



# ANNUAL REPORT

## FY 2074-75



CARRYING EACH OTHER'S BURDEN

## Table of Contents

<b>1. Introduction.....</b>	<b>1</b>
<b>2. A quick glance on Achievements.....</b>	<b>2</b>
<b>3. ECTC Activities .....</b>	<b>3</b>
3.1 Pastoral Care and Counselling .....	3
3.2 Basic Counselling Skills Training.....	5
3.3 Short Courses on Specific Topics.....	7
3.4 Children’s Program.....	8
3.5 Diploma in Pastoral Healing Ministry (DPHM).....	9
3.6 Counselling Supervision.....	10
3.7 Community based Psychological Support at Kavre and Sindhupalchowk .....	11
<b>4. Programme and Management .....</b>	<b>13</b>
<b>5. Report on Monitoring and Evaluation from SWC.....</b>	<b>13</b>
<b>6. Personal and Professional Growth .....</b>	<b>14</b>
<b>7. Partnership and Sponsorship .....</b>	<b>14</b>
<b>8. Finances .....</b>	<b>15</b>
<b>9. Challenges for ECTC .....</b>	<b>16</b>
<b>10. Planning for Next Year.....</b>	<b>16</b>
<b>11. Conclusion .....</b>	<b>17</b>
<b>12. Appendices</b>	
Appendix 12.1 Counselling and Pastoral Care Activities.....	17
Appendix 12.2 Basic Counselling Skill Training.....	18
Appendix 12.3 Short Course on Specific topic.....	18
Appendix 12.4 DPHM .....	18
Appendix 12.5 Children’s Program .....	19
Appendix 12.6 Supervision Work.....	19
Appendix 12.7 Community based psychological Support Program .....	19
Appendix 12.8 Short Sessions .....	20
Appendix 12.9 Some more pictures .....	21
Appendix 12 Auditor’s Report	
12.1 Fund Accountability Statement.....	23
12.2 Auditor’s Report .....	24

# 1. Introduction:

Elijah Counselling and Training Centre is a Christian based nonprofit making organization, established in May 2009, which aims to build a community of psychologically and socially stable people, focusing on both health and community setting.

It is engaged in deliverance of psycho-social counselling and in the development of qualitative Counselling services by imparting training for strengthening human resource in the field of psycho-social Counselling. ECTC works in partnership with hospitals, churches, schools, social organizations and local community to build a psychologically and socially healthy community.



ECTC is committed to high quality Training and Counselling.

## **Vision:**

To see people in Nepal living happy and emotionally and spiritually stable lives.

## **Mission:**

To strengthen high quality counselling in Nepal's Hospitals, churches and in surrounding communities

## 2. A quick glance on Achievements:

This Financial Year 2074/75 ECTC witnessed following achievements:

- Counselling of ECTC is **gradually gaining a reputation** and the referrals are increasing both from individuals and organizations.
- ECTC has gained **confident working with increasingly complex cases** such as historic Abuse, Trauma, Suicidal thoughts and Mental Health problems.
- Altogether **187 client's received individual counselling**, 118 people through group therapy and 64 people severe with psychosis, Suicidal ideation & Addiction were provided referral assistance.
- **98 Church Leaders and 45 individuals** of other professions (Hospital counsellors, teachers, social workers, Students of Psychology) were trained in Basic Counselling Skills.
- **106 people of different professions** such as Counsellors, Health workers, Trauma Respondents, Teachers were Trained different Short Courses.
- **Module 7 and 8 of DPHM Course were completed.** The Local Government gave permission to conduct the course in UMHT, Tansen for 2 years.
- Local Government of Kavre and Sindhupalchowk District, also gave permission to run the 3 years 'Community based psychological support project'. The initial 2 phases of are complete by now. 26 Psychological Care-givers are selected and trained in Basic Counselling Skills.
- 25 individuals from Kavre and Sindhupalchowk, were given psychological support by Care givers, 17 Clients were referred to ECTC and Counselling were given. 7 clients were given assistance for medical treatment.
- 218 children 7-12 age group, were given awareness on emotions and ways to express them and 371 Children of 13-19 age, were made aware about Mental Health and Suicidal Prevention.
- Short Talk sessions were organized on 'Pre-marriage counselling' among 19 Christian Youths and on 'Speech Therapy in Mental Disability' 13 individuals working at different professions, were
- Employment Policy was fully implemented, which resolved the Administrative challenges that often raised.
- Improved Donor relations and relation with Government.
- Strengthen staff competencies, through learning opportunities.
- Went through Monitoring and Evaluation process by Government and Social Welfare. Council.



*ECTC's 9<sup>th</sup> Anniversary Celebrated among ECTC staff and board members.*

## 3. ECTC Activities

### 3.1 Pastoral Care and Counselling:

*'It is better to go to a house of mourning than to go to a house of feasting'... Ecclesiastes 7:2*

Visiting sick people in bed, individuals in persecution, family in suffering and loss, continue to become a significant part of ECTC's counsellors. The gratitude and smile of appreciation our Counsellors receive during the visit, inspire them to continue with the 'Pastoral Care' and were assured, how important this ministry is when just a small visit and prayers can make a difference.

Beside Pastoral Care work, Counselling of ECTC is gradually gaining a reputation and the referrals are increasing both from individuals and organizations. Therefore, throughout the year, we experienced higher caseload of Counselling than before. Counsellors with more experiences, have gained confident working with increasingly complex cases such as historic Abuse, Trauma, Suicidal thoughts and Mental Health problems. ECTC continued to partner with organizations, to provide therapeutic Counselling sessions to clients, who had survived trafficking, sexual abuse, domestic violence, schizophrenia and physical illnesses.

Counsellors attended trainings such as Group Therapy, Suicidal Prevention, Dance and Creative Arts therapy, which meet the current need. Such continuous professional development opportunities helped the Counsellors to enhance the skills, where the team feel the support of each other. The Group therapy training, gave ECTC's Counsellors confident in working with clients efficiently. Beside individual Counselling, Group therapy has been found to be beneficial to clients with similar problems and Clients are seen to have found a support group, where they feel accepted and learn ways to cope with their issues.

The stigma associated with mental illness and psychological issues, still became the biggest challenge this year too. Beside this, people seem positive about counselling needs, but want a quick fix to a problem rather than processing through an issue and want counselling as alternative to medication. All these challenges signifies, that there are still a huge need of awareness among people, about what Counselling is and how it is helpful.

