

2079 - 2080

ANNUAL REPORT

ELIJAH COUNSELLING AND TRAINING CENTRE

Carrying each other's burden



Elijah Counselling and Training Centre (ECTC) is a Nonprofit making organization, registered under the Social Welfare Council. ECTC has been working in the field of mental health since 2009. ECTC is engaged in delivering Psychosocial Counselling services and imparting training for strengthening human resources in the field of mental health. It is committed to high-quality Training and Counselling services, with the aim to build a community of psychologically and socially stable people, in all kinds of settings.

VISION

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

MISSION

- ✓ To strengthen high quality pastoral care and counselling in Nepal’s hospitals, schools and their surrounding communities.
- ✓ To work in partnership with local government bodies, health and educational institutions.

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...

Well done, ECTC!



Elijah Counselling and Training Centre grew out of a Nepali-German dream. On my travels to various Communities and Hospitals many requested a qualified Pastoral Care and Counselling training. Of the 23 persons I saw working fulltime in this area only two had any kind of professional training. Having brought these findings back to Kathmandu, counselling-experienced Nepali professionals were touched by this gap, formed a founder board and explored possible future work of ECTC. This resulted in our official start with registration on May 2009. For the following 14 years God just opened one door after another, and let us grow and grow and grow.

This did not go without difficulties: How often did we sit and worry about how to go on? Where to take the right staff from? Which areas to work in? Where to find the financial support? How to manage staff and clients ok? O ye of little faith! In spite of all worries, bit by bit, through thick and thin, ECTC developed into a very effective, stable organization, which today is well known by colleagues, Government and normal people all over Nepal for its high professional services in training and counselling. Having started with weeklong general counselling trainings, these developed into 4 weeks long ones. According to the need, short-term trainings in special topics like marriage, parenthood, stress, suicide and others were and still can be developed. Three batches of diploma course graduated. Within 1 week after the earthquake, we branched into trauma work. Later counselling with children was added and the highlight of this present year was no doubt our daily visits with inmates of Nakhu prison and a large range of awareness sessions within our local community of various backgrounds. I encourage everyone to closely read this report and judge ECTC for yourselves. And if you like what you read, then please continue or start your support in whichever way suits you! ☺

Having seen and been part of this development from day one has been a privilege for me. I poured my heart and abilities into this work, but in the end received so much more back than I gave! Special thanks to our board, who's members supported and strengthened us with their highly valued input at so many occasions throughout the years – many of you became our and my personal friends. A big „Thank you “from all my heart to our highly dedicated and very knowledgeable staff: it's been a joy to work closely with each of you, get to know you also on a personal level, and receive your love and appreciation. A sincere “thank you” also to all our stakeholders, partners, training recipients and supporting friends. None of today's ECTC have been possible without all of your inputs. And lastly, my deepfelt gratitude towards our God, who brought us here and surely also will guide us into the future – in Nepal and Germany.

I look back proudly and with joy onto these last 14 years of growth in ECTC and feel honoured to now officially pass on the baton into the very capable hands of our manager Persis Palpasha Pradhan and her team and am sure that all service will continue on a high level. The input ECTC has made on Nepal's Mental Health is significant. Thousands of people were touched, and many lives changed towards inner security, stability and joy. May your path continue effectively and may all you are in contact with be blessed richly.

Dr. Ingeborg Spittler

Founder ECTC Nepal

Greetings to all!

We are celebrating 14 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



As I reflect on the last fiscal year, it was an inspiring time of reviving, resetting, a moment for ECTC to respect the past and striving towards the vision. We as a team are excited about the new developments that has budded during our crisis phase last year. As we celebrate the 14th year of establishment and service, I am glad that ECTC has been playing a huge role in creating awareness, advocating on mental health, rendering selfless services to the people in need and in developing a cadre of counsellors. 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.



The rate of prevalence of symptoms of depression, anxiety and other mental health issues are alarming and this area is one of the less focused and discussed topics in the context of Nepal. We as a team are committed to work towards addressing such issues in a small way we can “*To see Nepali people living happy and emotionally and spiritually stable lives*”. I also want to acknowledge and thank our staff for their perseverance, dedication, and commitment towards ECTC

Persis Palpasha Pradhan

Programme Manager

ECTC, Nepal



PROJECT SNAPSHOTS

ELIJAH COUNSELLING & TRAINING CENTRE



The world is accepting the concept of universal health coverage.

Mental health must be an integral part of UHC. Nobody should be denied access to mental health care because she or he is poor or lives in a remote place.”

Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization

According to WHO, in recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the Sustainable Development Goals. Depression is one of the leading causes of disability. Suicide is the fourth leading cause of death among 15-29-year-olds. People with severe mental health conditions die prematurely – as much as two decades early – due to preventable physical conditions.

