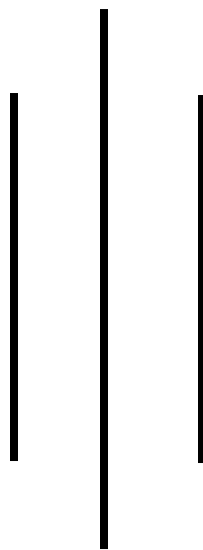


ANNUAL REPORT

2078-2079



ELIJAH COUNSELING AND TRAINING CENTRE

"Carrying each other's burden"



Elijah Counseling and Training Center(ECTC) is a nonprofit making organization, established in May 2009. It aims to build a community of psychologically and socially stable people, focusing on both health and community setting. It is engaged in delivering quality counseling services, developing qualitative training on Counselling, and strengthening human resources in the field of Counselling.

ECTC works in partnership with Churches, hospitals, schools, social organizations, and local communities, to build a psychologically and socially stable society in Nepal.

VISION

To see Nepali people living happy and emotionally and spiritually stable lives

MISSION

- To strengthen high-quality pastoral care and counseling in Nepal's hospitals, churches, and their surrounding communities
- We work in partnership with local churches and health organizations
- Our courses are open to Christians from all church backgrounds
- We put special emphasis on practical teaching



Our Objectives:

- To provide high-quality Psychosocial Counselling services.
- To improve basic psychological care at the community level.
- To improve case identification and initiate referral of people with Mental and Psycho-social problems
- Increase the availability of Psycho-social Counselling & equipping human resources through training and capacity building.
- To enhance Counsellor's skills through training and Supervision.
- Raise awareness of Mental Health and Counselling Services, and Voice against social stigma due to psychological issues.

GREETINGS FROM...

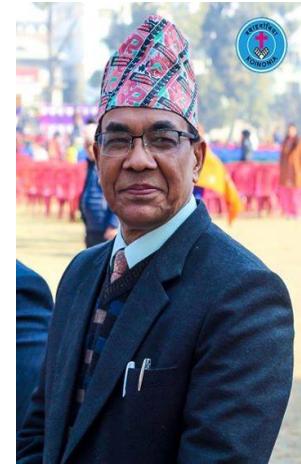
Greetings to all in the precious name of our Lord Jesus Christ. We are celebrating 13 years of ECTC ministry this year and also having our annual general assembly at the same time. ECTC has been serving people in different aspects of counseling. ECTC has been also conducting counselor training to leaders from different professions. All kinds of people are benefitting by ECTC programs.

We are happy to serve people for their wholeness and for their betterment. Healthy people develop a healthy society and healthy country. Our ECTC staff are working hard for this. Keep it up ECTC staff for this good work. I am happy and thankful to ECTC staff, Glory be to God. May God bless ECTC staff, ECTC as a whole and our country Nepal.

In Him,

Dr. Mangal Man Maharjan

Chairman, ECTC Board



Around 76% and 85% of people with severe mental disorders in low and middle-income countries receive no treatment for their mental health conditions. The magnitude, suffering, and burden regarding disability and costs for individuals, families, and societies due to mental disorders are staggering in Nepal.

Psychology and Mental Health issues are one of the less focused and discussed topics in the context of Nepal. Awareness in this field is improving with the efforts of various organizations working for the same and I am glad that ECTC has been a part of creating awareness and helping people deal with various issues related to mental health. I am glad that, standing by motto “*carrying each other’s burden*” the organization has been reaching out to thousands of people and many more to go.

As we look forward to another year, we hope for a new partnership, and new opportunities to serve people from various sectors in Nepal.

Persis Palpasha Pradhan

Programme Manager



PROJECT REPORTS



ELIJAH COUNSELLING & TRAINING CENTRE

COUNSELLING

Mental health receives little attention in Nepal. Traditional and religious healing methods are commonly practiced. Counseling is habitually misunderstood, resulting often in judgmental and uninformed implementation, and sometimes in incorrect practices. In fact, counseling makes a profound impact on the lives of individuals, families, and communities. This service helps people navigate difficult life situations, such as the death of a loved one, divorce, natural disasters, school/work pressure, etc.