Stories:

#### ***Deepa finds trust in Counselling:***

*Deepa, a teenage girl from an educated modern family, came for counselling with a doubt, if she will find any help from ECTC. The girl had left school and had a physical complaints of fainting, headache and anxiety. Her parents had taken her to physicians and other specialist, to find out her problems, who then recommended her for Counselling.*

*As the counsellor started working with her, beside Anxiety, she had other issues like anger issues, internet addiction, anti-social behavior, self-harm and 'A deep trauma' which she kept secret from everyone for long time. The counsellors had to start, working with her anger issues first, then work with her repressed emotions. Working through her communications skills using multiple role plays; counselors addressed her thinking pattern, behavior pattern and self-limiting beliefs through CBT. Now she is able to gain confidence in communicating her emotions with her parents.*

*Also, she is able to think positively about going back to school and determined to work out the relationship with her teachers and friends, when she goes back to school. The follow up with her still continues and she now has found trust in Counselling, how it helped and wants to recommend others to seek counselling.*

## *Comforting women who are physically and emotionally wounded*

*By Smriti Tamang, ECTC, Counsellor*

*ECTC and INF-Surkhet had a partnership agreement, where a Counsellor from ECTC provide psychological support to the patients in a Fistula Camp in Surkhet; And I feel privilege to be a part of Comforting those women.*

*When I reached Fistula Camp, in Surkhet after 2 days' travel, I was exhausted but at the same time felt happy to see hopeful women and girls who were undergoing Fistula Surgery, the next day. The smiles on their faces clearly expressed the courtesy, hope, anticipation together with with the pain, confusion, worry and lots of mixed emotions.*

*The women had come a long way from many places of western region to get Fistula surgery done. For some of them, it wasn't the first surgery, but had unsuccessful one before. For those, who already had gone through it*

*before, seemed more painful, frustrating and doubtful. But still everyone seemed like, they were clinging to a little hope, that their life may change after this.*

*Most of the women had lived with Fistula for more than 11 years, and had lived isolated from the family and relatives and restrained from home, facilities and rituals. They suffered sadness, grief, loss, guilt, shame, worthlessness, filthiness as well as physical limitations and other psychological issues that' comes along with them.*

*Because of time constrain, I had a huge challenge to meet each patient and spent enough time so that they could undergo a healthy healing process. The only option was to use the skills of group therapy, which was very useful. By forming few closed group with similar issues, the patients get a chance to discuss openly about their doubts, fears, healing process and coping with unsuccessful surgeries. Through such group sessions, women found their doubts being cleared, were earning the options to cope with issues from each other, also they felt they were listened to, valued, respected, accepted and supported in the group.*

*The children under 13 age, who were also going through the surgery, had their own struggles not only physical but emotional ie a feeling of fear and distress, when they learned that they had to go through a surgery; Even the pain post the surgery seemed like unbearable to them. I then needed to apply a different approach to distract them from their pain.*

*Beside the challenges, there was an immense peace and joy inside me, to be able to bring comfort to these women who were suffering. Through the individual sessions of counselling, I was able to address their issues of loss, grief, trauma, worthlessness, uncertainly about recovery, uncertainty about future, deep hurts caused due to family's and society's rejections and other related issues.*

*I was glad to be able to see how God's fulfilling His vision through INF and ECTC; to see people healed holistically. Both INF and ECTC, is happy to work together in bringing Hope and Healing to people who are suffering.*



Group therapy with women going surgery

### 3.2 Basic Counselling Skills Training:

The training of ECTC are designed and developed in such a way, that anyone who participates, may find them useful, applicable and life transforming. A lot of careful study and contextualization work are done before a course is introduced.

**Church-based basic Counselling Skills Course or Basic Pastoral Care Skills training** not commonly available in Nepal, became one of the highlights of ECTC's work this year too. This training fulfills the individuals' gap of understanding, skills and inspiration to appropriately provide support to the people suffering in the Church and Society as a whole.

A longstanding view of Pastoral Care, is to have standard solution for a standard problem ie the right verse for a specific problem often guided by one's own prejudgments; understanding one's problem through listening is almost nil. The training strengthen Pastoral care in churches, and encourages person centered compassionate care to the church and the neighbors.

Since, the contents are suitable not only to Nepali churches but are appropriate to Nepali society; with much requests from people outside churches and even from government, ECTC made the course open to people, outside churches such as school teachers, social workers, hospital counsellors, students of Psychology and others interested in counselling field.

The sensitizing nature of this training allows the participants to peek into their own issues and work through their own emotions mostly grief, fear, deep hurts, trauma; And so often it brings about healing as they continue the consecutive courses. By the end of the course, participants are often found to be freed from their deep burdens. Beside this, participants also gains knowledge on Counselling topics such as forgiveness, grief, children's developmental stages, pre-marital and post marriage issues, mental illness and basic to advanced skills of Counselling and communication. Looking at participants become confident and inspired these courses, adds an immense joy and drive to look forward to better and healthier future.

However, meeting the growing demands from places outside Kathmandu valley, has become a real challenge, due to shortage of staff and at many times travelling especially with local/public transport to remote places are very difficult and exhausting. Also increased training demands are affecting the follow-up with the participants and churches.



*A group picture, after a church based basic Counselling Skills Training – Unit 2 was over*

### Training experiences from the participants:

*A young girl in her twenties is an active member of a church. She mostly enjoyed encouraging others specially her friends and family. Many trusts her and tell her their burdens. However, she often felt she lacked the skills to respond in a right way when she hear about their difficulties. An incident affected her badly, that she completely lost confident that she could ever be able to help anyone. Since a long time, she was struggling with a guilt inside of her and blaming herself for the death of her cousin, who committed suicide.*

*Few days before her suicide, her cousin asked her to come over as she wanted to tell her something. But due to other important business, she could not visit. After 2 days, she heard the news that her cousin was dead. She constantly struggled with a feeling of regret and self-blame of not visiting her and troubled by a question 'what if I would have visited her?'. During the Training, a session, where participants share their own struggles, she shared her's; and with follow-up sessions from ECTC's counsellors, she then was able to overcome the feelings. She continued with the training until it was complete and now she feels confident in her learned skills, and promised to give time and ready to use the skills she listens from the training.*



*A young man in his 30s, an active member of church, shared that his understanding about people's difficulties, such as problems in marriages, negativity, mental health, and addictions are caused due to people's own weakness. He also thoughts, addictions are those that only involves substances such as alcohol or drugs. In the training, he realised that these problems may caused without anyone's fault and mental health is an illness not a weakness. When he also realised that addictions involves other things such as food, internet, gadgets..... made him aware his own unhealthy behaviour .*

*Through the training, he realised, how mankind are vulnerable to such earthly sufferings. He also realised, how the great people in the bible also went through such sufferings, and how God compassionately comforted them. He said this training has changed his judgmental attitude into more humbleness, and vowed that he will never judge anyone anymore, when people share their problems with him.*



### 3.3 Short Courses:

ECTC has developed and organises short Training Courses, on specific problem topic related to Counselling and help professionals like Counsellors, Health workers, Church leaders and Social workers to gain proficiencies in handling specific issues. These Ethical and quality short courses, are more specialized or advanced and are designed for immediate application.

