positive steps to solve her problem. She had shared her problem with her brother so he could speak to the husband. Her brother supported her and confronted the brother in law. The husband accepted his fault and promised to change his behavior. Now the situation has changed and both the husband and wife are living peacefully.

A few days later Sarita said that her in laws were calling and bothering her. The counselor appreciated the client efforts for the present problem also reminded her of her rights. She also encouraged her to become assertive.

In the third session the client shared that the situation at home is much better. Her married life is going well. It seems that her husband realized his fault and changed himself. Her family life is peaceful and her husband does not pick up his parent's phone call to avoid all misunderstanding and fights in the house. The counselor encouraged Sarita's to appreciate the positive change and her husband's efforts to maintain harmony at home.

The whole counseling process was a simple one of making Sarita aware of her personhood and building her self-confidence. Sarita's assertive behavior with her husband helped her to share her feelings resulting in her avoiding any misunderstanding in the marriage.

TRAUMA COUNSELING

HOMES & PARTNER ORGANIZATIONS

This year we have been able to render our counseling services to the following partner organizations

- 1 International Justice Mission
- 2 Jeevan Aadhar Transformative Aftercare Services
- 3 Sahaara Charitable Society
- 4 Savera
- 5 ISahaasi Academy India Foundation
- 6 Free a Girl
- 7 St Catherine's Home

Through IJM we have been able to get in roads into Government Settings, four of our counselors have been counseling at these places namely Deonar, Swadhar, CWC, AOH & Asha Sadan. We started counseling in AOH (Additional Observation Home) in August 2019. Being available to meet the children in AOH is very crucial as this is the first home where a child is kept when she is produced to the CWC when in need of care and protection. Thus, they receive counseling intervention from the beginning and can also assist in helping them make decisions regarding their future. The staff highly appreciates the counseling program as they understand the value and need for counseling.

The other new partnership has been with Free a Girl which started in the month of February. We so grateful for extending our work 4 Counselors were providing regular counseling at JA, one of them had to leave so currently 3 counselors meet with the nearly 30 clients helping them to cope with their emotional needs. 3 counselors were part of the St Catherine's team and provided group and individual sessions. At Sahaara, Savera and iSanctuary also it has been a wonderful journey.



We have been using Trauma Informed Counseling training (TFCBT) as our main therapy form and incorporating Problem Solving, DBT, Play therapy around it to meet the emotional needs of our clients who have shown better insight and reduction in trauma symptoms

One of our desire has been to build capacity of others by ways of trainings since we have the expertise in trauma informed care so we were able to do a number of trainings -

1. Trauma Informed Counseling training for our partner organizations counseling staff. 9 participants attended
2. Along with IJM a training on TFCBT overview with counseling program students of NVSC, Pune was attended 21 male and 20 female students

3. A training with CWC members all over Maharashtra was conducted on helping them understand "Role of Counselor"

4. Trauma Informed Counseling and Role of Counselor training was conducted with STCI staff

5. Overview of TFCBT training & TIC was conducted with Caregivers of Karunankur Home Nagpur.

OUR CHALLENGES:

Lack of Vocational training in many settings resulting in lot of frustration, lack of medical facilitation in Government Homes, instability and uncertainty of the future, sometimes the settings themselves are not safe

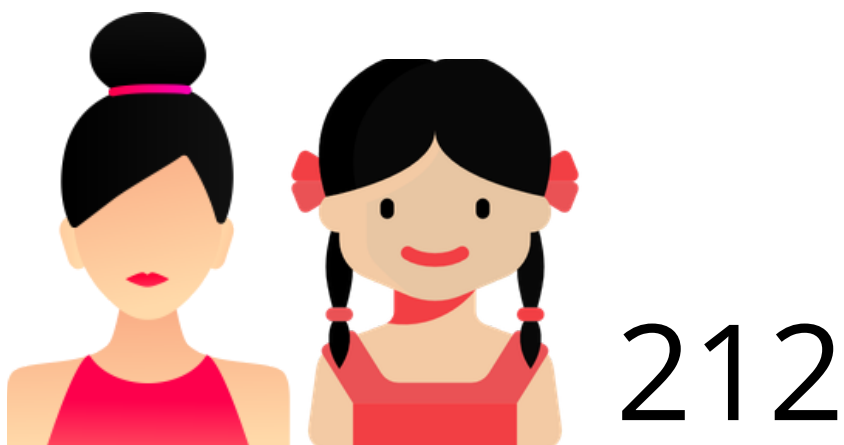


Trauma informed Care training for Care Givers

TRAUMA COUNSELING

HOMES & PARTNER ORGANIZATIONS

12 Counsellors (7 full time and 6 part time staff) have 212 women and girls at 15 counselling sites



Total Beneficiaries 82

AN ATTITUDE OF PERSEVERANCE

TRAUMA COUNSELING

Neeta hails from a small village in Maharashtra and has 2 younger siblings. She has been educated until 8th std but left studies to take care of her family. The Neeta's father is an alcoholic and in constant need of money. Her mother worked in a farm to provide for the family. Both the Neeta and her mother faced severe physical assault by her father. Her mother left home due to this unbearable physical violence. This prompted the Neeta to come to Mumbai to stay with her mother's friend. Neeta entered into prostitution to provide for herself, and was rescued by the police and placed at Deonar shelter home. Neeta completed her 10th standard in English Medium from the Deonar home and had been transferred to Asha Sadan to pursue college education.