During these 12 months period, a total of **383 people** has directly benefitted from ECTC's counselling-related programs, and a total of **617** have been provided in various ways. More than thousands of people have been indirectly benefitting from pamphlets and other means of awareness materials.

Overall counselling support for **176 people**, a total of **518 sessions** have been provided, which includes; 373 sessions of individual counselling, **40 sessions of group counselling**, **39 sessions of Pastoral Care**, 23 individuals have been referred for further treatment support, 12 individuals have been provided medical treatment support financially for 43 times with regular counselling support. ECTC was also able to provide **10** different sessions of awareness programs to **139 individuals**.

Mental illness cases were dealt with skilled therapeutic conversations, with referral support, and client with indication of having mental disorder are referred to psychiatrist. Group counselling have been provided in various levels according to the need and groups. Emotional support is given through active listening along with therapeutic activities, also providing support in deeper personal and work-related problems in the group. These groups were marginalized and vulnerable. Different groups of women, men, and adolescents who are underprivileged in terms of socioeconomic condition, deprived of psychosocial care, domestic violence, and many more such issues.

We conducted 5 awareness/orientation sessions to 74 caregivers, professionals as well as local individuals, who were associated with the people with trauma due to violent abuse and grief in their lives and COVID stress.

This support has in turn, helped even the care givers/family members of the clients, not to feel and additional burden to them; which otherwise many times would be trying to avoid client's problems or treatment due to the financial circumstances and stigma. With such clients, the family members were also given certain advices and support if necessary.



AWARENESS PROGRAMS AND WORLD MENTAL HEALTH DAY CELEBRATION



Supervision at ECTC and beyond

“The work is too heavy for you; you cannot handle it alone’ Exodus 18”

Supervision is a professional relationship between a supervisor and a counsellor. The counsellors can regularly offer a report of their work, reflect on it and receive feedback and where appropriate guidance from the supervisor. The experience enables counsellors to grow in confidence and competence so that the clients are given the best possible service.

ECTC counsellors all receive monthly individual and group supervision. Our growing supervision group (facilitated by Jenny or Smriti) restarted this year.

Activity	Number of sessions	Number of persons reached:	
		Direct	Indirect
Individual supervision	36	6	The total number of clients
Groups	16	14	The total number of their clients/patients
Training	3	25	All counsellors they support

Our senior counsellor Mrs Smriti Tamang is now a trained and practicing supervisor too. She supervises counsellors from Veritacore and GPH. She is also involved in the Counselling supervision Collective training team. I hope that having organizations working together as a ‘collective’ will be something that brings counselling organizations into collaboration instead of competition!

We work under regular clinical supervision from three different counselling supervisors for different client issues and age groups, for the safety of clients and counsellors, and also development of counsellors. All three supervisors are experienced counsellors as we as one of the supervisors (Mrs. Jenny Saunders) is a certified supervisor. During the period, counsellors of ECTC took 55 times of individual supervision altogether to receive Counselling supervision through their respective Supervisors to ensure quality Counselling to the clients, 17 group and peer supervision including one counsellor from outside ECTC, and also 4 outside counsellors who are under counselling training have been provided 10 individual supervisions by the ECTC’s counsellors. Through supervision, counsellors get support for possible intervening techniques, skills and information based on cases handled, and also ensure the ethical practice.

We also provide clinical counselling supervision to the other counsellors who work with other organizations within Nepal, till now we have provided 9 group sessions for 5 professional counsellors.

One group of 5 professional counsellors who were in regular supervision has ended this year, and 10 professional counsellors who were regularly supervised by ECTC Supervisors, led by Ms. Jenny with Sr. Counsellor is ongoing.

Training on supervision have been conducted this year, one in Introduction to Supervision conducted for 6 practicing Counsellors from ECTC, Hospital and churches; this course provide the counsellors the knowledge on what is Supervision, why is it important and how they can receive Supervision. And also 1 advance supervision training has been conducted and 5 professional counsellors took part. All ECTC's counsellors have completed the foundation course of Supervision, two counsellors have completed Advance course as well, and is growing to be a supervisor. Currently one is working as a trainee supervisee, along with 4 counsellors from outside.