Trainings such as 'Communication Skills Training for health Professionals' and Trauma and Psychological First Aid' Training were given by ECTC's own staff. Whereas, experts were pooled to organize Trainings on 'Dance and Creative Art therapy', 'Suicidal Prevention' and 'Introduction to Supervision'.

#### ***Communication Skills for Health professionals', at Lalgadh***

*The 3 days trainings (2 nos.) on 'Communication Skills for Health Professionals', organized in Lalgadh Hospital were great blessings. Lalgadh Hospital, working for decades in diagnosis, treatment and rehabilitation of Leprosy affected people, deals with people who are emotionally and physically shattered. The compassionate care and technical services they provide to their clients, are without doubt worthy of praise, however the Communication Skills Training, has added a value to the empathetical work they are doing.*



*The Programme Director, at the end of the Training mentioned, although the course was introduced late to the Hospital, he believes the learning from the training would play an additional role in the holistic treatment of its patients, for which Lalgadh hospital is always committed of.*

#### ***An experience from a participant of 'Dance and Creative art therapy':***

*A counsellor, who is a new in this field was so happy to attend 10 hours' course in 'Dance and Creative Art Therapy'. At the beginning she did not know what to expect from the training. As the training progresses, she got answers to many questions that she had encountered while she was counselling her clients; the answers and the skills, which she had not learned from her Postgraduate Course in Psychology. She said, she's very thankful to ECTC for organizing such training, as she felt one step ahead in the her knowledge and skills after completion.*

*She mentioned, that she could learn how the body and its movement affects one's psychology therefore, how body movements through dance therapy can help a client. Also the session regarding 'transference and Counter transference' was a huge benefit to her, as she had many such experiences, however had wondered what was it or what to do with such experience .....*



### 3.4. Children's Program:



ECTC initiated a Psychological support program for children from this year and mostly went through a project development phase. Ms. Jamila, a long time staff of ECTC took the responsibility to co-ordinate the awareness and therapeutic programs for children, targeting mostly schools and Shelter homes. The objective is to make children aware of their own emotions and find a right way to express it through plays, creative arts and even talking with adults.

**Being assertive** is often considered as bad in Nepali culture, especially as women and children, therefore huge emotions, thoughts and ideas are buried inside and not having opportunity or knowing how to express them disruptions their actions and behavior. Often children under 13 leaves schools not being able to cope with stress and many adolescent commit suicide; this is a growing scenario. Although there are many children program such as '**Children's Holistic Development**' are introduced in schools, these in some way lacks to address the psychological issues that bring about by disruptive relations or communities or the mental health issues.

Now the newly designed Children's programs of ECTC, works with 3 different targeted groups i.e. 7-12 years age group, 13-19 years age group and Adult Caretakers such as Teachers and Wardens. The aim is to identify children with a possible emotional and psychological issues and create a safe environment between adult-child to talk/express about their issues and organize referral for professional Counselling when needed.

#### *Few words from Ms. Jamila*

*Working with children gives me an immense pleasure. I work, with a group for 8 weeks (16 hrs altogether), when I visit them once a week; each time I feel I become closer to them and has established a new relationship with them; therefore each one become special to me.*

*When I am closing with a group, the moment becomes emotional at the same time joyful. It feels amazing to see the children who were very silent at the beginning, to share anything about their emotions and difficulties, now put them into right word and expressions with more confidence. It seemed, children were so convinced that the expressive arts or even talking, can make them get away from their bad feelings. Therefore many of them requested to take this program to other school as well, where children become happy.*

*The Mental health awareness and Suicidal prevention for adolescents were blessings too. Students were so happy to talk about issues such as these, which otherwise would have kept in silence. All were motivated, to watch themselves and others; help each other to fight against Mental illness.*

*I am grateful for the opportunity given to me by ECTC, to develop professionally working along with Neha, and Andrea, who through out the year helped me and guide me, with creative arts, Children's Holistic Developments, Play therapy. I enjoyed these invaluable learnings and hope to be able to reach out and help more children in coming years.*

### 3.5 Diploma in Pastoral Healing Ministry (DPHM):

DPHM is a 1 year diploma Course on Patient Counselling which is developed to equip students in learning how to comfort the sick and suffering. This professional course for pastors, church leaders and clinical pastoral care workers ie hospital counsellors is run in United Mission Hospital, Tansen and is conducted in partnership with them.

Due to its intensiveness and high quality content, the course leads to an undergraduate diploma with accreditation by Christian Medical Association India (CMAI). The course, contains 10 consecutive units of 4 weeks each. During the year 2 Units, including Module 7 and 8 completed with second batch of 8 students. The students conducted 1,194 number of patient conversations in the supervision of seniors. Guest Lectures from Rev. P.G. George and Rev. M. Justin Moses from Serampore University, India and Dr. Abraham Saggi and Ms. Karuna Sharma from NTC, for different topics were organized for the students.

Because of Visa situation Dr. Irmgard had to continue travelling back and forth to take part in the course. The progress in the accreditation process of DPHM, to Serampore University, India is put to hold until Dr. Irmgard's Visa situation gets confirmed. However, a significant achievement was that, ECTC attained approval from Government, to run the course in UMHT, Palpa, for 2 years, until the whole modules are complete.



Students with Guest Lecturer, DPHM 7<sup>th</sup> Module

#### *Sita Adhikari write her experience in DPHM Module 7:*

*Firstly I thank God for bringing me into DPHM and also to ECTC, for helping me through the thick and thins, from the beginning of the DPHM course. I can't stop thanking the Staff of Pastoral Care Department for supporting us, as well as my family for supporting me in God's plan in my life.*

*Module 7 was one of the best module of DPHM. We learned about 'Personality Theory', along with Different Theories of Abraham Maslow, Sigmund Freud, Carl Rodger, MBTI, Enneagram, Skills of Advanced Counselling, Anthropology and Research, biblical Anthropology.*

*After this module my perspective of looking at people have changed, I understood each and every one is 'Self' person, and this 'Self' determines personality. Not only the lessons, but times of devotion, Preaching, book review, ward visits, closing session were all a blessings. The visitor's guest's classes were even more blessing.*

*I also learned that in Counselling, what it takes, only 5% of it is our knowledge, skills, presence but the rest 95% is all God's presence and His healing power. When we go near to a patient and touch their hand, God will tough them and bring them to healing..*

*Although, there were occasions where I felt difficult in my lodging during the module but, the learning I had from this module and seeing the patient's smile after talking to them, gave me peace and let me think that all the difficulties I had were worth bearing.*

*I thank God for Dr. Irmgard, who for me is like an angel sent from God, as I have been touched by her prayers, support and supervision in every single module, which encouraged me so much and through her God has worked in my life. Finally, I thank everyone who helped me with prayers and with emotional, physical and financial support.*

### 3.6 Counselling Supervision:

Counselling Supervision is still a new concept in Nepal however is very important. The aim of Counselling supervision, is to enable the counsellors to develop their skills and understanding, and to equip them to work ethically, professionally and effectively. Counsellors can often feel overwhelmed by the problems they hear and are not always equipped to help their clients as much as they would like. Therefore, Counselling Supervision supports counsellors emotionally and professionally.