Despite progress in some countries, people with mental health conditions often experience severe human rights violations, discrimination, and stigma. Many mental health conditions can be effectively treated at relatively low cost, yet the gap between people needing care and those with access to care remains substantial. Effective treatment coverage remains extremely low. Quality mental health care refers to care that is safe, effective, timely, efficient, equitable and people-centred. This includes ensuring interventions and services are evidence-based and respect human rights.

ECTC works in line with SDG 3.4 and we strive towards enhancing access to the availability of quality Psychosocial Support (Counselling) services and medical assistance to people battling with mental health issues, by providing Psychosocial Counselling services, providing medical support to the underprivileged, raising awareness/ advocating to reduce stigma related to mental health for people dealing with mental health issues and imparting training for strengthening human resources in the field of mental health. ECTC works in partnership with various social and religious Organizations, Hospitals, Schools and colleges in order to build a holistically healthy community.

Therefore, creating a psychologically, emotionally, socially and spiritually healthy community.

This report underlines the past year’s challenges and achievements advanced through our staff’s dedicated work.

PSYCHOSOCIAL COUNSELLING PROGRAM



Mental Health Awareness for Bal Bikash Kendra teachers at Mahashakha, Lalitpur

In the last fiscal year (2029-2080) a total of 1494 people have directly benefitted from ECTC's various counselling-related programmes, such as individual and group counselling, regular Awareness info talk sessions, referral and treatment support, and Supervision work. Altogether 815 sessions/times services have been conducted for various programmes.

Over the last 12 months, overall counselling and pastoral care support for 161 individuals were provided and a total of 602 sessions have been conducted.

Prison counselling is a new area of achievement and development for ECTC. With a lot of apprehension and anticipation, along with a lot of preparation, ECTC officially started psychosocial support services at Nakhu jail, from the month of March 2023, and over the period of 4 until June 2023, **30 individuals** have benefitted from ECTC's individual counselling service, and in total **104 sessions** have been provided. Much to our surprise, every client that counsellors met changed both counsellors and inmates. The counsellor-client's encounters turned out to be a serendipitous space for knowing each other more genuinely and empathetically. With a hope of reaching out to more inmates to alleviate or ease their mental suffering and to promote a more empathetic environment, our counsellors along with other staff are planning for several other programs like Mental Health Awareness sessions, Group Counselling and Training programs. We believe our counselling services are already making a huge difference in the lives of inmates and we are now looking forward to starting our other programs in there soon.

S.N.	Activity	no. of direct beneficiaries
1.	Individual, group counselling and pastoral care support provided	161
2.	Awareness sessions in Mental health and counselling orientation programme	1198
3.	Supervision Programmes	112
4.	Referrals and Support for a treatment programme	23
Total		1494





Mental Health Awareness for Teachers and Parents

ECTC has been closely working with the local government and non-government bodies like **Bal Vikas Kendra (Community Child Development Centre)** of Lalitpur area, **Bagdole Bikas Samaj Sewa**, **communal youth forum Bagdole and other NGOs**. ECTC has conducted **34 Sessions** of Awareness and info-talk sessions, related to **Mental health and Counselling awareness** to different groups of people, and a total of **1198 individuals** have been made aware of mental health issues and counselling and other mental health services. More than **2000 people** have **indirectly benefitted** from the pamphlets and other means of awareness materials that have been distributed over the last 12 months.



World Mental Health Day 2022 was organised at Adharsheela College, Ekantakuna. Emphasising on the theme of the year *"Make mental health for all a global priority"*, ECTC conducted Mental Health fair for public where different stalls for different activities were put up. There were stalls for information, a hall where counsellors

were giving info talk on mental health to the people who were randomly dropping by, there was an area where people could express their mood, they could write an encouraging note to the person behind them, there was a face painting and photobooth as well. The campaign on mental health awareness had started since a week and all the nearby local communities were invited and conducted Mental Health Awareness sessions, as well as a huge number of Pamphlets, have been distributed to the people

from where more awareness has been raised. And also, more than 1500 pamphlets have been distributed the same day.

A total of **23 individuals** have benefitted from regular referral and treatment support, out of 23, 11 individuals have been provided regular medical treatment support (53 times), and also 12 individuals were referred for higher facility and treatment.

SUPERVISION AND BEYOND



Counselling supervision is a relatively new concept in Nepal. ECTC and Nirvana psychosocial Care Center and research institute are the only organizations that train supervisors here. Our two organizations have combined to form the Counselling Supervision Collective (CSC)

Over this year we have taught the Foundation Course and Module 1 on numerous occasions, once online and once a course in 2 places at once!

Each time a course runs we try to establish a new supervision group. ECTC has also continued to provide individual supervision, supervision groups and even occasional supervision for supervisors!

Supervision within ECTC

ECTC has also continued to provide individual supervision, supervision groups and even occasional supervision for supervisors! These supervision sessions are mostly in person, but we are also still providing supervision for the palliative care counselors at GPH online. We have also been able to welcome 3 participants from outside ECTC to our Kopila supervision group. In addition, we have formed a new group – Naya Dhoka which is specifically to supervise our ECTC counsellors who work with clients in Nakkhu Jail.