Group Supervision

TRAINING DEPARTMENT

ECTC was able to carry out, most of the Training activities according to the project plan. We tried our best to run as much as training and supporting churches/communities' leaders and professionals, to equip them with Counselling skills. During the period we were able to run 10 training in total, with participants including community leaders, church leaders, health professionals, and other professionals.

We were able to do the following training as per our plan:

- | | | | |
|-----------------------------|----------|----------------|----------------------------|
| 1. Basic Counselling Skills | Week-I | 4 courses | Church leaders |
| 2. Basic Counselling Skills | Week-II | 2 course | Church leaders / Community |
| 3. Basic Counselling Skills | Week-III | 2 course | Church leaders / Community |
| 4. Basic Counselling Skills | Week-IV | 1 course | Community leaders |
| 5. Mental Health Session | 1 course | Health workers | |

Altogether, the 10 training was given to 141 individuals. Among those Training, 7 training were conducted physically and 3 Virtually.

"I had never known much about counseling before, I just knew that I should encourage people by giving suggestion who has problems. After the training now I realized that there was many misunderstanding in me about counseling.

I had a lot of friends in school and college time, and 4 of them used to share their problems with me. When they told me about their problems, I didn't know what to do. I was confused. I didn't know how to encourage or what to say. Before taking this training, one of my close friends called me crying. At that time I did not know how to respond properly. I panicked because I didn't know anything about counseling.

While taking this training, my friend called me crying again. She is staying in India now and she told me all the problems by phone. But this time, I didn't panic like before, I was able to use the skills which I had learned during this time, and I was able to listen to her attentively. At this time, I could give her encouragement with confidence. In the end, she also said that she was relieved when she shares her problem with me at this time. From this training, I learned how to deal with others and how to listen. I am very happy to take this training and I want to apply these things in my life".



ECTC
LEARNING & TRAINING CENTRE



Psychological Support for children

This program works with Children of all gender, religion, cast or ethnicity, and marginalized groups. It aims to bring inner healing to children who are going through psychological distress - trauma related to lose, separation, family crisis, and sexual/physical abuse - through Counselling and necessary support.

Total beneficiaries

- Age- 8-16 years
- Male-123 female-119
- Indirect beneficiaries- 119
(Mental health day)

Key Achievements of the year

- ✓ Delivered School mental health awareness to 94 students age 12-16 years.
- ✓ Developed leaflets on 4 different topics.
- ✓ Disseminated leaflets and training session on World mental health day.
- ✓ Organized 3 days of children camp with children age 8-12 suffering from grief



ELIJAH COUNSELLING & TRAINING CENTRE

Activities

- | | |
|--------------------------------------|--|
| ▪ Group Counselling | 29 children and adolescents |
| ▪ Individual Counselling | 9 clients 6 PFA and 2 pastorals |
| ▪ School Mental Health Awareness | 94 students |
| ▪ Emotional Awareness | 1 school 2 orphanage home, 40 children |
| ▪ 2 therapeutic children camps | 20 children and 20 parents |
| ▪ Awareness Leaflets | 300 approximate |
| ▪ Mental Health Day celebration | Distribution of children Leaflets |
| ▪ World's children's day celebration | November 2021 – 9 children |



CHILDREN PROGRAM ACTIVITIES



DIPLOMA IN COUNSELING AND PRACTICAL THEOLOGY (DCPT)

Diploma in Counselling and Practical Theology (DCPT) course has 12 Units altogether. DCPT Course is conducted 4 units a year in order to complete it in 3 years' time.

In the fiscal year 2021/22, were able to finish from unit 2 to unit 7. Covid 19 took a toll in DCPT training which caused to its delay in starting the training on the proposed date. As an effect of Covid 19, we had to run the second part of the Unit 2 training online unlike how we want our course to go.

But despite the challenges we faced we are able to move ahead and continue with our training and by the mid of July, we are able to finish the 7th Units of 12 Units we have for this course.