Ms. Jenny Saunders, started this venture with ECTC in 2015 and supported ECTC with technical expertise to promote quality counselling in ECTC along with Counselling Supervision in Nepal. It is a privilege for ECTC of having her in Nepal, as she endures her Research work on Counselling Supervision in Nepal. ECTC's Counsellors ECTC has now become a Centre for Counselling Supervision, lead by Jenny, ECTC's Sr. Counsellor Ms. Bimala and Counsellor Ms Smriti, are being developed as Counsellor Supervisor.

This Year, 17 Counsellors were in regular Supervision Network with her. Three peer supervision groups run every month; Altogether 20 peer supervision sessions were held.

A third, 2 days 'Introduction to Supervision' course was organized, with 10 participants. The course gave Counsellors a platform of support and supervision, which would be helpful for their work. According to participants, the training allowed them to experience what supervision is like and gave idea on what they will be doing in the future and also gave pre-knowledge about the benefits of shared cases. It also allowed them to know how others are handling cases and able to learn from reviewing the cases.



*Ms. Smriti, ECTC's counsellor sharing what supervision is like with other Counsellors*

### 3.7 Community based Psychological Support

#### *At Kavre and Sindhupalchowk*

After completion of 'Earthquake After-Care', the earthquake project extended to a new project called 'Community based Psychological Support Program', in 10 communities of Kavre and Sindhupalchowk District, which were severely affected by Earthquake.

This 3 year project is divided into 5 phases and have completed initial 2 phases by the end of this year. The 10 communities who had never received a psychological support after the earthquake were selected and info-talk programs were done followed by trauma trainings provided, to the local community leaders, school teachers and local church leaders. 26 Care givers from each communities were selected and given 5 days Basic Counselling Skill training, who are now equipped to provide basic psychological support to their community and identify the cases related to Earthquake trauma and other psychological issues associated with it and help to arrange referrals.

The Care givers next year, will reach out to more than 800 households to ensure, each cases of earthquake related trauma are provided psychological support, and organized referral for professional help in case any psychological issues that are link with earthquake.

ECTC's staff also made travels to remote villages, where reaching by vehicle is almost impossible especially in rainy season and often walk 4 hrs to reach to the destined village. Since the area still experience aftershocks, leave staff emotionally difficult to go on when they encounter the shake during their visits. However, the gratefulness of local people to introduce such a beneficial program to their community, motivates our staff to reach them and offer assistance in their inner healing.



5 days Counselling Training for Caregivers



People still suffers their loses, with no ways for rebuilding their lives

#### ***Story of Sushila, a Client, a Participant and a committed Caregiver:***

*My name is Sushila (name changed), and live in Kadambas VDC, in Sindhupalchowk District. I recently commit myself to Volunteer as psychological Caregiver, to ECTC's program. ECTC's program is so dearly to me because, I myself have recovered from pain that Earthquake had caused to me..... Which left me into constant feeling of distresses, loneliness and grief, even 3 years after Earthquake had happened. I lost my sister and mother in the Earthquake. It was very terrifying experience, not only to lose my closed ones but, losing our animals and properties. The 2 children of my sister had no one beside me to look after. That was a very stressful times for me; slowly inner distress and anger took over me and I wished I could have died with them. I spent 3 years feeling lonely, isolated and without energy. I felt guilty, of not taking enough care of those two children, along with mine.*

*When, I heard about the trauma training, I knew it was something related to earthquake, but thought it was about some support of building our house or some materials. However, when I took the trauma training, every session of teaching I felt, as if it relates with me. I even get an alone time to talk to the counsellors of ECTC about my grief and how I was psychologically struggling; and they helped me in my healing process; they even followed up with me through telephone when they were office, in Kathmandu.*

*Through the training, I realized where I was in my grief cycle and it also teach me how to recognize children's feeling and how can we support them emotionally. By making me aware, the trauma training strengthened me and now I am able to spent more time with the children, and able to help my sister's children's who then I realized were in Trauma themselves.*

*Now, I have adopted two more children, from a relatives whose mother died in Earthquake, and now I feel I am emotionally and physically strong enough to give these children (both mine and my loved ones) what they need.*

*The 5 days, Counselling skills have given me more confidence that I would be able to help many people who were going through the same pain as I was. I think my work starts from my own home; I will even encourage my women group to listen to other people who are in difficult situation, and even like to teach them what I have learned from ECTC.*

### ***Shiva Raj's moment of relief***

*Shiva Raj is a retired, 71 year old man but living an active life. He lives in a small community of Sapang, in Kavrepalanchowk. A participant (then), who now has committed to Volunteer as Psychological Caregiver, took ECTC's staff to Shiva's house as he thought there were some people in the family who needed professional help.*

*Shiva although at the age of 71 years, was taking most of the responsibility of his household and 2 mentally ill members in the house. One is his son, who had a problem in brain development during birth and another one his granddaughter Manita (changed name), who seemed suffering from Mental Illness. Shiva told our staff that, her condition deteriorated after earthquake. He took his grand-daughter to traditional healers, but to no avail her condition got worse. He shared that his most terrifying moments are when Manita gets violent and chase people in street throwing stones at them.*

*It was obvious that, Manita needed medical treatment, therefore we asked the Caretaker to help Shiva arrange Manita to refer to ECTC's counselling service; from where she would get an necessary assistance to see a psychiatrist. After 2 weeks, Shiva was helped to bring Manita to ECTC. The Project counsellor assisted them to visit to Patan Hospital's Psychiatric Unit, where she was diagnosed having Dissosiative Disorder, which can be controlled if taken medicine.*

*After the Medical Advice, they were send back to their village. After 2 months when ECTC's staff visited them, it was a great moment to see Shiva cheerful than the first time we met him. He shared that the medicine Manita is taking is working and she shows not much abnormalities since she took the medicine. He also mentioned that, Manita has now resumed school and heard of no complaints from school.*

*However, ECTC's staff encouraged Shiva to help Manita continue take her medicine until the psychiatrist suggest, and told that Counselling along with Medicine can be more effective for her recovery. Shiva feeling a relief, agrees to the advice and hopes by looking at her improvements, that his granddaughter will be recovered completely.*

## 4. Programme and Management:

ECTC continues a significant organizational development during this year too. The organization consistently keep up with increased administrative, managerial and financial responsibilities. During the year, ECTC strengthened its administrative part by fully implementing the Employment Policy; Now the Financial Policy have been complete and approved by the board by the end of the Financial Year, we hope that it will be fully made effective from the beginning of next financial year.