Advance Supervision Course

Feedbacks

Foundation courses

I liked the practical approach, being able to implement into the field. The steps and approach being easy to access'

"This course would really help other counsellors/psychologists in their future journey of supervision as it is simple, understandable and very informative.

I understand the basics and need of supervision for why it is essential for counsellors.

I highly interested to take a further supervision course.

'I will be open to supervising others – something I have resisted at times. I will have more support from new community'

Training of CSC trainers



'Having been a trainer being trained, I am able to see the models fitting into practice. Also, the supervision of supervision has ben very helpful. Being able to see how the theory fits into the practice during the supervision sessions has been a great asset for me as the growing supervisor and the practising psychotherapist...

EMDR training seminar

"Thank you, Jenny, and the ECTC counselling department for organizing such a knowledgeable and interactive session on EMDR and inviting such a resourceful trainer"



Nepalese Association of Clinical Psychologists

PASTORAL CARE AND COUNSELLING TRAINING PROGRAM



One of our primary objectives was to empower organization leaders, community leaders and Health workers with essential counseling skills and communication skills, enabling them to provide support and guidance to those in need.

Basic Pastoral Care and Counselling Skills Training:

We successfully trained 94 organization leaders in Basic Pastoral Care and Counselling Skills. These leaders now possess the knowledge and expertise required to assist their congregation members facing emotional and psychological challenges. This training equips them to provide a listening, empathy, and appropriate guidance to help mental and emotional well-being within their congregations.

Basic Counselling Skills (Community Leader Training):

Additionally, 19 community leaders representing various professions received training in Basic Counselling Skills. This various group of leaders has been equipped with the tools to contribute positively to the well-being of our community. Their ability to offer counseling support and guidance when needed strengthens the support network available to community members.



Basic Communication Skills (Training of Hospital):

Effective communication is key factor in healthcare settings, and in this fiscal year, we prioritized training healthcare professionals, staff and counselors in Basic Communication Skills.

We successfully provided training to 54 hospital health workers, staff and counsellors in Basic Communication Skills. Effective communication is crucial for healthcare professionals to interact empathetically with patients, their families, and colleagues. Improved communication skills among healthcare workers can enhance patient satisfaction, facilitate better doctor-patient relationships, and ultimately lead to more effective healthcare delivery.

Team Building:

In this fiscal year, we conducted 2 team-building sessions for 41 individuals (Hospital health workers, Staffs and Counselors). These sessions aimed to strengthen their ability to work harmoniously and efficiently as a team, ultimately benefiting patient care and overall healthcare outcomes. Team building is crucial in healthcare settings to improve coordination, enhance problem-solving abilities, and promote a supportive work environment. Through our activities, participants developed a deeper understanding of their roles within their teams and learned how to leverage each other's strengths for the benefit of their patients.



DIPLOMA IN COUNSELLING AND PERSONAL TRANSFORMATION



With great joy and sense of accomplishments, we are proud to announce the completion of theoretical and practical part of 3rd Batch DCPT program (formerly known as DPHM). We were able to conduct the 12th Unit of training from June 26 – July 13, 2023 and organize the mini-graduation ceremony on July 14, 2023.

Looking back, the road to the completion (from the very beginning) of this batch was rough, tough and bumpy in terms of the external and internal challenges we had to go through during the past three years. The worldwide pandemic, almost everyone catching Covid, broken wrist, leg, and tendons, multiple surgeries, sicknesses and hospitalizations were not easy at all. These shook us to the core in various occasions. But then the resilience and coping mechanism it developed within each one of us was solid and remarkable, most importantly the incredible lessons that will last for life. We learnt to be patient, kind, and learnt to trust in the goodness and Sovereignty of our maker. We can say, we are certainly better and wiser than before.

This past year, we had the privilege to introduce OJT under DCPT course first time ever. We are very proud and thankful to announce it as a great success with regards to the goal and objective we had. Each Student fulfill not only fulfilled the given requirements but also gained incredible experiences and discovered psycho-socio-cultural issues and challenges that has greatly impacted the present-day Nepalese society by and large. OJT served as an eye opener for most of the students and the respective hospitals they were appointed to.

Introducing Palliative Care and counselling to our students with an experience to counselling the terminally ill patients and their care-givers was another life changing experience. Providing Palliative care and counselling is still a widely **misunderstood, neglected and distant idea** for our society even for the health professionals. Therefore, understanding Palliative Care services, honing the skill and commitment to counsel the terminally ill and their family is a special contribution one can make towards the nation and society. We are glad that DCPT students are aware, equipped and committed to Palliative Care and counselling.

Broken marriage and marital problem are one of the phenomena that has been one of the major problems that our society is fighting against in the recent years. Keeping this in mind, we invited a seasoned marriage counsellor to train our students for marital counselling as well. Marriage counselling class gave our students an opportunity to see and understand the marriage from a different point of view. Our students are now prepared to help strengthen the married couples with marital problems.

