



# ANNUAL REPORT 2080-2081

**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...

### Irmgard's Letter

It is an honour to present you with the ECTC Annual Report of 2023-2024. Also, during this last year, we saw God once again working and leading us. Thanks and praise be to him! Yet we would also like to thank you for your continued prayers and support.

This year was full of a mix of uncertainty, adventures and wonderful experiences. Due to unexpected circumstances, we lost two of our staff and had to reduce some of our services. Yet other services increased! A special thanks here to our remaining staff who continued their service with dedication. For example, we are very glad that our input in the prison local prison is now firmly established. Several information events could be organized for people of a wide range of backgrounds. In addition, we were able to offer training to organisations, communities and individuals and thus equip them to give psychological help on the ground. These were longer and shorter trainings, ranging from general conversation and counselling to specific topics like trauma, suicide prevention, communication skills training, etc.

Similarly, our children's service increased immensely: ECTC was involved in 3 government schools, children's homes, and schools with guidance to teachers, students and parents. We experienced great joy by receiving the CTEVT accreditation for our diploma course students as psychosocial counsellors. And are glad that our fourth batch began their course with units 1 and 2 during this past year. Last but not least we were also able to continue counselling affected persons on a one-to-one basis. A special thanks also to our administrative staff who kept us running on track. This is also reflected in the smooth procedure of our registration renewal application. A number of donors also played an important role in supporting ECTC's work. Please find more details in this report.

In the new year, we anticipate continuous blessings. ECTC hopes to spread its wings further and plans to carry on its activities with the addition of new staff. We pray that God will give us the right person(s). Through them, we also aim to increase some of our services, i.e. establish direct children counselling in some of the local schools and children's homes, and revive our community project.

Finally, I would like to express my heartfelt gratitude to our donors, board members, general members, staff, advisors and all who lift us in prayers and make our work possible. And sincere thanks to God for His amazing love and faithfulness. May all our work bring Him glory. Please keep praying!

Yours sincerely,



*Dr. Irmgard Spittler*

**Founder ECTC**

Greetings to all!

We are celebrating 15 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 counselling. ECTC has been also conducting counsellor's 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 their betterment. Healthy people develop a healthy society and healthy country. Our ECTC staff are working hard. Keep it up ECTC staff for this good work. I am happy and thankful to ECTC staff.

***Dr. Mangal Man Maharjan*** Chairman,  
***ECTC Board***



As it is said 'there is a season for everything', ECTC has gone through all kinds of phases rough, pleasant and sometimes both at the same time. As I reflect on the last fiscal year, it was a challenging phase throughout as many things were uncertain mainly for funding, and retaining the staff after a long-term project was phasing out. Despite all these challenges we as a team could come up with numerous ideas and could reach out to numerous people in need.

As we strive towards the vision, we as a team are excited about the new developments that have budded during our crisis phase last year. As we celebrate the 15<sup>th</sup> year of establishment and service, we would like to thank our General members, Board members, donors, partners and well-wishers for your everlasting support. I am glad that through all of your support, ECTC has been playing a huge role in creating awareness, advocating mental health, rendering selfless services to people in need and developing a cadre of counsellors. I am glad that, standing by the motto "carrying each other's burden" the organization has been reaching out to thousands of people and many more to go. We as a team are committed to working 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***  
***Executive Director***  
***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



ECTC has delivered impactful counselling services and raised awareness of crucial issues affecting our community. The Counselling and Awareness Programme was initiated to address the mental health needs of our community and promote awareness of various mental health-related issues. The program aimed to provide counselling support to individuals facing emotional challenges and enhance community knowledge on common mental health issues through awareness programs.

Simultaneously, we established partnerships and worked collaboratively with local communities and churches, organizations, homes and hostels, and schools, and helped integrate mental health awareness and support systems within these groups of people and around them. This included conducting awareness programs for leaders, teachers, parents, and staff members, enabling them to recognize signs of distress among group members and provide appropriate support and referrals.

