

# ANNUAL REPORT

*Hope & Healing*



ASSOCIATION FOR  
CHRISTIAN  
THOUGHTFULNESS

2022-2023

# About ACT

ACT was established in 1973 working for the betterment of the poor and empowering the community so that they can become socially and economically independent.

Our brief till 1992 was community development but in 1992 when HIV entered our country we became involved in both prevention and care of HIV and AIDS infected persons.

In 1998 when we realized that women had special needs and required a different set of skills the women's empowerment department was born.

A few years later in 2001, when we comprehended that the youth of our city required life skills a new indigenous curriculum was developed by us where 10 modules on life skills was formulated, and the school children from the 8 and 9 grade were trained and counseled. This in short is the learning curve followed by our organization these past years.



# Foreword

It is with great humility and a profound sense of privilege that I write this foreword for the 202 - 2023 Annual Report.

As you delve into the report you will encounter stories of triumph over adversity and a resounding message of hope. The compassionate voice of our counsellors and community workers provide comfort for those seeking solace, and their guidance offers a roadmap to spiritual and emotional recovery.

You will read about empowering over 10,000 persons through our Community programmes providing health awareness and access to their rights and entitlements, trauma therapy to survivors of sexual exploitation and abuse, and providing training to nearly 1000 caregivers.

Emotional Wellbeing Project is an endeavour to promote overall health and emotional wellbeing for women leaders who are constantly juggling various responsibilities at home, church and workplace.



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**But I will restore  
you to health and  
heal your wounds,  
declares the Lord**

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**Jeremiah 30:17**

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Another project that you will read about is Samman - a Transforming Masculinity approach - with the aim to promote positive models for men and women, for restoring relationships at every sphere of society.

Under the able leadership of Dr Alita Ram, ACT continues working with the poor, the needy and the hurt, the fruit we can see is the positive and transformative journey that has begun for so many who have been touched by ACT.

We send out this report with gratitude for our staff lead by our CEO Dr. Alita Ram, our partners, partner organizations and friends who have stood behind us in support, prayer and encouragement over this last year.



**MARY JOHN**  
BOARD MEMBER

# From CEO's Desk



## **INTRODUCTION:**

As we stand on the cusp of a new chapter, I am honored and privileged to share with you the accomplishments and milestones achieved by ACT over the past year. This annual report is a testament to the dedication, resilience, and unwavering commitment of our team, partners, and the communities we serve.

In the pursuit of our mission to provide counseling, health services, and advocacy for the less fortunate, we have faced some challenges. Our ability to adapt, innovate, and collaborate has not only sustained our operations but has propelled us to new heights.

## **Impact on Mental Health:**

The past year has seen an increased focus on training on mental health, and ACT has played a pivotal role in addressing the emotional well-being of our faith based communities and other care givers through the country. Our counselling services have reached more individuals than ever before, providing solace and support during times of crisis. Through innovative virtual platforms, we have expanded our reach to ensure accessibility for those who may be geographically or socially isolated.

## **Health Initiatives:**

Our health programs continue to make a significant impact on the lives of the underserved. From preventive care to chronic disease management, we have worked tirelessly to bridge the gap in healthcare disparities. Community outreach initiatives and connections with public partners have brought essential medical services directly to those in need, fostering a healthier and more resilient community.

## **Advocacy for the Vulnerable:**

Advocacy remains at the core of our mission, and we have actively engaged with policymakers, community leaders, and stakeholders to address systemic issues affecting the impoverished. By amplifying the voices of the marginalized, we strive to create lasting change that will uplift entire communities.

## Financial Stewardship:

I am pleased to report that despite the challenges posed by the global landscape, our financial position remains robust. This is a testament to the trust and support of our donors, partners, and the efficient management of our resources. Your contributions have allowed us to continue our vital work and explore new avenues for growth.

## Looking Ahead:

As we look ahead, we are filled with a sense of optimism and determination. The lessons learned during the past year will guide us as we navigate the evolving landscape of social services. We remain committed to our vision of a world where every individual, regardless of their socioeconomic status, has access to quality counseling and healthcare.

In closing, I extend my deepest gratitude to our dedicated team, compassionate volunteers, generous donors, and the resilient communities we serve. Together, we are building a future where health and well-being are not luxuries but fundamental rights.

In the face of adversity, we find strength; in compassion, we discover resilience. Our journey towards a world of equitable health and unwavering support for the under-served is a testament to the transformative power of collective dedication. Together, we can shape a future where well-being knows no bounds, and every voice, no matter how faint, is heard and valued."



A handwritten signature in black ink, appearing to read "Alita Ram".

**DR. ALITA RAM**  
CEO



# Vision And Mission

## Vision

“Creating Synergy For City  
Transformation”

## Mission

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

- Education
- Healthcare
- Counseling services
- Leadership development

In the Name & Spirit of Jesus Christ.