Interventions:

Based on Trauma Focused Cognitive Behavior Therapy model, the counselor tried building a good rapport with Neeta. She became slowly comfortable and was able to open up with the counselor. The psycho-education helped the Neeta develop better insight and she slowly settled in her new environment.

She was taught various coping skills to help manage stressful situations within the home environment. The counselor is in the process of helping the Neeta challenge various negative cognition which would help to achieve her goals.



Progression:

Neeta is appearing for her 12th std exams and is quite focused about completing her education. She has started participating in sports as physical exercise will help to regulate emotions.

She has also won a gold medal in Kabbadi and wants to be further trained in the sport. Counseling has helped the Neeta to bring a wholesome transformation in mental, emotional and physical health.

SCHOOL COUNSELING

The past academic year has been an incredible year for us as school counselors. In the beginning of the academic year, we were able to partner with 3 schools i.e. Our Lady of Perpetual Succour, Chembur, St. Joseph School, Mumbai Central and St. Xavier Boys Academy, Churchgate in the city of Mumbai.

The focus of the counseling programs in schools was to assist children to develop the ability to understand their problems and to solve them. They would also be required to make appropriate adjustments to their environment. The chief aim of life skills education was to develop the ability to create necessary awareness and sensitivity, so that they may make rightful choices in every situation. The process of helping individuals involved giving advice, information, encouragement and engaging in therapeutic discussions.

We have been providing individual counselling session with children from both the primary and the secondary section. Parenting Sessions, Group Counseling and various other Life Skill Trainings were conducted during this period.

The academic year was stated with life skills sessions conducted for students which gave the counsellors opportunities to build rapport. ACT counsellors coordinated with the school to identify students who require emotional help. A considerable number of students approached our counsellors directly for help which makes it apparent that seeking counselling is no more a taboo among young people.

The major issues identified and addressed were: emotional upheavals, relationship crisis, academic distress, online addictions and behavioural issues.

Psycho-education sessions were conducted for parents struggling with issues in disciplining which helped parents in understanding their children who needed special attention and care. Many parents were able to take appropriate action thereafter resulting in many children receiving positive help and care.

Opportunity

- One of the counsellor's presented a case of a student before the Child Welfare Committee (CWC) on behalf of the school.
 - Our counsellor was appointed as member of the recruitment panel of a school.
1. Schools are proactive about mental health and are open for corrections in policy and decision making.
- Working with school authorities and parents has helped in building support systems for students.
 - Dare to be different module (DTBD) which is our Life skills module was well appreciated by the school authorities.

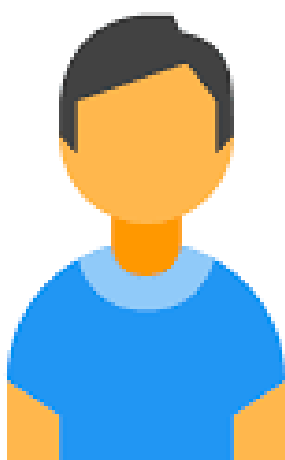
Challenges

- Other activities of the school takes a precedence to counselling some times.
- Coordination with parents and their availability becomes difficult.
- Demand of free counselling services.

“Dare to be different...Life skills module is a must and innovative program for every child in today's times. Stay true to yourself...An original worth more than a copy - That is to be encouraged in our children. It will only happen as Learning of academic subjects is intertwined with Life skills that will help our kids to face life, find new ways of thinking and solving problems. To you DTBD team keep the good work going and going strong. Wishing you all the best for your future endeavours. God bless you”

**Ms. Dolley, Principal
Vani Vidyalaya School**

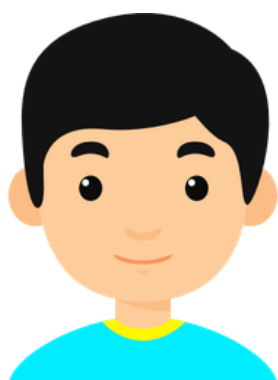
SCHOOL COUNSELING



13



39



77



24

Total Beneficiaries 153

SCHOOL COUNSELING

In August, 2018, Rakesh from class 7 enrolled himself for counseling as he wanted to improve his behaviour and be more disciplined. He would get very angry on his peers and shared incidents in school where he would fight, give bad words and hit other boys.