During this period, a total of **616** people have directly benefitted from ECTC's various counseling-related programs, such as individual counselling, regular Awareness info talk sessions, referral and treatment support, and Supervision work. Over the year, overall counselling and pastoral care support for 81 individuals were given and a total of 230 sessions have been provided. A total of 16 individuals have benefitted from regular referral and treatment support, out of that 15 individuals have been provided regular medical treatment support (39 times), and also 6 individuals were referred for higher facility and treatment. As ECTC has been actively serving through supervision work, altogether, 35 counsellors and psychologists have directly benefitted from the individual, and group supervision, and training courses as part of the work of supervision including ECTC's counsellors. And, ECTC was able to conduct 11 Sessions of Awareness and info-talk sessions, related to Mental health and Counselling awareness to different groups of people, and a total of 465 individuals have been made aware of mental health issues and counselling and other mental health services. And more than five hundred people have been indirectly benefitting from the



pamphlets and other means of awareness materials. The journey of the prison counselling program continues with further expansion of counselling services to address emerging mental health challenges within the prison population. And over the reporting period, 39 individuals have benefitted from ECTC's counselling service. Most of the inmates have experienced deep traumatic events, depression, anxiety, severe mental illness such as schizophrenia, etc., which makes it vital for them to get proper mental health support needs of inmates. The counselling services positively impacted inmate mental health, with reported improvements in coping mechanisms and emotional well-being. Training provided to Jail Naike enhanced their skills in recognizing and responding to mental health challenges among inmates.

**David said...“Ma’am, there are lot of people inside who need help and are very sick, very poor, very smelly and all kinds of people lives inside who needs help. Nobody wants to approach to such person, but after coming to the counselling I have understood that talking to people, praying for them, just being by there side can help someone heal. Therefore, I have started doing so what you have done to me.”-**

*David is in his early 30s, was imprisoned due to the firing of his own sister's house. He was working in the same house. Later he was suspected to be a schizophrenic and was under Psychiatric medication. He is originally from far west Nepal and was temporarily working in the valley with his sister's family. He was happily married and have a young child, and his family lives back in the village.*

*When the counsellor first met David for counselling in the prison, he was not diagnosed, and neither under any medication during that time. The first Assessment session was a bit miserable as his condition was very abnormal and had poor concentration and attention. He could not speak properly therefore counsellor referred him to a psychiatrist and asked him to come for counselling after he gets ready and stable. After 4 months David came back for counselling with great gratitude for recommending for a doctor visit, to see a big surprise that he was functioning really well. He has been on regular medication since then and was more stable, but had some emotional and psychological issues to talk about.*

*David was out of touch with family members, and badly missing them for long time... and he was clueless as he did not have any contact details neither he can use his cell phone there, no any ways were as easy as he thought but after counsellor exploring with various ideas that had 80% of chances meeting his family. In the next session, David was overjoyed to finally be able to speak with his family after more than a year and to share how those ways of learning about them had worked. He was expressing gratitude immensely with tears...that was very emotional but so happy moment to witness! David also expressed his inner feelings towards people, religion, culture etc. and to a surprise he was a believer and attends prison fellowship inside the prison. As the counsellor also expressed that they share the same faith, he then started about how it helps him to cope and have faith in the Lord. He again expressed how this counselling has been helping him to heal deep inside and said what would have happened if he wasn't there in counselling... !*

*Working with David, not only changed him, but the counsellor also experienced a huge difference, that she got into tears...with gratefulness towards God and towards the work of Counselling. David said- “Ma’am, there are lot of people inside who needs help and are very sick, very poor...but after coming to the counselling...praying for them... can help someone heal. Therefore,...doing so what you have done to me.”*

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 **11 Sessions** of Awareness and info-talk sessions, related to **Mental health and Counselling awareness** to different groups of people, and a total of **465 individuals** have been made aware of mental health issues and counselling and other mental health services. More than **500 people** have **indirectly benefitted** from the pamphlets and other means of awareness materials that have been distributed over the last 12 months.

ECTC observed special awareness events on suicide prevention and mental health day. On the occasion of World Suicide Prevention Day, on 10th September, ECTC organized an online **Suicide Prevention Awareness webinar**, targeting various groups of people, who could join and be self-aware, and support among their respective communities. There was a total of **40 participants** who joined the session, and the majority of the participants were female with few male participants, youths and adults. Most of the participants were from Nepal-valley and outside the valley, but also few participants could join from India as well.