2022 - 2023



# Area Of Work

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**Mental Health**

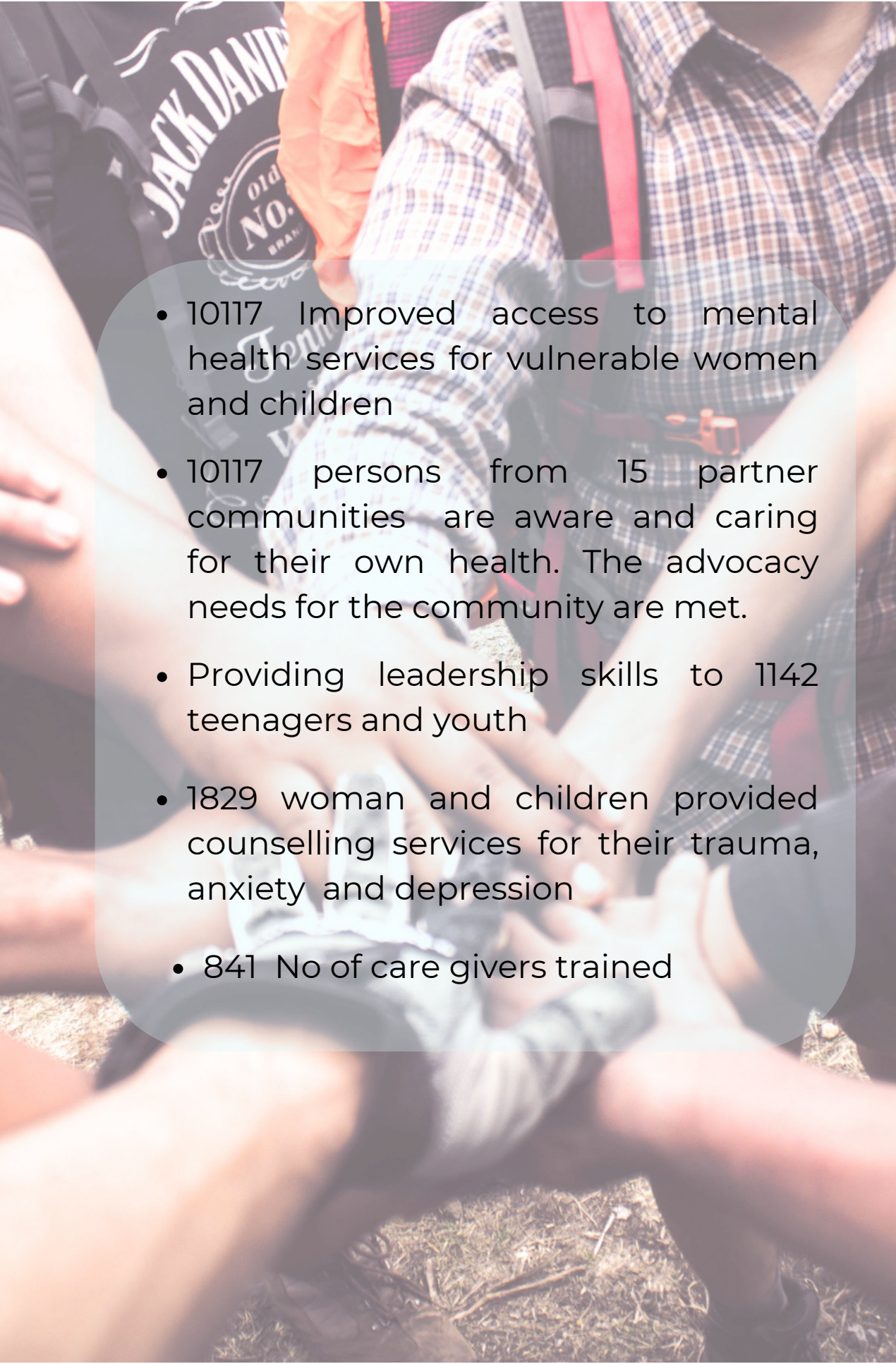


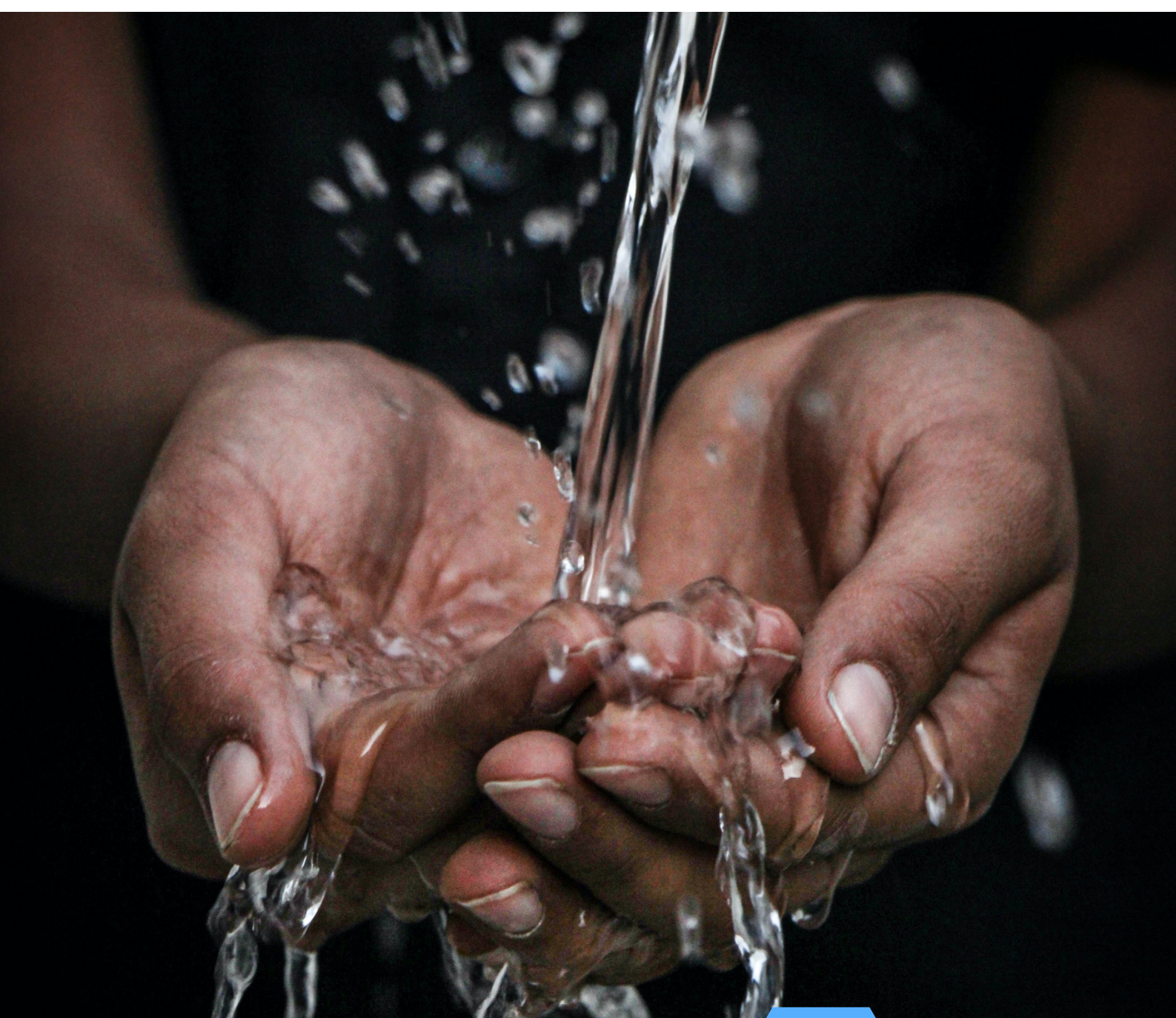
**Health &  
Advocacy**



**Youth  
Leadership  
Development**



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- 10117 Improved access to mental health services for vulnerable women and children
  - 10117 persons from 15 partner communities are aware and caring for their own health. The advocacy needs for the community are met.
  - Providing leadership skills to 1142 teenagers and youth
  - 1829 woman and children provided counselling services for their trauma, anxiety and depression
  - 841 No of care givers trained