Getting an approval of Programs from local government, were somewhat a challenge always; however all of our Programs are now been approved by the Government.

This year, ECTC's whole Programme, went Monitoring and Evaluation process from Government and Social Welfare Council. There were many learnings from this process and gave ECTC a chance to co-ordinate more and be familiar with SWC and Government Official. Through the Feed backs and Recommendations given by the Evaluation Team, ECTC is able to strengthen its Programme as well as its Governance.

New area if work such as 'Children's program' and 'suicidal prevention program' were identified and initiated; Staff were trained and developed in the area, who now feel confident to take over the activities as planned for next year. Addition of 2 staff member, a Project Counsellor (A Male Counsellor) and an Administrator, who are both competent in their own work made it easy to cope with the increased workload.

The Visa issues with ECTC's former Advisors Ms. Jenny and Dr. Irmgard sadly continues; however inputs from them through skypes, telephone, even by visiting ECTC became possible. Networks with similar/ relevant agency continued to build, and services were combined through partnership, collaboration and co-ordinations, for the benefit of clients.

### **A Short report on SWC's Monitoring and Evaluation process:**

**A Monitoring and Evaluation of ECTC's programme was done this year, from Social Welfare Council by a Team of Government Officials. The aim of the Evaluation to ensure that the money invested by the ECTC are making an impact on targeted groups.**

**Because this was the very first time for ECTC to go through an External Evaluation, the whole process was somewhat stressful. However, the process went smoothly.**

**The biggest learning from the process was, how impactful our training were to the clients, both the service receiver and training participants. In a direct interview with clients, they expressed how the Training of ECTC have transformed their life; and even long after the training, how the skills they learned are applicable in their day to day lives; and many time have used it to save lives of others. It was a blessing to hear such feedback from clients, how ECTC's service have touched their lives.**

**However the team gave their recommendations for necessary improvements and strengthening and provided suggestions to expand co-ordination with SWC and local Government.**

**The whole process was a learning for ECTC and the significant recommendations from the Evaluation Team are being addressed at both board as well as staff level.**

## 6. Personal and Professional Growth:

ECTC encourages its staff to have regular relationship with a mentor of their choice in order to maintain their psychological and spiritual wellbeing; Meeting with mentors are allowed even during working hours. To stimulate their professional growth and to ensure high quality of services, all staff were given equal opportunities to participate in Trainings and seminars in national level, and also given sponsorships to pursue academically certified course.

2 New Staff joined to meet the need of program and administrative increasing workload.

**During the year, following major trainings opportunities were given to ECTC's staff:**

1. Senior Counsellor, completed 2 Years Course of Masters in Clinical Counselling and now is writing her thesis.
2. New Project Counsellor (Male Counsellor) participated a Christian Psychotherapy Conference at Chennai, India.
3. Ms. Jamila was given opportunities to learn by doing, working with 'Creative Art and Dance therapist' Ms. Neha Cristopher and also with 'Children Counsellor and Play therapist' Mrs. Andrea.
4. Three Staff attended International Mental Health Conference, Organized by Mental Health Network-Nepal, in Kathmandu.

For the professional growth and skills updates, staff were encouraged to attend professional networks and meetings and even short trainings; with Nepal Mental Health Associations, Supervision Network. ECTC also maintained and continued its network with Chahari Nepal, HCF, ATA, Purna, UMN, UMHT, INF-W, INF –Nepal, NBCC, World Vision etc.

## 7. Partnership and Sponsorships

ECTC had partnership agreements with the following organization:

- BMS:** Baptist Mission Society UK supported part of Church based Basic Counselling skills Trainings and part of Counselling work
- INF-UK:** International Nepal Fellowship-UK supported Community Based Psychological Support program
- INF-Aus:** International Nepal Fellowship-Australia supported Managerial and Programme Support
- SP Canada:** Samaritan Purse Canada Supported our DPHM Course.
- UMHT:** United Mission Hospital Tansen partnered for running DPHM course.
- ABIM :** American Baptist International Ministries, USA supported few Trauma Trainings.

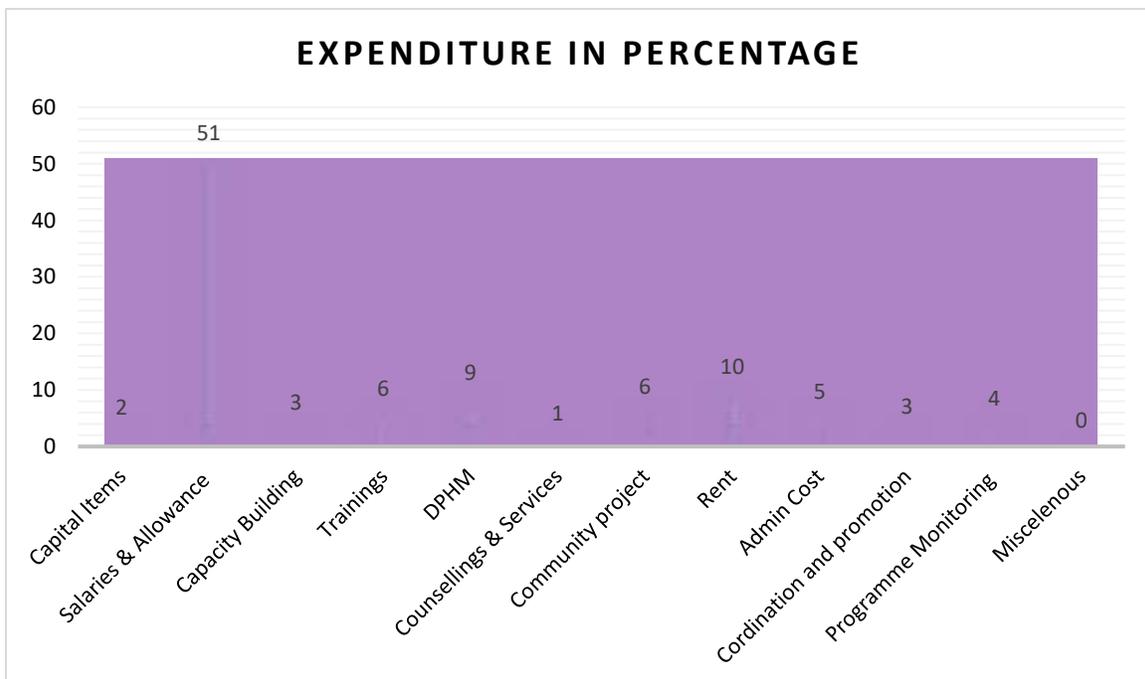
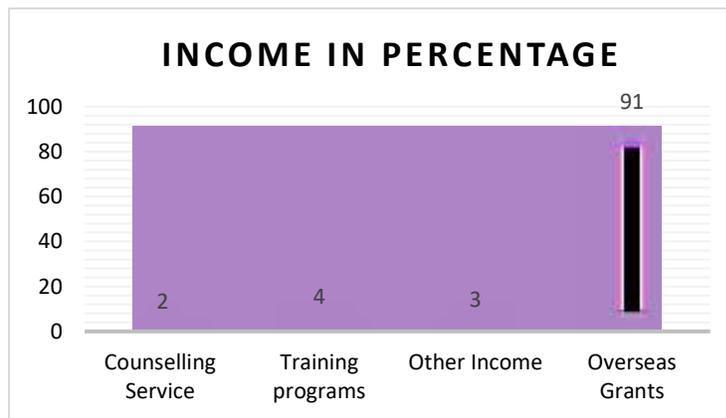
# 8. Finances:

Due to some donations were not received as promised, ECTC's could not carryout certain activities as planned.

However total income increased by 3.16% and the financial situation at the end went satisfactory. The cost during the year increased by 14.45%, mostly due to unforeseen administrative accountabilities.

The totals of 2 years are comparatively depicted as below:

Description	FY 2073/74	FY 2074/75	Pound (1£=Nrs 142)
Internal/Local Income	6,03,289.00	6,37,202.61	4,487.34
Grant Received	62,48,982.33	64,49,574.34	45,419.53
<b>Total Income</b>	<b>68,52,271.63</b>	<b>70,86,776.95</b>	<b>49,906.87</b>
Opening Balance	12,66,030.13	14,51,885.09	10,224.54
<b>Total Funds Available</b>	<b>81,18,301.76</b>	<b>85,38,662.04</b>	<b>60,131.42</b>
<b>Expenditure</b>	<b>66,66,416.67</b>	<b>77,92,984.92</b>	<b>54,880.017</b>
Closing Balance	14,51,885.09	8,13,211.15	5,726.83



## 9. Challenges for ECTC:

As ECTC progressively developed as an organization, however it faced several challenges this year as well, in following areas:

### 9.1. Programme related:

Because of Dr. Irmgard being away faced challenges regarding the development of new curriculum/course designs as she was the key resource person for ECTC. Also due to increased work loads and limited staffs and it is very challenging for Staff to sort the request according to the clients' most pressing needs.

The implementation of New Policy and the Monitoring and Evaluation of Government, brought a change to ECTC's Governance and Structure, strengthened the program as well as created a better and competent work environment for its Staff; however it increased financial burden for ECTC.

Since, ECTC's almost all activities, requires frequent travel within Kathmandu valley as well as to many places outside Kathmandu mostly to remote villages; In such situation, staff gets extremely exhausted by frequent travelling by local transport. Some staff take their own motorbikes at time for convenience, but for others, it's becoming more and more challenging and demotivational factor.

### 9.2. Financial related:

ECTC is a nonprofit making organization whose regular income does not fully cover the regular costs. As our targeted clients are mostly of weak financial background, and are unable to pay the full fees for our services; most of our financial needs are covered by generous support receive from Donors.

However, Children's Psychological Support programs were initiated based on faith, even with no particular donors present, so that the pressing needs are fulfilled. Also, almost all of our grants are project specific, ECTC has to look for own ways for additional costs such as Administration and capital Items.

## 10. Planning for Next Year:

- **Provide Pastoral Care and Psycho-social Counselling and Pastoral Care:** ECTC will continue to deliver Pastoral Care and Psychosocial Counselling service to its clients. *The focused groups will be Abused Women and Children (especially victims of sexual abuse), Earthquake related Trauma and PTSD, Suicidal Prevention and aftercare.*
- **Counselling Supervision:** Increase Counselling Supervision network and provide Supervision to Counsellors.
- **Community Based Psychological support in Kavre and Sindhupalchowk:** Carry out 3<sup>rd</sup> phase of Project, Mobilize Care givers into household to support cases of Trauma due to Earthquake, arrange referrals if needed. Equip them more with Suicidal prevention training and train them as MH facilitator, through running MH awareness programs in Schools in each 10 communities.
- **Promotion psychological wellness among Children through School Programs:** Addressing the pressing need of Children's psychological wellness, 3 programs' package will run in 2 selected schools and 8 Awareness programs on Suicidal Prevention and Mental health will be conducted amongst children groups.
- **Basic Counselling Skills Training:** This will includes 1 month, church based Basic Counselling Skills training or Pastoral care training; and 15 days Basic Counselling training open for all. Altogether 12 units of such trainings will be carried out over the years. And follow-up of Pastoral care team established in churches.
- **Short Courses in Specific topics:** Conduct 2 short courses, 'Counselling Sexually Abused' facilitated by American Psychologist Ms. Francesca and 'Counseling Technique addressing Sexuality - Rapha Model' facilitation to be done by The Counsellors Consortium, India to enhance counselling skills and/or skills in dealing specific problem topics for professionals.
- **Develop in the area of Children and Adolescence Counselling.**
- **DPHM:** Continue 7<sup>th</sup> and 8<sup>th</sup> Module of DPHM for the 2<sup>nd</sup> batch of students.

# 11. Conclusion:

The financial year 2074/75 has been challenging, however was good for ECTC. The workload continues to grow with more focused activities and projects and trainings demands were high. The achievements of Community Based program in Kavre and Sindhupalchowk, so far are pleasing.

The Monitoring and Evaluation process from SWC taught us a lot and help us to get familiar to Government officials. The Evaluation process as well as implementation of Employment Policy strengthened ECTC Governance as well as Administrative System. Most of the projects of ECTC now has been approved by Government for next 2 years.

Throughout the year, God provided His unfailing grace and favored us to keep going smoothly. We are very thankful for all those who supported us with prayers, moral support and financial support. Above all, thanks to our GOD Almighty who gave us grace to grow more and more each year and gave us strength to face each challenges confidently but with humbleness. We are also very thankful for everyone involved with us and gaze with anticipation into the better future.