World **Mental Health Day 2023**, in October, ECTC conducted a program, primarily aiming to raise mental health awareness among the participants and reach the local community where ECTC is located. There were **39 people directly benefitted from the program**, such as **school teachers, social workers, youths, and local government leaders** who were made aware, and the overall response was very positive and welcoming. As an outcome, even more awareness programs took place afterward.

Overall, it has been an instrumental and impactful period, counselling, awareness, and supervision initiatives have played a vital role in breaking down the stigma associated with mental health, and many individuals' lives have been transformed and restored, and regenerated hope through creating a safe and empathetic environment for clients to share their deepest struggles, fears. Our counselling program has contributed to positive, lasting changes in the lives of those seeking assistance. This outcome reflects the program's commitment to promoting not just symptom relief but also the development of individuals' internal resources for long-term well-being.

# PASTORAL CARE AND COUNSELLING TRAINING PROGRAM



Our objective was to elevate the quality of pastoral care and counselling across Nepal's hospitals, churches, and communities. This initiative aims to foster a society where Nepali people can enjoy emotionally and spiritually stable lives. The Training Department implemented several courses aimed at enhancing counselling and communication skills among various groups. These courses included:

- **Basic Counselling Skills Training:** A 5-day course for church members.
- **Basic Counselling Skills Training:** A 3-day course for community leaders.
- **Short Course:** A 3-day specific course for Church and community leaders.
- **Communication Skills Training:** A 3-day course for health workers.

We recognize the prevalence of internal struggles such as worry, sadness, grief, and fear that prevent individuals from living fulfilling lives. These issues are pervasive within families, communities, and even churches.

Basic Pastoral Care & Counselling Skills Training designed specifically for church members; this 5-day course integrates Bible-based counselling teachings. The curriculum is divided into four sections, balancing counselling theory with practical components, and incorporating both biblical and professional counselling knowledge and skills. The training aims to:

- Educate Christians on pastoral care and counselling techniques for daily interactions.
- Develop competent individuals within the church to assist in resolving various issues both within and outside the church community.

## Achievements

From June 2023 to July 2024, we conducted 13 training sessions. Our participants included community leaders, church leaders, and health professionals.

Sl no.	Types of training conducted	Place	No. of participants
1.	Basic Pastoral Care and Counselling Skills (Church leaders)	Raigaon, Hetauda	12
		Serve life Himalayan, Lalitput	14
		Life media, Lalitpur	5
		NMCN, Patan	14
2	Basic Counselling skills training (Community leaders)	ECTC	11
		Nakhu Jail	23
		ECTC	8
3	Short Courses	Women church leaders, Tikapur	22
		Women church leaders, Gorkha	27
4	Basic communication skills Training (Health professionsls)	GPH Pokhara (2)	35
		Jankari Tech, Pokhara	17
<b>TOTAL</b>			<b>188</b>

The ECTC Training Department is dedicated to developing high-quality training for counselling services and strengthening human resources in this field. We collaborate with hospitals, schools, social organizations, religious organizations, and local communities to build a psychologically and socially stable society in Nepal. Over the past year, we successfully ran 12 training sessions, equipping community leaders, church leaders, health professionals, and other professionals with essential counselling skills.

### Participant's Testimony

A female participant from three days' Basic Counselling Skills Workshop who has been working in a hospital as a counsellor. It was her second training in counselling at ECTC.

*"I got a new life (with wet eyes)." This training was therapeutic to me, both as a participant and as a counsellor. After coming to this training, I have realized that there were lots of things that were in my life which has to be healed, and some have had already healed but I was still carrying it. Knowing that things and possessing it, I am relieved and feeling so happy. And as a counsellor, now I wish I could have done this training earlier so that I could have helped many clients/patients those who visited me before. Because I am wondering now that the clients/patients those who came to me for the counselling what if they went off with more burden as I was just giving away them lots of advices only which were more harmful than the help because of my ignorant. However, in whatever way I did it before, I am not going to repeat it again, and now onwards I will be helping clients differently so that they will be healed, supported and relieved. "*

# DIPLOMA IN COUNSELLING AND PERSONAL TRANSFORMATION

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The joy of successful completion and sending out the eight DCPT graduates who had been through the furnace of COVID-19, time of tests, and training was tumbled with the news of Dr. Irmgard being called back home due to her health reasons.