**"Championing  
Progress,  
Inspiring  
Hope."**

**HEALTH & ADVOCACY**

# Health & Advocacy



As an organization we diligently engaged with 14 distinct communities within the Mumbai, Navi Mumbai, and Thane regions as part of our Community Development program. Throughout this period, we directly impacted 17,038 individuals. To accomplish our annual objectives we conducted over 90 diverse activities.

Our program encompasses thematic areas centered on Physical and Mental health, Networking, and Youth Leadership. Our initiative typically commences with a comprehensive community survey to gain insights into the community's specific challenges. We typically target a sample size of 150 households or families within each community. Our team of volunteers consists of community members whom we equip with the necessary skills and knowledge to effectively serve their community.

Within the ambit of Physical and Mental health, our primary emphasis lies on preventive efforts. We actively promote awareness within the community about various health issues, including communicable and non-communicable diseases, as well as topics such as Mental health and Child Sexual Abuse. Under the Networking domain, we address the diverse needs of the community, specifically focusing on entitlements and communal concerns. We facilitate community engagement with various resources, offer training sessions on advocating for their rights with local authorities, and provide insights into the government schemes available to the community.

One of our key strengths lies in our Training and Monitoring initiatives. We conduct regular training sessions for community volunteers in the realms of health and networking, holding monthly training sessions and field practice sessions with them. Our staff makes weekly visits to every community, ensuring consistent support and guidance.

Furthermore, we place a significant focus on the youth within these communities. We organize workshops that equip young individuals with essential Life Skills, empowering them to make informed decisions that positively impact their lives.

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In the 2022-23 period, a total of 3,320 individuals from all 14 communities sought assistance with various entitlements. Through collaborative efforts with our partners, we successfully assisted 1,070 people in securing their entitlements, while the remaining 2,250 individuals received guidance and information related to the entitlement application process.

Despite our best efforts, we encounter several challenges. Genuine community participation often requires substantial dedication and hard work, even when the issues are intrinsic to the community itself. Raising awareness about these issues can be a formidable task. Furthermore, eliciting a timely and effective response from government authorities remains a persistent challenge.



## **AMOL ALHAT**

COMMUNITY - CO-ORDINATOR  
**Health & Advocacy**



बरे होण्याची आशा आहे हि एक निर्मळबाब असून हळूवार पणे होणारी प्रक्रिया आहे, प्रत्येक व्यक्तीला व्यक्तिगत आयुष्यात आशा असते की सर्व काही बरे असावे जसे एक चांगले कुटुंब, चांगले आरोग्य, चांगली आर्थिक परिस्थिती असणें, तसेच सामाजिक स्तरावर ही सर्व जातीय धर्म, स्त्रीपुरुष समानता , महिला सवरकशन तसेच तरुण व लहान मुलांचे वैचारिक बाबींवर समानता, स्वतंत्रता असणें ज्याच्यातून आपला देश प्रगतीच्या शिखरावर पोहचलेला असावा व जगामध्ये विकासशिल देश ओळखला जावा अशी सर्व भारतीयांची आशा असते, असे मला वाटते, पण हे होणार कसं, ह्या साठी काय करावं लागतं हा लोकांमध्ये संभ्रम शिक्षणाअभावी पाहायला मिळतं आहे, ह्या साठी ॲक्ट संस्था छोटेसे पाऊल उचलते ज्या मध्ये आम्ही लोकांचे जीवन उंचावण्यासाठी आरोग्यविषयक जनजागृती करतो , लोकांना त्यांच्या अधिकारांची जाणीव करून देतो, महिला, व बाल सवरक्षण तसेच तरुणांना सर्वांगीण विकासा साठी मार्गदर्शन करण्याचें काम करत असतो. उद्देश हाच की आपल्या जीवनात सर्व काही बरे होईल अशी आशा धरणाऱ्या लोकांना प्रेरित करुण एकजूटचे महत्व व त्याची शमता दाखवण्याचे काम वस्ती विकास प्रकल्पातून ॲक्ट संस्था सातत्याने करत आहे.



**SURESH SHINDE**  
COMMUNITY - ASSOCIATE  
Health & Advocacy



# Laxmi's Transformation-How unity triumphed

Laxmi Rama Subhramaniam, a 40-year-old resident in a suburb of Mumbai had always been deeply rooted in her community. With a family to care for and strong ties to both the people and political circles in the area, Laxmi was a local leader with a reputation for being assertive and protective of her community.

When a group of community workers initiated a survey in the neighborhood, Laxmi, true to her nature, kept a vigilant eye on their activities. One day, she confronted a community worker, expressing her disapproval and even threatening to remove them from the area. She went as far as prohibiting them from parking their scooter in the vicinity.

Days later, Laxmi found herself face to face with another volunteer. Despite her initial hostility, the volunteer remained composed and silent, patiently listening to Laxmi's grievances. When given the chance, the volunteer explained the noble work they had been doing during the lockdown—distributing groceries, providing food to children, and conducting surveys to better understand the community's needs.

As Laxmi absorbed the stories of compassion and service, a realization dawned upon her. She acknowledged her nasty behavior and promptly apologized to the volunteer. "If you need any help in the community, count me in. You are doing remarkable work," she admitted, genuinely moved by the selfless efforts of the community workers.