May GOD continue to look in favour on the growth of our organization. May we, who work in it do so with integrity and to a high professional standard. May the participants in our courses grasps the concepts of Compassionate Care of others and be able to apply it in their surroundings; their families, work places, churches, neighborhood and community. May through our effort, individuals find healing of their inner wounds. May all people we influence be blessed, be reconciled to where needed and be able to live happy and psychologically, emotionally, socially and spiritually stable lives.

# 12. Appendices:

## Appendix 12.1 Counselling and Pastoral Care Activities

*Note: All given activities does not include travel and co-ordinations*

### Numbers of Counselling beneficiaries:

Services	Sessions	Beneficiaries
Counselling Sessions (Centre based – Nepali clients)	522	187
Counselling Sessions (Foreigners)	144	36
Counselling – group therapies	43	118
Pastoral Care	51	42
Client Referred for Medical treatment	-	64
<b>Total Beneficiaries:</b>	<b>373</b>	<b>447</b>

Sn.	Cases /Issues	No.
1	Depression	76
2	Anxiety	51
3	Grief/loss	39
4	Family/marriage	117
5	Profession related	16
6	Sexual Abuse	46
7	D. Voilence	41
8	Physical illness	55
9	Earthquake	21
<b>Total Issues:</b>		<b>462</b>

## Appendix 12.2 Basic Counselling Skill Training

No.	Date	Training	Place	Venue	Duration	Participants
<b>Church based Basic Counselling Skills (Pastoral Care Training)</b>						
1	July '17	Unit I	Kathmandu	Ebenezer Bible College	5 days	21
2	July '17	Unit I	Kathmandu	Ebenezer Bible College	3 days	19
3	Aug '17	Unit 4	Bhaktapur	Bhaktapur Masih Church	3 days	17
4	Sep '17	Unit 2	Itahari	New Covenant Church	4 days	15
5	Sep '17	Unit 2	Dhangadi	Balidan Church	5 days	16
6	Nov. '17	Unit 1	Itahari	ELTC	5 days	19
7	Nov. '17	Unit I	Lalitpur	NBCC	3 days	10
<b>Basic Counselling Skills Training for all</b>						
8	Oct. '17	Unit 3	Lalitpur	ECTC	3 days	8
9	Jan '18	Unit 4	Lalitpur	ECTC	3 days	8
10	May '18	Unit 1	Lalitpur	ECTC	3 days	10
<b>Total number of participants:</b>						<b>143</b>

## Appendix 12.3 Short Courses on specific topics

No.	Date	Training	Place	Organization	Length	Participants
1	Oct 11	Creative Arts and Dance Therapy Training	Lalitpur	ECTC	10 hrs	15
1	Dec. 17	Trauma and Psychological Frist Aid	Kathmandu	UMN, Thapathali	2 days	11
2	Feb 23/24	Trauma and Psychological First Aid	Rukum	Chaurjahari Hospital	2 days	20
4	Mar 19/20	Suicidal Prevention Training	Lalitpur	ECTC	2 days	15
5	April 22-24	Communication Skills for Health professionals (group 1)	Lalgadh	Lalgadh Hospital	2 days	17
6	April 25/27	Communication Skills for Health professionals (Group 2)	Lalgadh	Lalgadh Hospital	2 days	20
7	Apr 26/27	Introduction to Counselling Supervision	Lalitpur	ECTC	2 days	
<b>Totals:</b>						<b>157</b>

## Appendix 12.4 DPHM

Topics	Dates	Duration	Participants	No. of Patient conversations
<b>Module 7</b>				
Personal Theories with special emphasis on Enneagram	Jul/Aug. 2017	4 weeks, 192 hrs	8	719
<b>Module 8</b>				
School of Counselling and Psychotherapy; with special emphasis on Biblical Counselling, CBT and Client Centered Therapy.	Mar/Apr. 2018	4 weeks, 192 hrs	8	475

## Appendix 12.5 School Program on Mental Health

Sn.	Activities	Place	Participants	Boys	Girls	Total
1	8 weeks, Emotional Awareness and Expressive arts (16 hrs)	7-12 age group	Mercy home, Lalitpur	1	6	7
			Pragati School	33	33	66
			Manjushree Academy	14	10	24
2	Adult-child relationship	Teachers	Bethlehem Church			18
3	Awareness on Mental Health and Suicidal Prevention		KISC	31	36	103
			Pushpanjali School	91	80	171
			Manjushree Academy	17	16	33
4	Internet Addiction		Pushpanjali School	27	25	52
<b>Total beneficiaries :</b>						<b>474</b>

## Appendix 10.5 Supervision Work

Number of Counselling Supervision Sessions	–	59
Number of Supervision sessions received	–	20
Number of Counsellors in Supervision Network	–	17 Counsellors
Monthly peer supervision meet (3 groups)	–	20 times
1 Supervision Training	–	9 participants

## Appendix 10.6 Community based Psychological support Program

**Sindhupalchowk** : Thokarpa, Yamuna danda, Sunkhani, Barhabise, Kadambas, Bhirkharka, Likhubari

**Kavre** : Bhumlutar, Chandeni, Dolalghat, Rabi and Jyamdi

*Note: these are villages*

### Activities in details

No	Date	Place	Activities	Duration	Beneficiaries	Remarks
<b>1. In Sindhupalchowk and Kavrepalanchowk :</b>					-	Got official approval from relevant authority to run the program.
<b>Meeting with District Health Officer and Local Development Officer, for approval of community based program.</b>						
<b>Activities in Sindhupalchowk</b>						
<b>2. Co-ordination with relevant Local authority and government official</b>						
2.1	1 <sup>st</sup> Aug 2017	Chautara, Headquarter of Sindhupalchowk District	Coordination meeting with district office and presentation of program		-	
2.2	17 Sept 2017	Chautara	Meeting with DDC head	4hours		For support
2.3	15 Sept 2017	Thokarpa	Meeting and need assessment	3hrs	-	Information sharing and discussed date for training
2.4	18th Dec 2017	Yamunadanda	Co-ordination meeting and need assessment	1hr	3	
2.5	18th Dec 2017	Sunkhani	Co-ordination Meeting	1hr	6	
<b>3. Info talk to make aware about the Trauma and psychological distress after Trauma</b>						
3.1	25. Aug 2017	Bahrabise	Among local villagers and church leaders.	1 day	9	Made aware of trauma