We had so much to do in a short time at hand. DCPT team didn't have the time and luxury to

feel overwhelmed even though we were – very much. However, we were favored that Dr. Irmgard's health suddenly got better and we were able to do what was urgent and necessary – handing over brief thoughts and writing the proposal for the next batch. But by the time we finished them, there were less than 3 weeks for advertisements to go out and have people with interest to read them, make their minds up, inquire about the training, complete the application process, finish the selection procedure, call for an interview and have a final selection done before the Christmas so that we could start the 4th Batch from the third week of January 2024, as planned.

Phew... it was quite a handful of tasks and an adventure to fare through. However, as we were Favored in a very special way (we can say it now), most of the aforesaid tasks were done way faster than ever asked and imagined. We were not sure whether we would have enough students to run the course in the given time and space we had. Lo and behold, we had the exact number of students in the end. It was more than a miracle to receive the inquiries from the potential candidates and the way it came by.

It was a surreal experience that we were ready to roll by the first week of January 2024 with the student selection process. As a result, we were able to plan and organize Module 1 of DCPT 4th Batch from January 29 – February 16, 2024.

Another breathtaking experience was when we started the Module 1 training. As per the course design, we have a segment in the schedule to get to know each other to grow not just in friendship or as classmates but to grow deeper bond of trust. So DCPT has a special way of doing it which we call "Shield", a representation of armor used by the Roman soldiers. By the use of "shield", students tell their life story from their birth till the time they join DCPT Module 1 training. The biggest blessing of this batch which we call the specialty is that the span of 3 weeks in Module 1 was filled with a lot of tears. There was not a single day went by without tears! As much as the tears, there was a shower of empathy and comfort for one



another, a huge sense of affinity and belongingness was evident. To our bewilderment, all 8 students most of them strangers to each other, coming from different parts of the country, and walks of life were glued up inseparably within the first week. This was nothing but profound grace and favor.

Module 1 was mainly a theoretical module wherein 38 sessions on 29 topics were conducted in the span of 3 weeks. Apart from these teaching-learning sessions, students were given an opportunity to write and present professional papers, book reviews; practice real life counselling and provided supervision for their personal growth.

Similarly, the Module 2 (4 weeks from June 3 – 28, 2024), a practical module that was held in Tansen at United Mission Hospital. This is where the students do a lot of practicums. They are provided with skill related sessions on counselling which they apply with the patients and their visitors as they go visit the hospital wards daily. ***They not only get to learn skills theoretically but they also get to practice them in the hospital wards in a real-life***



***situation with real patients or the needy ones at bed side. This is the Specialty of DCPT Training which stands out, of all the environments, lessons and the methodology DCPT offers to prepare a complete person for holistic counselling.***



One of the highlights of Module 2 at United Mission Hospital Tansen was to conduct a 2 hour interactive session with the Nursing station in-charges and supervisors on Emotion. It was a fun filled, home hitting experience on the importance of getting to know and being self-aware of our deeper, personal feelings and emotions and acknowledge them in the first place in order to learning to deal with them.

Looking at the statistics, from January 29 to June 28, 2024 DCPT training through its students were able to offer the pastoral care and counselling services to 884 people from over a dozen of districts in the country.

# PSYCHOSOCIAL SUPPORT FOR CHILDREN



Over the past year, ECTC has made significant progress in supporting the mental health and well-being of children, teachers, and community members. Through therapeutic camps, school-based programs, and awareness sessions, the organisation has **directly impacted 646 individuals**, with a primary focus on children aged 7-18 years through the following activities:

- Children camp - **3 camps**, 3 days Grief camp for children (7-12)
- School awareness – **18 school mental health awareness** in Lalitpur district.
- Emotional awareness- **2 emotional awareness**
- Mental health day celebration- Celebration of Mental health awareness on the 10<sup>th</sup> of October with the local community.
- Fun day – 1-day **fun day celebration** at the fun park
- Parenting – **3 Parenting Programs**

The grief camps provided children with a space to express emotions, understand grief stages, and develop coping mechanisms. Parents observed that their children returned home more emotionally resilient. Testimonies indicate that the camps significantly reduced feelings of isolation in both children and adults.