When the counselor spoke to his class teacher, she explained that there had been a strain between his parents, and in a fight, his father had asked his wife and two children to leave the house. As the counselor explored the client's family relationships, he shared about this incident and expressed that he was still very angry with his father, although that matter was resolved and they were all living together again.

Rakesh's father would make efforts to work on restoring their relationship. But the child was unable to trust his father and felt that his father was only being nice to him to make up for his past mistakes. The counselor helped Rakesh to consider giving his father a second chance. He struggled to forgive his father for many months, but eventually came to a place where he was able to move on.

Rakesh continued to engage in aggressive behaviour and bullied other boys but was honest about it in counseling. In one session, the client shared that he was having suicidal thoughts. The counselor explained that life

was a gift from God and suicide was not the solution and he was encouraged to have hope.

The counselor explained Rakesh that his life was precious. He then promised not to harm himself and was able to overcome his suicidal thoughts.

The counselor met Rakesh's mother to understand their situation at home. His mother shared that she had a heart problem, which they had not told the client. She expressed her fears of dying, and was worried that there would be no one to take care of her son if he continued rebelling. Rakesh was aware that his mother had health issues but did not know the gravity of it.

The counselor continued to teach the client about being more disciplined, establishing control over one's emotions, and developing an excellent spirit. The counselor also helped the client understand that his mother was very concerned about his future. As time passed, with the encouragement of his mother and counselor, the client showed serious commitment to stop getting involved in fights, and be more diligent in his studies. His teachers also began noticing these changes, which encouraged



him further. The counselor could see that the client had become more responsible.

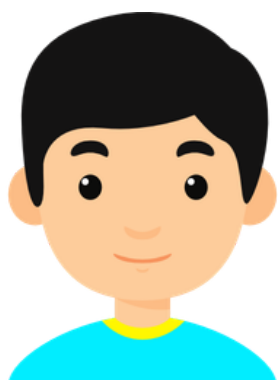
In the month of January, 2020, the client's mother was seriously ill and she passed away in February, 2020. The client continued to come to school, however he had lost his appetite and lost a lot of weight. The counselor helped him to process the death of his mother.

He struggled with anger towards Creator for taking her away so soon, while at the same time being grateful that his mother is relieved from the pain.

The counsellor journeyed with him through the grieving process and encouraged the client to take care of himself. The counsellor shared stories of other children, who were able to overcome the death of a parent. The client was encouraged not to give up and to stay hopeful.

LIFE SKILLS

2054 students attended the life skills sessions and engaged in making informed choices from 3 schools



1604



450

Total Beneficiaries 2054

TRAININGS

A Youth Leadership program was initiated for our partner communities to develop the capacity of the youth. To achieve this purpose, a training of trainers (TOT) was conducted for faith and youth leaders from 10 communities on youth and family related issues. The modules for the training were developed to impart a holistic world view to 30 young people. These modules were developed on various topics viz. Social Media and its use, Sexuality and Being a role model. The theme for entire training was “Kya Yehi Pyar Hai” (Is this love?)

Youth from 10 communities were identified with recommendation's provided by their leaders. 39 youth from 10 communities attended the training.

Through the trainings, 16 youth from 8 communities are now capable of training their communities. The youth appreciated the training and are passionate about sharing this with their peers.



Youth Leadership Training, Kurla

“Personally, I enjoyed each training organized by ACT for the youth. Training helped me to gain understanding holistic perspective on various issues we as youth are facing these days. It helped me understand my place in the bigger story and recognize the purpose and responsibility of my role as a youth leader.

Pranali Poojary, AFF, Thane

Youth Leadership Training (YLT) has played important role in nurturing my thoughts as a youth and also in my personal life. First session of YLT taught me there is no separate time or specific place to act spiritual or enjoy secular life. Both are interconnected.” -

Dede, IPH, Mulund

“Thank you, ACT team, for conducting such amazing youth meeting. It was really fruitful for me. The meeting was really great experience. I am glad I got a chance to attend it and learn a lot from it. The training was made me more confident then I was before, it gave me strength. . Thank you very much for organizing the training.” -

Lincy Moorthy, NHF – Wadala.



Career Guidance at Vashi Naka





Training for Counselors

AUDIT REPORT

2019 - 2020

R. K. KHANNA & ASSOCIATES
CHARTERED ACCOUNTANTS



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Mumbai 400 021

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INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

Opinion

We have audited the accompanying financial statements of **ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS** (the Society), which comprise the Balance Sheet as at 31st March, 2020, the Statement of Income and Expenditure for the year then ended and notes to the financial statements, including summary of the significant accounting policies.

In our opinion, the accompanying financial statements give a true and fair view of the financial position of the Society as at 31st March, 2020 and of its financial performance for the year then ended in accordance with the Accounting Standards issued by the Institute of Chartered Accountants of India (ICAI).