In the fiscal year 2022/23 we had one OJT, two practical and two theoretical Units conducted in Pokhara and Lamjung, Tansen and Kathmandu respectively. The total number **beneficiaries** who received counselling services from our students during the practical and OJT are **1,724** (One thousand seven hundred and twenty-four). Of the total beneficiaries 785 were counseled during OJT (Pokhara and Lamjung) and 939 were counseled during Unit 9 and 11 in United Mission Hospital Tansen. The beneficiaries include patients, their care-givers or family members and hospital staff.



PSYCHOSOCIAL SUPPORT FOR CHILDREN



We are pleased to report that the number of direct beneficiaries in this fiscal year surpassed all the previous records, with around 1174 children directly benefiting and around 1091 indirectly from our programs and services. This achievement reflects our commitment to reaching a wider range client and making a positive difference in the lives of children and their families.



Emotional awareness camp at Sundar Dhoka Sathi Sewa



Camp outing with the children and their parents

Key achievement

All major activities under the Children Project were successfully executed and accomplished this year. Among the notable achievements, the parenting sessions, development and printing of a new book, and expanded programs in churches were significant milestones. One of the highlights of this annual's endeavors was the parenting sessions, which provided valuable guidance and support to parents. Additionally, a new book was published and printed, addressing important themes relevant to children's well-being. Furthermore, an increased number of programs were conducted in churches and other community halls, allowing for broader community engagement and impact.

School Awareness Program: different topics, which includes Stress management, Sexual abuse awareness, good touch and bad touch, Trauma, Teenage, puberty, love and marriage.

Emotional Awareness Program: This program has helped children to recognize, understand, and effectively manage one's own emotions and the emotions of others. It involves being in touch with one's feelings, identifying the emotions as they arise, and understanding how those emotions influence thoughts, behaviors, and decision-making.

Therapeutic Camp: The grief camp conducted 3-4 times every year is a therapeutic camp that is targeted to the children who have been grieving for short or longer term, to help them process and support in the process of healing. Children and their parents, participated in the grief camps, providing an opportunity for healing and strengthening family relationships.

Therapeutic Book: A new Nepali book addressing the theme of bullying was developed and printed, with over 130 copies distributed to churches and camp participants. The book served as a valuable resource to raise awareness and promote positive behavior among children.

Parenting Session: Multiple parenting sessions were conducted with parents and teachers. Four sessions, each lasting two hours, were held at various community child development centers. Additionally, an eight-session ICDP caregiver training was provided to a church mothers' group, emphasizing practical skills.

Children's Fun Day Celebration: A follow-up event was organized to celebrate and engage with the children after the camp, fostering a sense of joy and connection.

Individual Counselling Sessions: 12 children and adolescents received much-needed support through individual counseling sessions, addressing their specific needs and concerns.

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.

Sharpening Your Interpersonal skills, DAI	3 Day
ICDP Facilitator training, ECEC (6 months)	9 Day
Advance Supervision Course, ECTC	3 Days
Introduction to EMDR , ECTC	1 Day
Finance management, NMS	3 Days
Trauma Care Training, FTO	3Days
Training on Adolescent counselling, CRIN	3 Days
Mental Health and Gender based violence ToT, ECEC	3 Days
PG in Counselling Psychology, CCC Vellore	8 Weeks
PG Diploma in Counselling psychology, TU	1 Year
International Conference on Child and Adolescent mental health, CMC	2 Days
Safeguarding workshop on PSEA	3 Days

Partnership

- BMS UK: Baptist Mission Society UK supports a ECTC's Basic Counseling skills Training and Psychosocial support work (for charity client).
- INF Australia: International Nepal Fellowship – Australia supports a part of ECTC's Basic Counseling skills Training and Counselling work.
- SP Canada: Samaritan Purse Canada supports our children project and DCPT course.

Plans for FY 2023/24

- Strengthen and expand the network with the local government organizations and reach out to the unreached areas of our community where there is dire need of counselling awareness.
- Ensure delivery of quality psychosocial support to the inmates at Nakhu jail and expand it to the other prisons as well.
- Continue to provide Professional Counselling and Pastoral Care to people; *Focused groups will be People with depression and anxiety, individuals who suffered sexual abuse, Clients who are suicidal and Traumas of Migrants.*
- *Start sensory garden which is one of the components of eco or green therapy that will aid in counselling. This therapy expand and remedy the emotional connection between humans and nature, treating people psychologically by bringing them spiritually closer to nature.*
- 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.
- Run 10units of DCPT course for the 4th 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 and neighboring communities.
- Increase case identification and referrals for severe Mental Health cases.
- Find ways to increase Internal and External Income.

Challenges

The Year 2022/23 was a blessing for ECTC though we had constrained of funds and uncertainty for the next fiscal year. We still are uncertain and are looking for new supporters yet we rejoice in the new doors that have opened.

ECTC broke all the records of previous years in terms of reaching out to the people through awareness sessions, training programs and children programs in spite of less number of staff in each department.