A total of 18 awareness sessions were conducted, focusing on mental health, stress management, bullying, self-care, and many more. These programs have shifted the attitudes of both students and teachers, leading to an open and supportive environment for discussing mental health issues.

The parenting sessions were pivotal in helping parents reflect on their role in supporting their children's mental health. Parents reported learning strategies to improve their parenting and address their children's emotional needs.



Mental health clubs to be led by students and teachers are planned for future implementation, aiming to sustain a positive impact within schools and the broader community.



The programs have created a ripple effect of support throughout the community, fostering open discussions around mental health and grief. Both children and adults have reported feeling more supported and better equipped to cope with their emotions. The increase in individuals seeking counselling is evidence of reduced stigma and growing trust in mental health services.

In the past year, ECTC has made considerable strides in addressing child trauma and promoting mental well-being. The project has created a supportive environment where mental health can be discussed openly, contributing to the holistic development of the community. Moving forward, the organization aims to deepen its impact through enhanced collaborations, sustained community engagement, and capacity-building efforts.

Parenting session participant says:

*"As a mother, I became aware of the origins of my fears and parenting styles. My own childhood experiences lacked the emotional support I needed, and through this parenting session, I gained insight into the insecurities I carry and how I project them onto my child. The reflections from this parenting program have been profound."*

## Post Disaster Psychosocial Care (Trauma Informed Care)

Aatbiskot Municipality, West Rukum, Nepal

Elijah Counselling and Training Centre in coordination with Shanti Nepal



During the recent Jajarkot earthquake, ECTC also got an opportunity to render our service. As organizations flew in to provide them with their basic needs like food, clothing, shelter, health and sanitation. It was observed that even after few weeks has passed the people are still staying in the temporary shelters due to in-grown fear after the earthquake. Observing this the Team from Shanti Nepal approached Elijah Counselling and Training Centre (ECTC) asking what can be done to help these people get over this fear that has set in. ECTC made a team of 5 in coordination with Shanti Nepal and decided to help these people overcome this fear. Mr. Daljit, a coordinator from Shanti Nepal coordinated with the local government and asked ECTC to cover schools of certain cluster, the team was ready with Disaster Psychosocial Care (Trauma informed care) for the school teachers and students.

On the 10th of December ECTC's team of 5 reached Aatbiskot, the travel time took almost 10 to 12 hours from Kathmandu to Aatbiskot. The following day ECTC team met with Mr. Prem, the Head of Aatbiskot district hospital, along with Swastha Lal Pun, and Mr. Pushpa Raj Bhattarai, WHO coordinator who gave permission and allocated schools to reach out to avoid duplication. After which Mr. Indra Bahadur Bista the head of education department gave us an official letter to start the program.

Activities:



From the 12th of December until 15th December the team went to 6 different schools and took sessions on Post-disaster psychosocial Trauma, we also call it "trauma informed care", specially focusing on post-disaster psychosocial care of the affected people. All these places did not have transport facilities, so the team had to take an auto (three-wheeler) or other public transport till some point where there was road connectivity and walk

a minimum of 2 to 3 hours to reach one destination which was an incredible experience. The total number

being 292 as per the data but about 350 -400 people has got the information on trauma informed care or Post disaster psychosocial care as the leaflets were distributed and later followed up by training. The details of the schools reached out are as follows:

Date	Name of the place	Wada no.	Target Group	No.of participants
12/12/23	Shree Janbikas Madhyamik Bidhyalaya, Ghari Khola	10	Teachers and senior students	35
	Janta Ma. Bi. Jhinchaur			44
13/13/23	Kalika Ma. Bi. Sundar Pani	9		45
14/13/23	Sahid Smriti Deepjyoti Namuna madhyamik bhidhyalaya	9		89
	Ne. Ra. Ma. Bi. Thuli Barku	12		37
15/13/23	Jankalyan madhyamik vidhyalaya	11		42

As the ECTC team's allocated area included schools from different wards, the team went to 6 schools, where they focused on "Post Disaster Psychosocial Trauma." The main focus was Trauma, assessment, identification, psychosocial first aid, and referral. The teachers and students were given different sessions. They were all made aware of what trauma is, and the different types of trauma physical, behavioural & mental. How many kinds of trauma a person looks like, their daily activities, their body language, their way of communication changes all of a sudden, and some even can't be seen from outside.