Basis for Opinion

We conducted our audit in accordance with the Standards on Auditing (SAs) issued by ICAI. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Society in accordance with the *Codes of Ethics* issued by ICAI and we have fulfilled our other ethical responsibilities in accordance with the Code of Ethics. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation of these financial statements that give a true and fair view of the state of affairs, results of operations of the Society in accordance with the accounting principles generally accepted in India. This responsibility includes the design, implementation and maintenance of internal control relevant to the preparation and presentation of the financial statements that give a true and fair view and are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Society's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Society or to cease operations, or has no realistic alternative but to do so.



Those charged with governance are responsible for overseeing the Society's financial reporting process.

Auditors' Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with SAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with SAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also-

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Society's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Society to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.



We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

We also provide those charged with governance with a statement that we have complied with relevant ethical requirements regarding independence, and to communicate with them all relationships and other matters that may reasonably be thought to bear on our independence and where applicable, related safeguards.



Mumbai;
Date: 31st July, 2020

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

MOHAMMED OBAID ANSARI
Partner
(Membership No.116304)
UDIN: 20116304AAAABM1609

ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

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

BALANCE SHEET AS AT 31ST MARCH 2020

	Note No.	As at 31st March 2020		As at 31st March 2019	
		Rupees	Rupees	Rupees	Rupees
FUNDS AND LIABILITIES					
Trust Corpus:					
Per last Balance Sheet		50,91,076		56,63,292	
Transfer from Building Fund		-		11,89,582	
Surplus / (Deficit) for the year		1,86,002	52,77,078	(17,61,798)	50,91,076
Liabilities:					
For Expenses			11,712		1,772
TOTAL			52,88,790		50,92,848
PROPERTIES AND ASSETS					
Property, Plant and Equipment	4		5,60,009		7,42,222
Investments	5		17,00,000		21,40,000
Deposits	6		2,25,950		2,25,950
Advances			22,192		22,400
Amount Recoverable			2,34,477		2,75,932
Taxes Deducted at Source			8,70,936		11,57,426
Interest Accrued			9,294		69,047
Cash and Bank Balance	7		16,65,932		4,59,871
TOTAL			52,88,790		50,92,848

Notes 1 to 9 form an integral part of Financial Statements

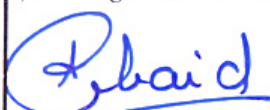
As per our report of even date attached to Balance Sheet

For and on behalf of the Managing Committee of
ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

For R.K.KHANNA & ASSOCIATES

Chartered Accountants

(Firm Regn. No.105082W)



MOHAMMED OBAID ANSARI

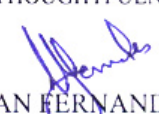
Partner

(Membership No.116304)

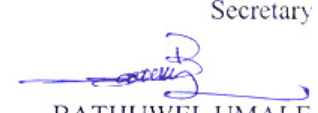
Mumbai;

Date : 31 JUL 2020




VIVIAN FERNANDES
Chairman


ADRIAN LOPES
Secretary


BATHUWEL UMALE
Treasurer

ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

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

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2020

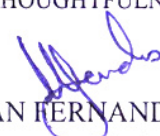
	Note No.	2019-20		2018-19	
		Rupees	Rupees	Rupees	Rupees
INCOME					
Donations			94,29,440		95,47,396
Education Fees			39,28,814		39,56,854
Membership Fees			8,000		8,000
Interest Income	8		2,61,756		3,00,519
Other Income			30,000		3,055
TOTAL INCOME			1,36,58,010		1,38,15,824
EXPENDITURE					
Establishment Expenditure	9		14,45,144		16,67,444
Depreciation			2,71,613		3,74,314
Expenditure on Objects of The Trust:					
Education to Community		70,84,649		81,80,988	
Education through Counselling		46,03,164		53,24,011	
Education through Seminar		67,438	1,17,55,251	30,865	1,35,35,864
TOTAL EXPENSES			1,34,72,008		1,55,77,621
SURPLUS / (DEFICIT) FOR THE YEAR			1,86,002		(17,61,798)

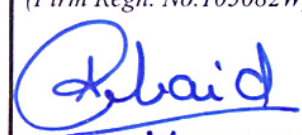
Notes 1 to 9 form an integral part of Financial Statements

As per our report of even date attached to Balance Sheet

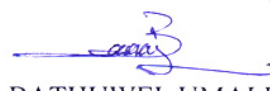
For and on behalf of the Managing Committee of
ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

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


VIVIAN FERNANDES
Chairman


MOHAMMED OBAID ANSARI
Partner
(Membership No.116304)


ADRIAN LOPES
Secretary


BATHUWEL UMALE
Treasurer



Mumbai;
Date : 31 JUL 2020