From that moment forward, Laxmi's attitude underwent a transformative shift. The once adamant opponent of ACT's presence in the community became one of its most ardent supporters. She not only cooperated with the volunteers but actively welcomed them into the neighborhood.

The change was not lost on the volunteers, who were elated to witness the transformation. Laxmi's newfound cooperation demonstrated the profound impact that understanding and empathy could have on breaking down barriers. As the community and ACT worked hand in hand, they experienced the marvel of unity and collaboration, all while recognizing the power of compassion to bring about positive change.

In the end, it wasn't just a victory for the community workers; it was a triumph for the entire community, where understanding and cooperation replaced initial discord, and the shared goal of improving lives brought everyone together in harmony.



# Ahaana: Emotional Well Being





The main goal of the Emotional well-being project was to promote overall health and emotional well-being for women leaders who are constantly juggling various responsibilities at home, church and workplace. Good emotional health increases resilience to stress, leads to deeper relationships, and gives one a positive outlook to life. This could empower our women leaders to more effective in their families, churches and workplace.

A total of 44 participants were enrolled in the program. A Self-care plan, which was set for each participants in first online session, were reviewed during the offline session by the facilitators. Blood tests, self-care goals, and perceived stress scale were completed.

During the offline session, many of the participants shared of trying to follow their self-care plan regularly. There was a great awareness about physical well-being among the participants. who were trying to regularly incorporate good diet and exercise not only in their life but also at their home. Many of the participants understood the importance of managing emotions in a healthy manner and were regularly using skills learnt during the emotional module of the program

It was noted than many of the participants were actively involved in exercising, increase sunlight exposure to increase vitamin D levels as well as having healthy diet to improve vitamin B levels and overall nutrition. Some of the participants were feeling less tired, more active and energetic due to changes in life style. The participants were able to emotionally regulate themselves better using relaxation exercises and positive coping skills learnt during the sessions.



# Story Of Change

Bharti is a social worker and leader who was struggling with anger issues, frustration and impatience before she joined the program. At the end of the program, she was feeling quite in control and peaceful.

Bharti works among the sick homeless people on the streets. She faces many challenges during her work hours leading to a lot of frustration. Due to odd working hours, she never really took care of her diet or sleep. This further led to poor health, weight gain, and being emotionally very reactive. She would be unable to sleep well at night due to constant work anxiety. However, the emotional well being program, motivated her to follow a healthy life style. Through the various modules of the program, she was able to get a good insight into her herself, causes of her extreme mood changes, and ways to manage stress effectively. The self-care plan helped her to actively take control of managing her physical health, emotional health and spiritual health. She has been able to sleep better now. She has been able to share her feelings with her mentor regularly and thus is able to emotionally regulate herself. The team meeting helped her to feel a part of a community which cares and prays. She was quite happy to be a part of the Ahaana program.

## "Empowering Women, Nurturing Emotions"

Santoshi shared that she was working night shifts at a call centre and also actively involved in church activities like leading the choir and attending church meetings. After attending the first session of our program, she realized that she was having symptoms of stress like loss of appetite, fatigue and irritability. The participant tried working on her self-care plan diligently and the program sessions helped her understand more about relaxation skills and emotional regulation and the importance of taking care of herself. She feels much relaxed now and feels she is moving toward emotional well being. The participants stated that she has been careful about her diet and has put on weight, which was always challenging for her.



## "Fostering Good Emotional Health for a Vibrant Life"



# Samman: Positive Masculinity



We have envisioned young men and women primarily on what is Godly Masculinity and how we can transform our worldviews and learn to respect one another. This has created deeper and stronger relationships between families, churches and communities.

Statistically, the majority of perpetrators of SGBV are men and boys. Our work is very specifically focused on addressing the individual knowledge and behaviour of men and boys and the social norms that lead to male violence against women and girls. It is also important to note that men and boys may also experience gender-based violence, including sexual violence.

Belief systems influence and shape social norms, including gender norms on roles and values, and can have a negative or positive impact on achieving gender justice. Faith leaders (who are predominantly male) and certain interpretations of scriptural texts can play an influential role in reinforcing patriarchal norms, dominant forms of masculinity and rigid gender roles and responsibilities that are harmful to both men and women, boys and girls. These interpretations perpetuate and sustain gender inequality, and are often even used to justify violence, and shame survivors of sexual and gender-based violence.

The aim of the Samman (word play on respect and equality) a Transforming Masculinities approach was to work towards gender justice through a gender transformative model, founded in the principles of our faith that value the wellbeing and equality of all human beings. The aim was to promote positive models for being men and women, for leadership, and for restoring relationships at every sphere of society.

Our engagement with faith leaders, and our training of 'Gender Champions' who then facilitate community dialogues, will promote change in individual behaviour and social norms on gender and masculinities. We strongly believe that this will lead to systemic changes in social, political and economic structures that will build a society free of sexual and gender-based violence in all forms.

Impact-Each participant was made aware of the role of men and women in gender equity. They are now role models as leaders and are able to transfer their learnings through their lives and testimonies. They now share their these learnings with their communities through conversations and other teachings. All 70 participants are faith leaders out of which 13 are gender champions who will be involved in training their communities and churches on topics related to gender.



## SAMMAN

Transforming  
Masculinity an  
approach to work  
towards gender  
justice



**"Breaking  
Stigma,  
Building  
Resilience"**

**MENTAL HEALTH**

# MENTAL HEALTH

## Trauma Counseling

In the context of much unrest seen in the world, the word that seems to be used commonly amongst all age group seems to be 'Trauma'. The word 'Trauma' means wound. Everyone seems to be wounded in one way or the other, and one wonders if there is hope, if we will see restoration in our generation. The only thing that comes to memory is the Psalm where the Psalmist says when I come into your sanctuary Lord, I find safety, you hide me in the shelter of your sacred tent and set me high on a rock.

He promises healing, healing from our wounds, however deep. In fact, he alone can heal us completely. And this is the healing that we want to showcase in our lives and introduce to the clients whom we counsel wherever possible. It is our desire to be agents of healing, consistently hoping that there is coming a day when all the suffering will be over and we will be rejoicing with our Lord Jesus forever.