One of the challenges 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 2078/079	Pound (1£= NPR. 149.06)	FY 2079/080	Pound (1£= NPR.162.27)
Internal/Local Income	16,15,046.00	10,834.87	13,14,919.00	8,103.28
Grant Received	1,12,52,644.00	75,490.70	86,21,367.00	53,129.77
Total Income	128,67,690.00	86,325.57	99,36,286.00	61,233.04
Opening Balance	(5,96,908.00)	(4,004.48)	29,07,029.00	17,914.77
Total Funds Available	1,22,70,782.00	82,321.09	1,28,43,315.00	79,147.81
Expenditure	93,63,505.00	55,385.69	99,36,286.00	61,233.04
Closing Balance	29,07,029.00	19505.41	29,07,029.00	17,914.77

Out of Total expenditure -56.05% were in Staff salaries, 35.61% were Program cost, 6.80% were administrative cost & 1.55 % of expenditure were Depreciation & other costs.



**ASHISH &
ASSOCIATES**
Chartered Accountants

INDEPENDENT AUDITOR'S REPORT

To
The Board of Trustees,
Elijah Counselling & Training Center,
Lalitpur, Nepal.

Opinion on Financial Statement

We have audited the financial statements of **Elijah Counselling & Training Center** (the organisation), which comprise the Statement of Financial Position as of Ashad 31st, 2080, and the Income and Expenditure Account, Statement of Changes in Reserve and Statement of Cash Flow 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, read together with the notes to accounts gives a true and fair view, in all material respects of the financial position of the organisation, as of Ashad 31st, 2080, and financial performance and cash flow statement for the year ended in accordance with Nepal Generally Accepted Accounting Principle and other applicable laws.

Basis for Opinion

We conducted our audit in accordance with Nepal Standards on Auditing (NSAs). 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 organisation in accordance with the ethical requirements that are relevant to our audit of the financial statements in Nepal, and we have fulfilled our other responsibilities in accordance with these requirements. 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 and fair presentation of these financial statements in accordance with Nepal Accounting Standards and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the organisation'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 organisation or to cease operations, or has no realistic alternative but to do so.

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

Auditor's 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 NSAs 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.

**For Ashish & Associates
Chartered Accountants**



Ashish Paudel
Principal

Place: Lalitpur, Nepal
Date: Ashwin 08, 2080
UDIN: 230926CA016481WvaJ

Elijah Counselling & Training Center (ECTC)
Lalitpur, Nepal


Statement of Financial Position
As at 32nd Ashadh 2080 (16 July 2023)

Particulars	Note	Current year	Previous year
<i>Figures in NPR</i>			
ASSETS			
(1) Non current Assets			
Property, Plant and Equipment	4	469,466	623,049
Total Non-Current Assets		469,466	623,049
(2) Current Assets			
Advances & Deposits	5	354,740	11,950
Cash and cash equivalents	6	4,628,553	2,464,118
Total Current Assets		4,983,293	2,476,068
Total Assets		5,452,759	3,099,118
LIABILITIES & RESERVES			
(1) Funds & Reserve			
Restricted Fund	7A	2,360,681	2,360,681
Unrestricted Fund	7B	76,883	546,348
Designated Fund	7C	469,466	
Total Accumulated Reserves		2,907,029	2,907,029
(3) Current Liabilities			
Deferred Revenue	8A	2,493,269	-
Account Payable	8B	52,460	192,088
Total Current Liabilities		2,545,729	192,088
Total Liabilities		2,545,729	192,088
Total Liabilities & Reserves		5,452,759	3,099,118

The accompanying notes to accounts forms the integral part of financial statements.

For and on the behalf of
Elijah Counselling & Training Center


Ishak Rai
Sr. Finance Officer


Indra Kumar Basnet
Treasurer




Persis Palpasha Pradhan
Program Manager


Mangalman Maharjan
Chairperson

As per our attached report of even date
For Ashish & Associates
Chartered Accountants



CA Ashish Paudel
Principal

Date : 02 Asoj 2080
Place : Lalitpur

Elijah Counselling & Training Center (ECTC)
Lalitpur, Nepal

Statement of Income and Expenditure
For the year ended 32nd Ashad 2080 (16 July 2023)

Particulars	Note	Figures in NPR	
		Current year	Previous year
INCOME			
Incoming Resources	9	9,936,286	10,448,030
Other Income	10	-	58,979
Total Income		9,936,286	10,507,009
EXPENDITURE			
Program & Training Expenses	11	3,537,892	3,482,081
Staff Cost	12	5,569,526	4,786,644
General Administration Expenditure	13	675,284	696,564
Depreciation	4	153,584	206,128
Total Expenditure		9,936,286	9,171,417
Net Surplus / (Deficit) before Taxation		-	1,335,593
Income Tax Expenses		-	184,671
Fine & Interest		-	7,665
SURPLUS/(DEFICIT) FOR THE YEAR		-	1,143,256

The accompanying notes to accounts forms the integral part of financial statements.