While conducting all these sessions there were a lot of group works and practical sessions where everyone was made to participate and share their thoughts and experiences. Out of these many participants, only 5 or 6 knew what trauma was, but most of them could relate to what they were feeling as the facilitator were explaining to them and telling them that having such emotion is fine and everyone reacts differently.

After they felt that the emotions, they were feeling inside them were genuine and should be expressed, then the participants started sharing one after the other whereas they had kept shut about their feelings for a long. Unfortunately, we were there only for a few days and we were meeting people only for that day, but



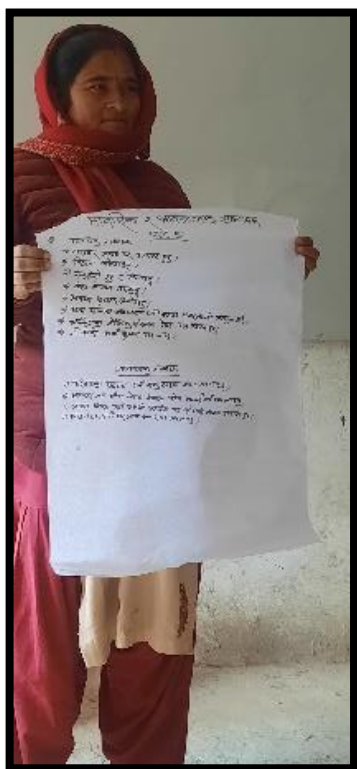
still, they could share so much. If we could do some long-term project on the Community psychosocial intervention, it would make a good impact.

On one of the visits, we met a student who lost her father and brother in the earthquake and had gone to meet their relative in the other village. Now only the mother and the daughter live in that house. The sad part was that the mother had speech and hearing impairment and other health issues as well. Since she is the step-wife of her husband, the daughters of the first wife took away all the benefits, relief materials, and financial support she got from the Government and the NGOs. She was not even supported by the neighbours. Our counsellor spent some time with her, let her share and also the team took the concern to the authority who could help her in this situation and I hope they continue to help her.

The teachers and the people of the village as sharing about a couple who have been brought to Mental Hospital Kathmandu and are still there. The incident was like, during the event in the wee hours, this mother pulled her 3-month-old son towards her thinking that she would save him but, it so happened that the house came crumbling down, the mother got injured and the 3 months old son lost his life on the spot as he was hit by a heavy object. Later when they assessed they found that if the mother hadn't pulled the son towards her, he would have been saved. After that event, the mother and the father went into depression and self-blame for their son's death that they were not in their senses and they had to be admitted to the mental hospital in Kathmandu.

These are the stories of how people could process the grief that they had kept inside and were unaware that what they were feeling was normal and everyone around was feeling the same but due to cultural and other reasons they had kept it within them. Though all these sessions were not more than 2 hours people could relate and process their grief to some extent. Our goal of spreading awareness of Post Disaster Trauma and helping people process their grief has been achieved.

A student shared his experience during the session, where he said: *"We all were sleeping together in one row, there was my sister beside me, my mother, my father, and another brother, but when I felt the tremor and woke up I just saw that all of them were under this long and huge wooden log, they were not moving, I tried to lift it up but couldn't".* This boy was only alive that morning, he lost his entire family as they got crushed under this heavy wooden log they used it as the pillar for the house.