In the year 2022-23, the counseling team consisting of 8 members were able to go into 10 different NGO's/GO's to provide our services. One of the new things that happened last year is our partnership with Karuna Sharan. It is exciting for us to work with them as up until now we were only counseling women and girls but Karuna Sharan is a boys home, so we are able to provide emotional support to the clients there. The Lord indeed is taking us to new territories.

We were able also to conduct various sessions for the staff of the various organizations on various topics like 'Child Safety', "Handling counseling needs for children, 'Managing Mental Health', 'Child Sexual Abuse Awareness', 'Trauma Informed Care', 'Loneliness' and "Depression'. This is our vision, that we equip many others to extend the Kingdom of God through compassion and care.

In our journey of being agents of healing we recognize that we also are equally in need of one another and so we have our monthly in-house counselors' trainings. We also recognize that we can't do anything by ourselves, therefore partnerships, networking is what we believe in.

We have regular case managements to evaluate the cases, discuss the counseling program and move in the direction that the Lord is calling us to. Regular supervision for the counselors is conducted to ensure that the needs of the counselors are met and also for them to be accountable.

We were able to counsel approx. 386 clients (both majors and minors) in this year. It is only God's grace. Our counselors have labored much, the Lord has been faithful and we can confidently say that we see healing in emotional, physical and mental health of our clients. Though the journey seems hard many times, the promise that the Lord will restore us to health and heal our wounds reminds us that the end is beautiful beyond measure.



**RABINA JAMES**  
COUNSELLING - CO-ORDINATOR  
**Mental Health**





# "Gauri's Journey: Empowering Resilience and Embracing Growth"

Meet Gauri, a vivacious 15-year-old with a heart full of dreams, living with her grandmother and younger sister in the vibrant city of Mumbai. Their journey began at the tender age of 10 when Gauri's parents, driven by a commitment to education, relocated the family from rural Maharashtra to the bustling metropolis.

Fate led them to the heart of the city, where they found themselves in the proximity of a large Red Light area, yet firmly outside the shadows of the sex trade.

In the midst of this challenging setting, Gauri and her family discovered a lifeline – a robust support system that would prove to make all the difference. Active members of the local community, they found solace and strength in the bonds they formed. To enhance their resilience, an NGO operating in the area took Gauri under its wing, facilitating her pursuit of educational excellence.

Collaborating with a organization that cares for children, ACT has stepped in to provide weekly counseling services to this community. Gauri visited the counseling centre with high anxiety levels. Recognizing the unique challenges that had Gauri faced in her young life, the counselor began journeying with her which soon became a transformative experience. Gauri became a vocal advocate for the benefits of counseling.

"I am so happy because I am able to share my fears with my counselor," she would often express, a testament to the positive impact of the counseling process on her life. Instead of succumbing to anxious thoughts about the future, Gauri developed the initiative to request counseling sessions when needed, leaving an indelible mark on those supporting her.

As the eldest beneficiary in the organization, Gauri has inadvertently become a beacon of inspiration for other children. Her capacity to forge friendships and work diligently has been fortified by the invaluable skills she acquired through counselling. Grounding herself in relaxation techniques and understanding the intricate connections between mind and body, Gauri successfully lowered her anxiety levels.



# मला भेटलेल्या योद्धा

मागील २ वर्षात आपण कोरेनामध्ये खूप सारे अनुभव घेतले चंगले/वाईट, आपण निराशा, दुःख, ताणतणाव या सगळ्या गोष्टींन सामोरे गेलो आणि या मुळे आपल्या मानसिक आरोग्यावर कसा पारिणाम होतो हेहि जाणले. या परिस्थितीत गरज असते ती काऊन्सिलिंगची तर मलाहि माझे काहि काऊन्सिलिंगचे अनुभव सांगायला आवडेल जिथे मी ह्या पुढिल ओळिंचा अनुभव घेतला

"कठिण काळात सतत स्वतःला सांगा  
शर्यत अजून संपलेली नहि कारण

मी अजून जिंकलेली नहि"

मी सुरुवातीला एका रूग्णालया मध्ये काऊन्सिलर म्हणून काम केले परंतू खरा अनुभव मला "अॅक्ट" या संस्थेत काम केल्या वर आला इथे मी वेगवेगळ्या कलांएटला भेटले आणि यात मुख्यत होत्या तरूण मुली, सेक्स वर्कर, अत्याचार झालेल्या तरूणी, घरून पळून आलेल्या, काहि फसवल्या गेलेल्या तरूणी. काऊन्सिलिंग म्हणजे काय की एखाद्या व्यक्तीचे ऐकणे, त्याला आधार देणे. प्रोत्साहिन करणे, निराशेतून, आघातातून बाहेर यायला मदत करणे त्याला आशा देणे. तर जेव्हा मी व्यवसायिक सेक्स वर्कर सोबत बोलले तेव्हा मी त्यामागची काय कारणे आहेत, कशा प्रकारे त्यांना फसवून, त्यांच्यावर शारिरीक मानासिक अत्याचार करून त्यांना द्या व्यवसायात आणले गेले हे कळाले.

त्या जेव्हा सेशन मध्ये यायच्या तेव्हा त्या दुःखी, निराश, हतबल मानसिकरित्या खचलेल्या, समाज आणि कुटूंबाकडून होणारि अवहेलना,मनावर आघात झालेल्या, आत्मसम्मान गमावलेल्या मनाची घुसमट झालेल्या परंतू तरिही सगळे सहन करणार्या अशा त्या माझ्याकडे यायच्या आपले दुःख, निराशा सगळ मनमोकळेपणाने बोलायला, त्यांच्या सोबत बोलताना कळाले कि त्यांना ह्या दलदलीतून बाहरे निघायचे आहे परंतू काहि गोष्टी त्यांना निघू देत नाहित जैसे समाज त्यांना स्विकारेल का, आर्थिक अडचणी, आणि त्या एरियामधले मॅडम ज्यांच्यासाठी ते काम करतातत्यांची बंधने, शारिरीक व्याधी, नकारात्मक भावना असे सगळ असतानाहि त्यांना एकआशा असायची कि त्या यातून बाहोर पडतील, सामान्य जीवन जगू शकतील.