For and on the behalf of
Elijah Counselling & Training Center

As per our attached report of even date
For Ashish & Associates
Chartered Accountants


Kshak Rai
Sr. Finance Officer


Persis Palpasha Pradhan
Program Manager


CA Ashish Paudel
Principal


Indra Kumar Basnet
Treasurer


ELIJAH COUNSELLING & TRAINING CENTRE


Mangalman Maharjan
Chairperson

Date : 02 Asoj 2080
Place : Lalitpur


Elijah Counselling & Training Center (ECTC)
Lalitpur, Nepal

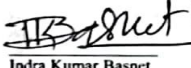
Statement of Changes in Reserves & Funds
For the year ended 32nd Ashad 2080 (16 July 2023)


Particulars	Figures in NPR				
	Restricted Fund	Capital Asset Fund	Unrestricted Funds	Results for the Year	Total
Balance at 1 Shrawan 2078			(596,908)	-	(596,908)
Result for the Year	-	-	-	1,143,256	1,143,256
Additional funds received to Restricted Funds	11,252,644	-	-	-	11,252,644
Transfer to Restricted Income	(8,891,963)	-	-	-	(8,891,963)
Allocation of Results to Unrestricted Funds	-	-	1,143,256	(1,143,256)	-
Balance at 1 Shrawan 2079	2,360,681	-	546,348	-	2,907,029
Result for the Year	-	-	-	-	-
Allocation of Surplus to Restricted Funds	-	-	-	-	-
Allocation of Results to Designated Funds	-	-	-	-	-
Allocation of Results to Unrestricted Funds	-	-	-	-	-
Creation of Fund	-	469,466	(469,466)	-	-
Balance at 31 Ashad 2080	2,360,681	469,466	76,883	-	2,907,029

The accompanying notes to account forms the integral part of the financial statements.

For and on the behalf of
Elijah Counselling & Training Center


Isak Rai
Sr. Finance Officer


Indra Kumar Basnet
Treasurer


ELIJAH COUNSELLING & TRAINING CENTRE


Persis Palpasha Pradhan
Program Manager


Mangalman Maharjan
Chairperson

As per our attached report of even date
For Ashish & Associates
Chartered Accountants


CA Ashish Paudel
Principal



Date : 02 Asoj 2080
Place : Lalitpur

Elijah Counselling & Training Center (ECTC)
Lalitpur, Nepal

Cash Flow Statement
For the year ended 32nd Ashadh, 2080 (16 July 2023)


Particulars	Current Year	Previous Year
A. CASH FLOWS FROM OPERATING ACTIVITIES		
Surplus/(deficit) for the year (before tax)	-	1,143,256
<i>Adjustments to reconcile surplus/(deficit) to net cash flows:</i>		
Non Cash Items:		
Depreciation and impairment of property, plant and equipment	153,584.40	206,128
Gains from disposal of fixed assets	-	-
Working Capital Adjustment:		
(Increase) / decrease in Advances and Deposits	(342,790)	47,881
Increase / (decrease) in Current liabilities	2,353,641	(1,184,965)
	-	2,360,681
Net Cash Flow from Operating Activities	2,164,435	2,572,981
B. CASH FLOWS FROM INVESTING ACTIVITIES		
Purchase of Property, Plant and Equipment	-	(345,998)
Proceeds from disposal of PPE	-	-
Net Cash Flow from Investing Activities	-	(345,998)
C. CASH FLOWS FROM FINANCING ACTIVITIES		
Changes in fund	-	-
Net Cash Flow from Financing Activities	-	-
Net Cash Increase/(Decrease) during the Year (A+B+C)	2,164,435	2,226,983
Add: Opening Cash & Cash Equivalent	2,464,118	237,134
Closing Cash & Cash Equivalent	4,628,553	2,464,118

The accompanying notes to accounts forms the integral part of financial statements.

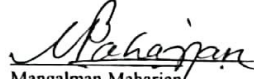
For and on the behalf of
Elijah Counselling & Training Center


Isahak Rai
Sr. Finance Officer




Indra Kumar Basnet
Treasurer


Persis Palpasha Pradhan
Program Manager


Mangalman Maharjan
Chairperson

As per our attached report of even date
For Ashish & Associates
Chartered Accountants



CA Ashish Paudel
Principal

Date : 02 Asoj 2080
Place : Lalitpur

Elijah Counselling & Training Center (ECTC)

Notes to the financial statements for the year ended 31st Ashad 2080

Figures in NPR

1. General Information

Elijah Counselling & Training Center (ECTC) is a not-for-profit organization officially registered at the District Administration Office, Lalitpur Ref. No. 3073/361 on 27/01/2067. It is affiliated with the Social Welfare Council via Ref. No. 30513 on 03/05/2067.

This financial statement and notes thereto pertain to the period of a year beginning on 1st Shrawan 2079 and ending on 31st Ashad 2080.