## PERSONAL AND PROFESSIONAL GROWTH

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

Trauma care training, FTO	2 Day
PGDCP	1 Year
Play Therapy and Autism, Play Therapy India	1 day
Workshop on Story Telling, ECEC	2hrs
TFT, CBT	3 days
Referring to those of differing abilities Session, ECTC	1 day

## Plans for FY 2024/25

- Strengthen and expand the network with the local government organizations and reach out to the unreached areas of our community where there is a dire need for mental health 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 issues, individuals who suffered sexual abuse, Clients who are suicidal, and those Traumas of Migrants.*
- Provide training related to Counselling Topics: 4 weeks pastoral care and counselling training, advanced and Basic communication skills training, Short Courses in Specific topics like trauma, suicide prevention, etc. and team building.
- Run 10 units of DCPT course for the 5<sup>th</sup> batch of students.
- Provide psychological support to Children with Trauma and Promote the psychosocial well-being of children through various programs at schools, safe homes/ children's homes, and neighboring communities.
- Focus on Government schools and start mental health clubs, school counselling, and awareness programs.
- Revive the community project.
- Increase case identification and referrals for severe Mental Health cases.
- Find ways to increase Internal and External Income.

ELIJAH COUNSELLING & TRAINING CENTRE

## Challenges

The Year 2023/24 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.

Due to the fund shortage, we had to lay off staff. The demand for the program we run is increasing and we have inadequate staff to run the program's full fledged.

One of the challenges is that the targeted clients are unable to pay the full fees for our services, therefore our regular internal income does not contribute to cover the 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.

## Finances

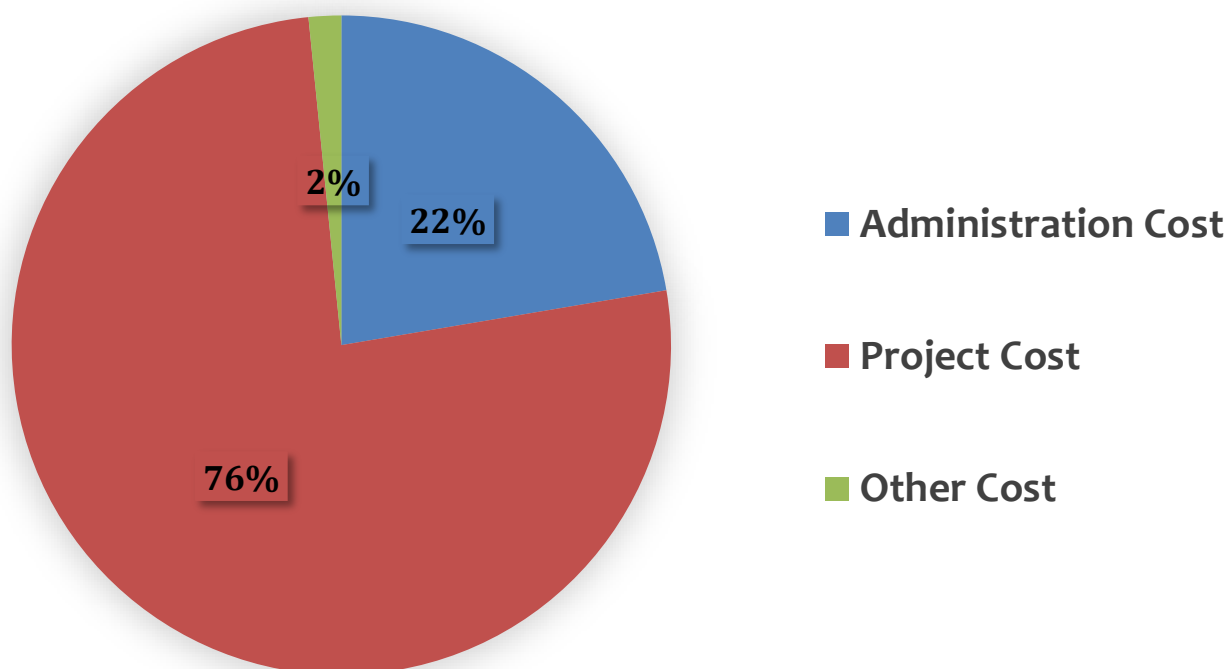
The total of two years is comparatively depicted as below:

Description	FY 2078/079	Pound (1£= NPR. 162.27)	FY 2079/080	Pound (1£= NPR.174.13)
Internal/Local Income	13,14,919.00	8,103.28	10,40,919.00	5,977.83
Grant Received	86,21,367.00	53,129.77	75,56,236.00	43,394.22
<b>Total Income</b>	<b>99,36,286.00</b>	<b>61,233.04</b>	<b>85,97,155.00</b>	<b>49,372.05</b>
Expenditure	99,36,286.00	61,233.04	85,97,155.00	49,372.05
<b>Expenditure</b>	<b>99,36,286.00</b>	<b>61,233.04</b>	<b>85,97,155.00</b>	<b>49,372.05</b>

Out of Total expenditures, 76% were for Program expenses, 22 % were for administrative expenses, and 2 % were for other expenses.

ELIJAH COUNSELLING & TRAINING CENTRE

### Expenditures Ratio





**ASHISH &  
ASSOCIATES**  
Chartered Accountants

## **INDEPENDENT AUDITOR'S REPORT**

To  
The Members,  
Elijah Counselling & Training Center,  
Kathmandu, 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 31<sup>st</sup>, 2081, 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 of the Organisation are prepared, in all material respects, in accordance with the relevant accounting practices and accounting policies disclosed in notes to account and other prevailing 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 of the financial statements in accordance with Generally Accepted Accounting Principles (GAAPS) 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.

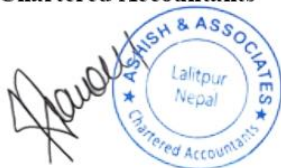
As part of an audit in accordance with NSA, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- 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, but not for the purpose of expressing an opinion on the effectiveness of Elijah Counselling & Training Center's internal control.
- 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 Elijah Counselling & Training Center'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 Elijah Counselling & Training Center 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 Ashish & Associates  
Chartered Accountants**



**Ashish Paudel**  
Principal

**Place:** Lalitpur, Nepal  
**Date:** Kartik 9, 2081  
**UDIN:** 241027CA01648QXePm

**Elijah Counselling & Training Center (ECTC)**  
Lalitpur, Nepal

**Statement of Income and Expenditure**  
As at 31st Ashadh 2081 (15 July 2024)

		<i>Figures in NPR</i>	
Particulars	Note	Current year	Previous year
<b>INCOME</b>			
Incoming Resources	9	8,572,130	9,936,286
Other Income	10	25,025	-
<b>Total Income</b>		<b>8,597,155</b>	<b>9,936,286</b>
<b>EXPENDITURE</b>			
Program & Training Expenses	11	1,547,183	3,537,892
Staff Cost	12	6,361,513	5,569,526
General Administration Expenditure	13	551,472	675,284
Depreciation	4	136,988	153,584
<b>Total Expenditure</b>		<b>8,597,155</b>	<b>9,936,286</b>
<b>Surplus / (Deficit) before Taxation</b>		<b>-</b>	<b>-</b>
Income Tax Expenses		-	-
<b>NET SURPLUS/(DEFICIT) FOR THE YEAR</b>		<b>-</b>	<b>-</b>

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

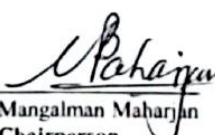
  
Anshak Rai  
Admin & Finance Manager

  
Persis Palpasha Pradhan  
Executive Director


  
Indra Kumar Basnet  
Treasurer



  
Mangalman Maharjan  
Chairperson

CA Ashish Paudel  
Principal

Date : 07th Kartik 2081  
Place : Lalitpur

ELIJAH COUNSELLING & TRAINING CENTRE

# ECTC STAFF



**PERSIS PALPASHA PRADHAN**  
Executive Director



**Khagendra Shrestha**  
DCPT Manager



**Isahak Rai**  
Finance and Admin  
Manager



**Sujendra Mali**  
Training Coordinator



**Surakshya Giri**  
Children Project  
Coordinator



**Dhan Raj Kumal**  
Project Officer  
DCPT



**Pabitra Pariyar**  
Office Helper

**ELIJAH COUNSELLING & TRAINING  
CENTRE**

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Website : [www.ectcnepal.org](http://www.ectcnepal.org)

Address : Bagdol-04, Lalitpur

Redg. No. 3073/361