माझ्यासाठी सतत त्यांना आशा देणे, त्यांना त्या आघातातून बाहेर काढणे, प्रोत्साहित करणे, नवीनसंघर्षाला सामोरे जाण्यासाठी तयार करणे हे खूप आव्हानात्मक काम होते, परंतूजेव्हा त्या कंपनीत नोकरिला लागायच्या जुना व्यनसाय सोडून नवीन उमेद घेऊन तेव्हा जो आनंद व्हायचा त्याचे वर्णन मी नाहि करू शकत

यानंतर ज्या तरूणींना मी भेटले त्या फसवल्या गेलेल्या, आत्याचार झालेल्या, घरातून पळून आलेल्या अशा होत्या. जेव्हा त्या सेशनला यायच्या तेव्हा जाणवले कि एवढया लहान वयात कितीतरि गोष्टींना त्यांना सामोरे जावे लागले जसे कि निराशा, दुःख, परिवार, मित्र मैत्रीणी, समाज, नातेवाईक, शिक्षक त्यांचा बघण्याचा दृष्टीकेन त्यांना स्विकारले जाईल कि नाहि याची भीती, आत्मविश्वासाची कमतरता कायदयानूसर



चालणारी प्रोसिजर हया सगळ्यामुळे खचलेल्या, स्वतःला यातून बाहरे पडता येईल कि नहि, सामान्य जीवन पूर्वी सारखे जगता येईल कि नहि याची शारवती नसलेल्या तरूणी असायच्या, जेव्हा त्यांच्या सोबत बोलण्याची संधी भेटली तेव्हा कळले कि तरूणपणातील, जिद्द, उमेद हि कायम आहे परंतू

चालणारी प्रोसिजर हया सगळ्यामुळे खचलेल्या, स्वतःला यातून बाहरे पडता येईल कि नहि, सामान्य जीवन पूर्वी सारखे जगता येईल कि नहि याची शारवती नसलेल्या तरूणी असायच्या, जेव्हा त्यांच्या सोबत बोलण्याची संधी भेटली तेव्हा कळले कि तरूणपणातील, जिद्द, उमेद हि कायम आहे परंतू

ध्या परिस्थितीच वाईट असल्यामुळे निर्णय घेता येत नाहि, निष्कर्षापर्यंत पोहोचता यते नाहि अशा वेळेस त्यांना निराशेतून बोहर काढने प्रोत्सातन देणे निर्णय घेण्यासाठी मदत करणे नवीन उमेदि सोबत जगाला सामोरो जाण्यासाठी, स्वतःचा स्विकार करण्यासाठी मदत करणयाची संधी मला लाभली त्यातील काहि जनी छान करियर, लग्न करून सेटलहि झाल्या तेव्हा खूप समाधान वाटले कि आपणहि त्यांच्या जीवनात खारिचा वाटा उचलाल होता.

त्यांच्यात हा आंतरिक आत्मविश्वास आधापासूनच होता, मी फक्त तो जागृत केला आणि त्याला दिशा दिली. यामध्ये मला काहि वेळेस अडचणी आल्या जसेकी त्यांना कधी बोलायचे नसायचे, कधी त्या खूप रडायच्या, कधी त्यांना भरपूर गोष्टी सांगायच्या असायच्या, कधी कधी त्यांचा निराश स्वभाव, सांगितलेल्या गोष्टीकडे दुर्लक्ष करणे इ. परंतू त्यातूनहि त्यांची साथ मला लाभली.

या सगळ्यांना भेटून मला एका कविता आठवते हरिपंशराय बच्चन यांची

**"असफलता एक चुनैती है इसे स्विकार करो  
क्या कमी रह गई देखो और सुधार करो  
जब तक न सफल हो, नींद चैन को त्यागो तुम  
संघर्ष का मैदान छोड़ मत भागो तुम  
कुछ किये बिना ही जय जयकर नही होती  
कोशिश करने वालों की हार नही होती"**

धन्यवाद!!!!



**VINITA VAIRAL**

**COUNSELLING - ASSOCIATE  
Mental Health**



# Silence Broken and Hope Amplified

Nothing can erode a child's trust faster than being trafficked by someone the child trusts. Especially if it's the child's mother. That is Rimple's story - sold into the sex trade at the tender age of thirteen. By her mother who "turned up" one day and brought her to the city under the pretext of "attending a wedding". Repeated rapes and abortions compounded the scars on Rimple's tender body and mind. Mercifully, she was rescued in a raid and placed in a Government facility.

Some years later, Rimple was placed in an Aftercare Home for majors. It was here that the ACT counselor met Rimple for the first time. By then she had completely lost her voice. Rimple was unable to share her story.

In the warmth and security of the therapeutic relationship Rimple began to open up. The silence was broken. Slowly but surely, a whole chapter of her life began to unfold. Through counseling she began to invite her counselor into her painful past. She not only found new vocabulary to share her story, but she also picked up skills to regulate her emotions. Like many others who resonate with their therapists, Rimple found her voice. To the surprise of those around her, she was no longer the "doesn't like to share" Rimple. She became the "so much to talk about" Rimple – a picture of resilience and courage. She naturally had so much to talk about.



Her courage was visible not only in-session but also in the way she took her challenges head on. These circumstances ranged from her ex-boyfriend stalking her, pressure from her mother to suddenly reconnect and many other distractions. She was able to navigate these dangerous and complex situations with a clear mind. Her desire to do something on her own and be financially independent has been inspirational. She was able to complete the vocational course she was enrolled in. While doing her internship, Rimple was offered a job.

Hers is a remarkable journey of growth and healing. An ongoing story of silence broken and hope amplified.



**"Building  
Leaders,  
Shaping the  
Future."**



**YOUTH  
LEADERSHIP  
DEVELOPMENT**



# Youth Leadership Development

In the year 2022-2023 Association For Christian Thoughtfulness (ACT) embarked on a journey of empowerment, hope and healing through our youth leadership training programs. These initiatives were meticulously crafted to equip young individuals with the tools to become beacons of hope and catalyst for positive change within their communities.