In terms of participants, we have a fixed number of students. As it is an academic (Diploma) course which is quite demanding academically and we have a very small manpower at the moment. Therefore we have 8 students for this batch of training and the number remains the same until they complete the course and are graduated.

During the fiscal year 2021/22 we had two practical units conducted at United Mission Hospital Tansen. During the DCPT students' practical session (where they visit the hospital ward and counsel the people they who are in need of prayer, care and counselling.) The number of beneficiaries who DCPT students met, talked to and offered pastoral care and counselling is 576 (it includes patients, their visitors and nursing staff).





We were able to provide support and assistance to one of our students to conduct a basic counselling and communication seminar at her work place (at a District hospital) where 92 people were able to participate including guards, cleaners, nurses and doctors (who were divided in three different groups).



➔ One of our students ushering suicide attempted patient to the counselling room for further care and counselling.

DCPT team with Pastoral Care Members at United Mission Hospital Tansen. ➔



PERSONAL AND PROFESSIONAL GROWTH

Our organization encourages and also provides platforms for the staff to grow professionally as well as personally. The staff are given ample room to update and upgrade themselves through attending workshops, seminars, short courses which the organization can afford.

ECTC seeks to provide high quality services for which the staff are encouraged to attend such seminars and workshops each year.

Grief Workshop, ECTC	1 Day
Care for care givers,	1 Day
Advance Supervision Course, ECTC	3 Days
Financial Management, NMS	3 Days
Member Care Workshop, DAI	3 days



Partnership

BMS UK: Baptist Mission Society UK supports a part of ECTC's Church based Basic Counseling skills Training and Counselling work.

INF UK: International Nepal Fellowship – UK supports ECTC's Church based Basic Counseling skills Training and Counselling work.

SP Canada: Samaritan Purse Canada supports our children project and DCPT course.

Forum Weidenest: Supported General expenses and cover other funding gaps.

Plans for FY 2021/22

- Continue to **provide Professional Counselling and Pastoral Care** to people; *Focused groups will be People with depression and anxiety, women and girls who suffered sexual abuse, Clients who are suicidal and Traumas of Migrants.*
- **Counselling Supervision:** Development of Long-term plan for Supervision. Increase Supervision network and provide Supervision to counsellors. Develop Counselling and Supervision protocols.
- **Provide trainings** related to Counselling Topics: 4 weeks pastoral care and counselling training, Advance and Basic communication skills training, Short Courses in Specific topics like trauma, suicide prevention etc. and team building.
- **DCPT:** Run 12units of DCPT course for the 3rd batch of students.
- **Provide psychological support to Children** with Trauma and Promote psychological wellbeing of children through various programs at schools, safe homes/ children homes, churches etc.
- **Increase case identification and referrals** for severe MH cases.
- Find ways to **increase Internal and External Income.**
- **Widen the network/horizon** and work with local government organizations so that ECTC can reach out to the unreached areas of our community where there is dire need of counselling.

Challenges

The Year 2021/22 was very challenging for ECTC as a whole due to Covid 19 restrictions still on and a drastic transition that took place in the organization, the struggle was beyond normal!!!

Beside the COVID -19, 3rd outbreak, the transition of the old staff leaving and recruiting new team members in key positions was challenging as bold decision had to be taking at that crucial phase.

In-spite of several awareness and sensitization programs people are still reluctant to open up for their mental health issues. They still fear of getting stigmatized by the family and the society. People are yet to fully understand and accept the issues that people with mental illness face.

The biggest challenge is that the targeted clients are unable to pay the full fees for our services, therefore our regular internal income do not contribute to cover cost of ECTC. Therefore, we have to rely fully on generous support from Donors. Most of our grants are project specific and it is always a challenge to look for ways of income for additional costs.

Also one of our donor who was supporting us for many years will not be able to support ECTC from the coming year, we have a challenge to look for new donor who understands our area of work.