The accompanying financial statements have been approved by the board of Elijah Counselling & Training Center (ECTC). The management acknowledges its responsibility of preparation of financial statements.

2. Preparation & Presentation of Financial Statement

2.1 Basis of Preparation

The financial statements have been prepared in accordance with the Nepal Generally Accepted Accounting Principle to the extent relevant. Except for certain activities that will conclude on the realization of their relevant activities in accordance with the relevant terms of reference, the financial statements have been prepared on going concern basis. The accounting policies are applied consistently to all the periods presented in the financial statements. All assets and liabilities have been classified as current or non-current as per the Elijah Counselling & Training Center (ECTC)'s normal operating cycle. Based on the nature of activities and the time between acquisition of assets for processing and their realization in cash and cash equivalents, the Elijah Counselling & Training Center (ECTC) has ascertained its operating cycle as 12 months for the purpose of current or non-current classification of assets and liabilities.

The financial statements are presented in Nepal Rupees (NRS.), which is the organization's functional and presentation currency. For the purpose presentation, all the financial information presented in Rupees have been rounded to the nearest rupee except when otherwise indicated.

2.2 Significant Accounting Policies

a. Property, plant and equipment (PPE) and Depreciation

All items of property, plant and equipment are initially recorded at cost. Subsequent to the initial recognition of an asset, property plant and equipment are carried at cost less any subsequent depreciation. Subsequent expenditure is capitalized only when it increases the future economic benefits embodied in the item of property and equipment. All other expenditures is recognized in the Statement of Income & Expenditure as an expenses as incurred.

The annual rates of depreciation currently being used by Elijah Counselling & Training Center (ECTC).

Assets	Rate pa
Motor Vehicles	20%
Computer Equipment	25%
Office Equipment	25%
Furniture and Fittings	25%
Building	5%

b. Cash and Cash Equivalents

Elijah Counselling & Training Center (ECTC) considers and classifies cash in hand, and bank deposits with an original maturity of three months or less under the category of Cash and cash equivalents.

Elijah Counselling & Training Center (ECTC)
Lalitpur, Nepal

Notes forming part of the financial statements for the year ended 31st Ashadh 2080

Figures in NPR

Particulars	Rate/Life	Original Cost as at the beginning of CFY	Addition during the year			Deduction during the year	Original Cost at the end of CFY	Accumulated Depreciation till last year	Depreciation Base	Depreciation for the year	Total Accumulated Dep at end of CFY	Net Block as at the end of CFY
			Lipio Poush	Lipio Chaitra	Lipio Ashad							
Pool 'B': Furniture & Office Equipments	25%											
Furniture & Fixtures		247,021	-	-	-	-	247,021	122,653	124,368	31,092	153,745	93,276
Office Equipments		825,198	-	-	-	-	825,198	364,540	460,658	115,165	479,705	345,944
Musical Instruments		2,403	-	-	-	-	2,403	1,389	1,014	254	1,643	761
Library Books		7,973	-	-	-	-	7,973	4,609	3,364	841	5,450	2,523
Pool 'C': Vehicle & Accessories	20%											
Pool 'D': Kitchen Utensils	15%	18,299	-	-	-	-	18,299	8,383	9,916	1,487	9,870	8,129
Pool 'E': Intangible Assets	5 years	39,550	-	-	-	-	39,550	15,820	23,730	4,746	20,566	18,984
Tally Software												
Total		1,140,444	-	-	-	-	1,140,444	517,394	623,050	153,594	670,978	469,466
Previous Year		794,447	345,998	-	-	-	1,140,445	311,267	829,178	206,138	517,295	623,049



Signature

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ECTC
ELIJAH COUNSELLING & TRAINING CENTRE

Elijah Counselling & Training Center (ECTC)
Lalitpur, Nepal

Notes forming part of the financial statements for the year ended 31st Ashadh 2080

Figures in NPR

Note no: 5
Advances & Deposits

Particulars	Current Year	Previous Year
Staff Advance	268,240	8,087
TDS Receivable	82,119	-
Deposits	4,381	3,863
	354,740	11,950

Note no: 6
Cash and Cash equivalent

Particulars	Current Year	Previous Year
Cash in Hand	129,273	56,115
Cash at Bank	4,499,281	2,408,003
	4,628,553	2,464,118

Note no: 7A
Restricted Funds

Particulars	Current Year	Previous Year
Balance at the beginning of the year	2,360,681	-
Addition during the year	-	-
Funds Received during the year	-	11,252,644
Less: Transfer to Income During the year	-	(8,891,963)
Balance at the end of the period	2,360,681	2,360,681

Note no: 7B
Unrestricted Funds

Particulars	Current Year	Previous Year
Balance at the beginning of the year	546,348	(596,908)
Creation of Capital Asset Fund	(469,466)	-
Unrestricted Surplus / Deficit in operation activities	-	1,143,256
Balance at the end of the period	76,883	546,348