Our programs began by emphasizing the significance of Core values in ethical leadership, Participants from 2 states numbering 322 in total learned to embody values like choices, responsibility, empathy and respect as guiding principles for their leadership journey.

Our initiative also addressed sensitive topics like Sexuality and Healthy Relationship, equipping participants with crucial life skills. As a result, these informed youth are not only catalyst for change but also champions of safety and respect in their community.

The training covered digital literacy, positive engagement and cyber security. We have empowered youth who now use social media and promote safe and ethical online behaviour.

ACT's commitment to combatting Sex and Gender-Based Violence (SGBV) bore fruit through the promotion of positive masculinity. Open dialogues challenged stereotypes, resulting in a noticeable reduction in SGBV.

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As we continue our mission to nurture the leadership potentials of our youth in different communities, we remain dedicated to address their evolving needs. Together, we are cultivating a generation of compassionate, informed and socially responsible leaders who inspire hope and foster healing. The 2022-2023 annual report reflects our commitment to positive transformation and a brighter future for all.



**JAN NAYAK**  
YLT CO-ORDINATOR  
**LIFE SKILLS**





37%



33%

### Direct Participation

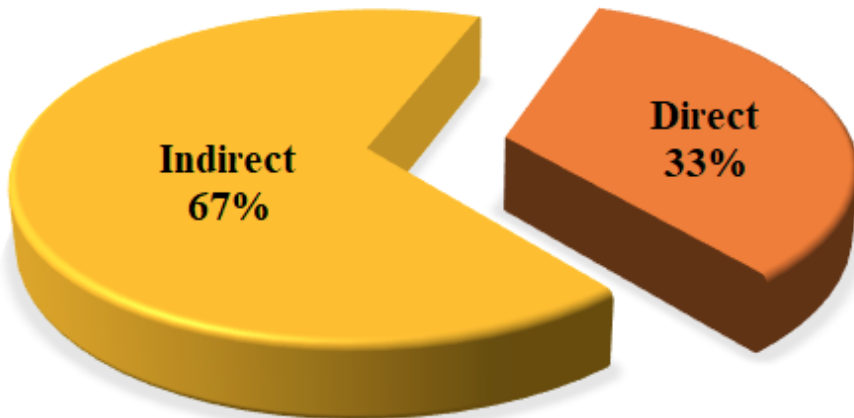


15%



15%

### PROJECT PARTICIPANTS (BENEFICIARIES)

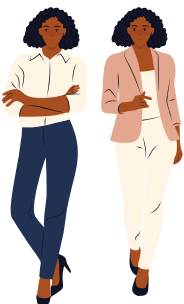


38%



32%

### Indirect Participation



15%



15%





"Making  
Change  
Happen with  
Your  
Support."

FINANCE REPORT



**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, 2023, 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 31<sup>st</sup> March, 2023 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.



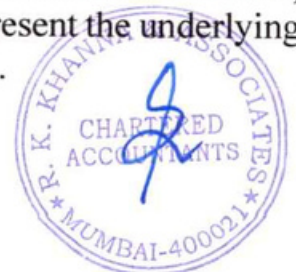
Those charged with governance are responsible for overseeing the Society's financial reporting process.

### **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.

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



SANJEET P. SINGH  
Partner

(Membership No.157933)  
UDIN: 23157933BGZKYG4347



Mumbai  
Date: 30<sup>th</sup> June, 2023

# ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

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

## BALANCE SHEET AS AT 31ST MARCH 2023

	Note No.	As at 31st March 2023		As at 31st March 2022	
		Rupees	Rupees	Rupees	Rupees
<b>FUNDS AND LIABILITIES</b>					
Trust Corpus:					
Per last Balance Sheet			74,32,993		74,32,993
Advance Fees			2,58,720		-
Liabilities:					
For Expenses			1,20,200		4,149
Income and Expenditure Account					
Per last Balance Sheet		14,15,562		-	
Surplus / (Deficit) for the year		(9,54,709)		14,15,562	
Credits for TDS of Earlier Years Written Off		(90,829)	3,70,025	-	14,15,562
<b>TOTAL</b>			<b>81,81,938</b>		<b>88,52,704</b>
<b>PROPERTIES AND ASSETS</b>					
Property, Plant and Equipment	3		4,52,072		3,80,024
Investments	4		47,61,178		15,30,691
Deposits	5		2,25,950		2,25,950
Advances			41,879		36,658
Amount Recoverable			1,38,424		59,123
Taxes Deducted at Source			2,35,519		4,85,976
Interest Accrued			98,513		10,604
Cash and Bank Balance	6		22,28,404		61,23,678
<b>TOTAL</b>			<b>81,81,938</b>		<b>88,52,704</b>

**Notes 1 to 8 form an integral part of Financial Statements**

As per our report of even date attached to Balance Sheet

For R.K.KHANNA & ASSOCIATES

Chartered Accountants

(Firm Regn. No.105082W)

*Sanjeet*

SANJEET SINGH

Partner

(Membership No.157933)

Mumbai;

Date : 30th June 2023



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

*Vivian Fernandes*  
VIVIAN FERNANDES  
Chairman

*Adrian Lopes*  
ADRIAN LOPES  
Secretary

*Bathuwel Umale*  
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 2023

	Note No.	2022-23		2021-22	
		Rupees	Rupees	Rupees	Rupees
<b>INCOME</b>					
Donations			1,28,87,700		1,25,05,596
Education Fees			20,72,043		19,21,887
Membership Fees			8,000		8,000
Interest Income	7		3,23,554		2,29,523
Other Income			650		250
<b>TOTAL INCOME</b>			<b>1,52,91,947</b>		<b>1,46,65,256</b>
<b>EXPENDITURE</b>					
Establishment Expenditure	8		18,45,104		16,07,153
Depreciation			1,62,367		1,50,725
Expenditure on Objects of The Trust:					
Education to Community		1,01,62,154		78,98,592	
Education through Counselling		37,41,524		32,14,792	
Covid Relief		-		69,040	
Interception Programme		3,35,507	1,42,39,185	3,09,391	1,14,91,815
<b>TOTAL EXPENSES</b>			<b>1,62,46,656</b>		<b>1,32,49,693</b>
<b>SURPLUS / (DEFICIT) FOR THE YEAR</b>			<b>(9,54,709)</b>		<b>14,15,563</b>

### Notes 1 to 8 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)



SANJEET SINGH

Partner

(Membership No.157933)

Mumbai;

Date : 30th June 2023



  
VIVIAN FERNANDES  
Chairman

  
ADRIAN LOPES  
Secretary

  
BATHUWEL UMALE  
Treasurer

# ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS

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

## NOTES 1 TO 8 FORMING AN INTEGRAL PART OF FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

### NOTE NO. 1

#### SOCIETY OVERVIEW

Association for Christian Thoughtfulness was registered as a Society under the Societies Registration Act 1960 on 22nd September 1979 to promote development projects aimed at the physical, emotional, social and spiritual development of weaker sections of society and whenever possible to do so by self help projects.