Finances

The total of two years is comparatively depicted as below:

Description	FY 2077/078	Pound (1£= NRP 149.06)	FY 2078/079	Pound (1£= NRP 149.06)
Internal/Local Income	3,25,198.00	2,181.66	16,15,046.00	10,834.87
Grant Received	63,07,376.00	42,314.34	88,91,963.00	59,653.58
Total Income	66,32,574.00	44,496.00	1,05,07,009.00	70,488.45
Opening Balance	6,59,949.00	4,427.41	(5,96,908.00)	-4,004.48
Total Funds Available	72,92,523.00	48,923.41	99,10,101.00	66,483.97
Expenditure	78,89,431.00	52,927.89	93,63,753.00	62,818.68
Closing Balance	(5,96,908.00)	(4,004.48)	5,46,348.00	3,665.29

Out of Total expenditure – 45.56% were in Staff salaries, 33.14% were Program cost, 6.63% were administrative cost & 3.79 % of expenditure were Tax & other costs.

L. L. Thapa & Associates

Registered Auditors,
Registration No. 3496
PAN 500059560

Lalitpur Metropolitan City-20
Natole, Patan, Lalitpur, Nepal
Tel. 977-1-5526372, 9851125273
e-mail: laxmilal_thapa@yahoo.com
thapalaxmilal@gmail.com

To the General Members,
Elijah Counselling & Training Centre,
Lalitpur, Nepal.

Date : 2079/06/05

Independent Auditor's Report on the Financial Statements of Elijah Counselling & Training Centre.

Opinion

We have audited the financial statements of Elijah Counselling & Training Centre (ECTC), which comprise the Statement of Financial Position as at Ashadh 32, 2079, and the Statement of Income, Statement of Changes in Funds and Statement of Cash Flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the ECTC as at Ashadh 32, 2079, and (of) its financial performance and its cash flows for the year then ended in accordance with Generally Accepted Accounting Practices.

Basis for Opinion

We conducted our audit in accordance with relevant practices. Our responsibilities under those practices are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Entity in accordance with the ICAN's *Handbook of Code of Ethics for Professional Accountants* together with the ethical requirements that are relevant to our audit of the financial statements in [jurisdiction], and we have fulfilled our other ethical responsibilities in accordance with these requirements and the ICAN's *Handbook of The Code of Ethics For Professional Accountants*. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Key Audit Matters

Key audit matters are those matters that, in our professional judgment, were of most significance in our audit of the financial statements of the current period. These matters were addressed in the context of our audit of the financial statements as a whole, and in forming our opinion thereon, and we do not provide a separate opinion on these matters.

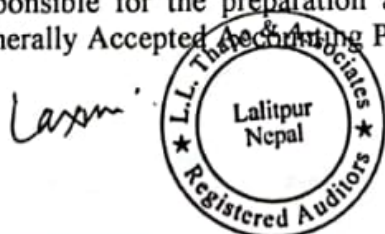
Other Information

Management is responsible for the other information. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information, and in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated.

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

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Generally Accepted Accounting Practices, and for such internal control as management



L. L. Thapa & Associates

Registered Auditors,
Registration No. 3496
PAN 500059560

Lalitpur Metropolitan City-20
Natole, Patan, Lalitpur, Nepal
Tel. 977-1-5526372, 9851125273
e-mail: laxmilal_thapa@yahoo.com
thapalaxmilal@gmail.com

- b) In our opinion the ECTC has kept proper books of account as required by law so far, as appears from our examinations of those Books.
- c) The financial statements are in agreement with the books of account.
- d) In our opinion and to the best of our information and according to the explanation given to us, the financial statement the said Statement of Financial Position, Income Statement and Cash Flow Statement, read together with the notes forming part of the accounts give the information required by the Act in the manner so required and give a true and fair view:
 - i. In the case of Statement of Financial Position of the state of affairs of the ECTC as at 32nd Ashadh, 2079; and
 - ii. In the case of Income Statement, of the results of operations of the ECTC for the year ended on 32nd Ashadh, 2079; and
 - iii. In the case of the Cash Flow Statement, of Cash inflow and outflow of ECTC for the year ended on that date.
- e) Neither we have come across any of the information about the misappropriation of fund by the executives or any of the representative or ECTC 's staffs during the course of our audit nor have we received any such information from the management.
- f) No accounting fraud has been observed during the course of our audit.