ECTC
ELIJAH COUNSELLING & TRAINING CENTRE



Ashish & Associates
Lalitpur
Nepal
Chartered Accountants



Elijah Counselling & Training Center (ECTC)
Lalitpur, Nepal

Notes forming part of the financial statements for the year ended 31st Ashadh 2080

Figures in NPR

Note no: 7C
Designated Fund-Capital Asset Fund

Particulars	Current Year	Previous Year
Addition during the year	469,466	-
	469,466	-

Note no: 8A
Unspent Grant

Particulars	Current Year	Previous Year
Deferred Revenue	2,493,269	-
	2,493,269	-

Note no: 8B
Account Payables

Particulars	Current Year	Previous Year
TDS Payable on Audit Fee	645	-
TDS Payable on Consultancy Fee	2,506	2,509
Income Tax Payable	-	85,719
Social Security Fund (SSF)	-	17,053
Sundry Creditors	1,364	-
Office Rent Payable	-	40,000
Salary Payable	-	2,207
Audit Fee Payable	47,945	44,600
	52,460	192,088

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Panis Basnet

U. Bahajan



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Elijah Counselling & Training Center (ECTC)

Lalitpur, Nepal

Notes forming part of the financial statements for the year ended 31st Ashadh 2080

Figures in NPR

Note no: 9

Incoming Resources

Particulars	Current Year	Previous year
International Grant Income	8,621,367	8,891,963
Income from Counseling	127,169	141,010
Income from Training	1,183,050	1,175,387
Local Donation	-	233,570
Membership Fees	4,700	6,100
	9,936,286	10,448,030

Note no: 10

Other Income

Particulars	Current Year	Previous year
Other Income	-	58,979
	-	58,979

Note no: 11

Program & Training Expense

Particulars	Current Year	Previous year
Program Section		
Program Office Rent	266,666	486,830
Staff Capacity Building	414,158	21,385
Program Consultancy Fees	-	155,000
Program Monitoring & Approval Fees - SWC	371,193	-
Monitoring & Evaluation	14,000	-
Staff Recreation	27,761	1,000
Meeting Expenses	86,867	180,580
Total Program section expenses (A)	1,180,645	844,795

Training & Counselling Section:

Particulars	Current Year	Previous year
Training Program	418,999	134,353
Children's Project	352,690	170,839
Counselling & Supervision	314,314	160,322
Diploma In Counselling And Practical Training	1,253,574	1,525,078
Publication & Printing	-	64,183
Community Based Psychological Program	-	178,575
COVID - 19 Response Program	17,670	403,936
Total Training & Counselling Section (B)	2,357,247	2,637,286
	3,537,892	3,482,081

Total (A+B)




Elijah Counselling & Training Center (ECTC)

Lalitpur, Nepal

Notes forming part of the financial statements for the year ended 31st Ashadh 2080

Figures in NPR

Note no: 12

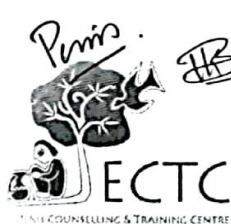
Project Staff Salary & Benefits

Particulars	Current Year	Previous year
Administrative Staff Cost		
Staff Salary & Benefits - Administration	1,134,003	618,429
Program Staff Cost		
Staff Salary & Benefits - Programme Manager	757,747	1,061,654
Staff Salary & Benefits - Children's Project	791,737	528,862
Staff Salary & Benefits - Counselling & Supervision	849,170	927,562
Staff Salary & Benefits - DCPT	1,242,512	875,376
Staff Salaries & Benefits - Training Program	794,357	774,760
	5,569,526	4,786,644

Note no: 13

General Administration Expenditure

Particulars	Current Year	Previous Year
Office Rent	266,666	166,154
Advertisement	-	7,034
Audit Fees	52,090	45,200
Postage & Courier	-	100
Bank Charge & Commission	2,058	379
Office Supplies	61,987	11,130
Travelling & Fuel	27,998	17,059
Utilities	-	47,449
Electricity	28,269	-
House Shifting & Setup	-	116,005
Repairs & maintenance	21,795	98,136
Printing & Stationery	24,055	12,405
Refreshment & Hospitality	10,570	64,495
Renewal & Registration Org.	25,630	22,810
Duty & Taxes	14,913	5,436
Staff Development	55,391	-
Internet & Communication	43,954	82,772
Waste Management	2,400	-
Water Expenses	15,750	-
Subscription	21,731	-
Miscellaneous	27	-
	675,284	696,564



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ECTC STAFF



PERSIS PALPASHA PRADHAN
Programme Manager



KHAGENDRA SHRESTHA
Academic Coordinator



ISAHAK RAI
Finance & Admin Coordinator



SUJENDRA MALI
Training Coordinator



SMRITI TAMANG
Senior Counsellor



SURAKSHYA GIRI
Children Project Officer



DHAN RAJ KUMAL
Academic Project Assistant



PRISKEELA TIWARI
Project Officer



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