### NOTE NO. 2

#### SIGNIFICANT ACCOUNTING POLICIES

##### (a) Basis of Accounting :

The financial statements are prepared under the historical cost convention on a going concern and accrual basis and in accordance with the generally accepted accounting principles and are in line with the relevant laws as well as the guidelines and Accounting Standards prescribed by the Institute of Chartered Accountants of India.

##### (b) Property, Plant and Equipment :

Expenditure which is capital in nature is capitalised at cost, which comprises of the purchase price (net of rebates and discounts) and any directly attributable cost of bringing the assets to their working condition for intended use.

Depreciation has been provided as per written down value method in accordance with Section 32 of the Income Tax Act, 1961. In respect of the assets acquired during the year depreciation as applicable for the full year or half year is applied.

##### (c) Investments :

Investments are valued at cost. Interest accrued on Investment has been provided for.

##### (d) Income Recognition :

Donation Income is recognised as on the date of receipt. Education fees are recorded when the services are rendered. Membership fees is recorded on accrual basis.

##### (e) Foreign Currency Transactions :

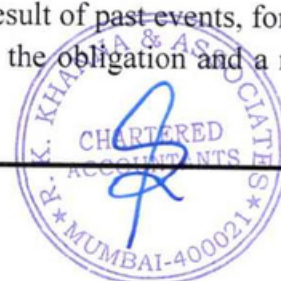
Donations received in foreign currency are recorded at the rates prevailing at the time of realisation.

##### (f) Retirement benefits :

The Company accounts for gratuity liability, as equivalent to the premium payable to Life Insurance Corporation under the Group Gratuity Scheme.

##### (g) Provisions :

Provisions are recognised when the Trust has a present legal obligation, as a result of past events, for which it is probable that an outflow of economic benefits will be required to settle the obligation and a reliable estimate can be made for the amount of the obligation.



**NOTE NO. 3**  
**PROPERTY, PLANT AND EQUIPMENT**

Particulars	Rate of %	W.D.V as at 01.04.2022	Additions during the year	Deletions during the year	Total as at 31.03.2023	Depreciation for the year	W.D.V as at 31.03.2023
Furniture & Fixtures	10%	76,640	-	-	76,640	7,664	68,976
Office Equipment's	15%	16,966	68,080	-	85,046	7,651	77,395
Slide Projector	15%	27,597	-	-	27,597	4,140	23,457
Kitchen Utilities	15%	2,151	-	-	2,151	323	1,828
Computers	40%	73,831	1,66,335	-	2,40,166	69,455	1,70,711
Computer Software	40%	1,82,839	-	-	1,82,839	73,136	1,09,703
<b>Total</b>		<b>3,80,024</b>	<b>2,34,415</b>	<b>-</b>	<b>6,14,439</b>	<b>1,62,367</b>	<b>4,52,072</b>

	31st March 2023	31st March 2022
	Rupees	Rupees
<b>NOTE NO. 4</b> <b><u>INVESTMENT</u></b>		
Fixed Deposits with Bank	47,61,178	15,30,691
<b>NOTE NO. 5</b> <b><u>DEPOSIT</u></b>		
For Electricity	1,250	1,250
For Telephone	24,200	24,200
For Internet	500	500
For Premises	2,00,000	2,00,000
	<b>2,25,950</b>	<b>2,25,950</b>
<b>NOTE NO. 6</b> <b><u>CASH AND BANK BALANCE</u></b>		
In Savings Accounts	15,32,455	30,55,941
In Current Account	6,95,429	30,66,598
Cash in hand	521	1,139
	<b>22,28,404</b>	<b>61,23,678</b>





	2022-23	2021-22
	Rupees	Rupees
<b>NOTE NO. 7</b>		
<b><u>INTEREST INCOME</u></b>		
On Fixed Deposits	1,98,899	99,022
On Savings Bank Account	97,763	1,00,501
On Income Tax Refund	26,892	30,000
	<b>3,23,554</b>	<b>2,29,523</b>
<b>NOTE NO. 8</b>		
<b><u>ESTABLISHMENT EXPENDITURE</u></b>		
Staff Salaries & Allowances	10,57,582	10,08,826
Contribution to gratuity	22,622	20,993
Staff Welfare	27,661	39,618
Staff Training	1,500	-
Rent	2,83,800	1,28,000
Electricity	4,626	1,559
Repairs & Maintenance	16,321	5,851
Website Expenses	30,347	6,640
Telephone & Internet	11,840	9,914
Printing & Stationery	1,497	9,546
Postage & Courier	1,333	631
Conveyance	9,895	12,120
Fees and Subscription	3,730	29,269
Meeting Expenses	790	-
Professional fees	1,82,500	1,55,000
Bank Charges	21,653	21,116
General Expenses	52,408	47,087
Hospitality	-	983
Audit Fees	1,15,000	1,10,000
	<b>18,45,104</b>	<b>16,07,153</b>

**SIGNATURES TO NOTES 1 TO 8**

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



SANJEET SINGH  
Partner  
(Membership No.157933)

Mumbai;  
Date : 30th June 2023



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



VIVIAN FERNANDES  
Chairman



ADRIAN LOPES  
Secretary



BATHUWEL UMALE  
Treasurer



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**ASSOCIATION FOR CHRISTIAN THOUGHTFULNESS**

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