Laxmi Thapa

For L L Thapa & Associates,
Laxmi Lal Thapa,
Registered Auditors,
Lalitpur.
Date : 2079/06/05



UDIN Number:220921RA03710zKdB9

Elijah Counselling & Training Center (ECTC)
 Ekantakuna, Lalitpur, Nepal
 Fund Accountability Statement
 From 1st Shrawan, 2078 to 32 Ashad, 2079



Particulars	Current Year	Previous Year
Opening Balance of Fund:		
Cash in Hand	25,491	41,178
Balance at Bank (Standard Chartered Bank Nepal Ltd. - 01221225001)	211,643	222,257
Advances	59,831	3,000
Total	296,965	266,435
Fund Received:		
International Grants	11,252,644	6,307,376
Membership Fee	6,100	3,000
Local Donation	233,570	-
Income From Counselling	141,010	132,700
Income From Training	1,175,387	189,498
Other Income	58,979	-
Total Fund Received	12,867,691	6,632,574
A.Total Fund Available During the Year	13,164,656	6,899,008
Application of Funds:		
Staff Salary & Wages	4,767,384	3,562,805
Office Rent	612,984	883,608
Staff Capacity Building	21,385	-
Program Consultancy Fees	155,000	330,000
Awareness Program	-	276,645
Monitoring & Evaluation	-	16,793
Board Meeting	148,996	23,854
AGM Expenses	31,584	1,815
Staff Recreation	1,000	11,435
Training Program	134,353	118,569
Diploma in Counselling and Practical Theology (DCPT)	1,522,569	187,371
Community Based Psychological Program	178,575	402,648
Children's Project	170,839	68,623
Counselling and Supervision	160,322	56,803
Publication & Printing	64,183	7,876
COVID-19 Response Program	403,936	78,375
Printing & Stationery	12,405	18,640
Internet & Communication	82,772	67,076
Office Supplies	11,130	45,246
Travelling & Fuel	17,059	15,646
Utilities	47,449	79,655
Refreshment & Hospitality	64,495	1,800
Repari & Maintenance	98,136	95,503
Gift & Donation	116,005	-
Renewal & Registration	22,810	-
Tax Deposited	117,232	2,199
Bank Charges & Commission	379	2,200
Audit Fee	45,200	45,200
Income Tax Expenses	192,336	-
Purchase of Property, Plant & Equipment	345,998	175,750
Decrease in Accounts Payable	1,227,791	25,908
Total Application of Fund	10,774,307	6,602,043
Closing Balance of Fund (A-B)	2,390,349	296,965
Represented by Closing Balance of:		
Cash in Hand	56,115	25,491
Balance at Bank (Standard Chartered Bank Nepal Ltd. - 01221225001)	2,408,003	211,643
Advance & Receivables	11,950	59,831
Income Tax Payable	(85,719)	-
Total	2,390,349	296,965


 Isahak Rai
 Sr. Finance Officer


 Persis Palpasha Pradhan
 Programme Manager


 Indra Kumar Basnet
 Treasurer


 Mangal Man Maharjan
 Chairperson


 L. L. Thapa & Associates
 Registered Auditors



ECTC STAFF



PERSIS PALPASHA PRADHAN
Programme Manager



ISAHAK RAI
Finance & Admin Coordinator



SUJENDRA MALI
Training Coordinator



KHAGENDRA SHRESTHA
Academic Coordinator



SMRITI TAMANG
Senior Counsellor



SURAKSHYA GIRI
Children Project Officer



DHAN RAJ KUMAL
Academic Project Assistant



PABITRA BUDHAPRITI
Office Assistant

**ELIJAH COUNSELLING & TRAINING
CENTRE**

Mob. No. +97797-45615580

Tel. No. +97701-5190622

Email : info@ectcnepal.org

Website : www.ectcnepal.org

Address : Bagdol-04, Lalitpur

Redg. No. 3073/361