3.2	15 Sept 2017	Bhirkharka, Thokarpa	Among local villagers and village leaders;	3hrs	11	and talked individually for assessment & psychological support.
3.3	16 Sept 2017	Kadambas		3 hour	24	
3.4	18th Dec 2017	Sunkhani,		Among local village leaders	2hr	
<b>4. Basic Trauma Counselling Training</b>						
4.1	30-31 Oct 2017	Bhirkharka, Thokarpa	Trauma Training	2days	22	
4.2	29-30 Dec 2017	Bahrabise	Trauma Training		22	
4.3	12- 13 Feb, 2018	Yamuna Danda	Trauma Training		19	
<b>5. Counselling Skills training for Care-givers</b>						
5.1	12-16 Mar 2018	ECTC	For selected Psychological Caregivers	5 days	14	Trained as community counsellors
<b>6. Follow up and planning meeting with Caregivers</b>						
6.1	15-16 Sept 2017	Ukhubari	Followup and feedback collection. Provided additional support to care givers	2 days	5	Encourage Caregivers to continue support
6.2	12 Jan 2018	Bahrabise	Site visit by SWC for program monitoring	1 day	11	Local villagers, caregivers and GoN officials
6.3	21 June 2018	Dolalghat	Orientation on job descriptions, values and standards, and regulations to work as Care givers.	4 hrs	14	Caregiver gave commitment to Volunteer 'Caregivers' for ECTC.
<b>Activities in Kavrepalanchowk</b>						
<b>7. Co-ordination with relevant Local authority and government official</b>						
7.1	2 <sup>nd</sup> Aug 2017	Banepa, Headquarter in Kavrepalanchowk	Coordination meeting with district office and program presentation	1day	-	Information shared and discussed for date of training
7.2	14 Sept 2017	Bhumlutar	Coordination Meeting and need assessment	2hrs	4	
7.3	31 Jan 2018	Saping	Co-ordination Meeting and need assessment		17	
7.4	4 April 2018	Bhumlutar	Next co-ordination Meeting		9	
<b>8. Info talk to make aware about the Trauma and psychological distress after Trauma</b>						
8.1	14th Dec 2017	Chandeni	Meeting and Info talk	2hours	14	Made aware of psychological trauma
<b>9. Basic Trauma Counselling Training</b>						
9.1	8-9 Nov 2017	Dolalghat	Trauma Training	2 days	23	
9.2	28-29 Nov 2017	Rabi	Trauma Training	2 days	21	
9.3	28-29 Feb 2018	Saping	Trauma Training	2 days	17	

Counselling Skills training for Care-givers							
10.1	7-11 May 2018	ECTC	For selected Psychological Caregivers	5 days	14	Trained as community counsellors	
Follow up and planning with caregivers							
11.1	24 Aug. 2017	Jyamdi	Follow up visit	1 day	5	Discussed for further needs	
11.2	21 June 2018	Dolaighat	Orientation on job descriptions, values and standards, and regulations to work as Care givers.	4 hrs	12	Caregiver gave commitment to Volunteer 'Caregivers' for ECTC.	

### Psychological Support provided

Support Descriptions	Sindhupalchowk	Kavre	Total
Psychological support provided by Care gives	10	15	25
Counselling Provided by ECTC Counsellors	6	11	17
Assistance for referral cases to medical help			7
<b>Total clients came into healing process :</b>			<b>49</b>

### Appendix 10.7 Short Sessions

No.	Date	Session Topic	Organization	Length	No. of program	Participants
1	Aug.15	Premarital Counselling	HCF Office	2 hrs	1	19
2	Aug. 15	Speech Therapy in Mental disability	ECTC	2 hrs	1	13
<b>Totals:</b>					<b>2</b>	<b>32</b>

### Appendix 10.9 Some more Pictures.....



Couple who opened their house for ECTC Staff during field visit



An offroad travel for a Church based Basic Counselling Training



*A Counselling Training in Progress*



*An officer from Kavre District Development Office, handing over Training certificates to Caregivers*



*'People still suffers the loss' - A client's assessment from Kavre*



*Monitoring and Evaluation process on progress.....*



*ECTC's Counsellor - Sharing burdens of others'*



*DPHM student with a patient at United Mission Hospital, Tansen.*

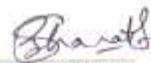
**Elijah Counselling & Training Center (ECTC)**  
**Jhamsikhel, Lalitpur, Nepal**  
**Fund Accountability Statement**  
**For the year ended 32<sup>nd</sup> Ashad, 2075**



Opening Balance of Fund	Current Year	Previous Year
Cash in hand	42,778.00	47,808.00
Cash at Bank (Standard chartered Bank)	1,189,107.09	1,215,822.13
Advances	220,000.00	2,400.00
<b>Total</b>	<b>1,451,885.09</b>	<b>1,266,030.13</b>
<b>Particulars</b>		
<b>A. INCOME :</b>		
Membership Fee	4,000.00	10,300.00
Income From Counselling	151,050.00	58,260.00
Income From Training	311,615.00	453,890.30
Overseas Grants	6,449,574.34	6,248,982.33
Local Donation	64,000.00	20,180.00
Others Income	87,355.00	60,659.00
Bank Interest	19,182.61	-
Tax deducted in Source	2,810.00	-
<b>Total Income</b>	<b>7,089,586.95</b>	<b>6,852,271.63</b>
<b>A. Total fund Available During the year</b>	<b>8,541,472.04</b>	<b>8,118,301.76</b>
<b>B. EXPENDITURE :</b>		
Monitoring & Evaluation	260,259.00	120,029.59
Staff Capacity Building	248,285.00	532,271.00
Registration and Renewal	24,085.00	67,391.00
Strategic Planning Meeting	-	215,872.00
Board Meeting	42,140.00	15,870.00
General Assembly	45,484.00	29,047.00
Staff Retreat/Celebration	98,450.00	41,970.00
Office Rent	746,668.00	660,000.00
Staff Salary	3,934,994.00	2,833,574.00
Basic Counselling Skills	306,459.00	287,048.00
Diploma in Pastoral Healing Ministry (DPMHM)	663,665.00	797,623.00
Other Short Course Training	141,587.00	240,449.00
Public Awareness program	63,037.00	29,000.00
Community Based psychological Program	467,324.00	181,168.59
Bank Charge & Commission	8,896.78	10,789.67
Office Stationery	68,663.00	42,194.00
Communication & Internet	86,430.00	66,235.00
Overhead Cost	96,482.00	78,712.00
Office Supplies & Cleaning	67,560.00	44,834.00
Local Conveyance	48,320.00	12,442.00
Repair & Maintenance	67,126.00	98,695.00
Printing & Publication	21,000.00	16,908.00
Refreshment & Hospitality	7,335.00	2,582.00
Previous Audit fee	25,000.00	20,000.00
Miscellaneous Expenses	6,501.11	1,412.00
Purchase of Fixed Assets	182,310.00	220,299.82
<b>B. Total Expenditures</b>	<b>7,728,260.89</b>	<b>6,666,416.67</b>
Closing Balance of Fund (A-B)	813,211.15	1,451,885.09
<b>Represented By Closing Balance of:</b>		
Fixed Deposit	500,000.00	-
Current A/C (Standard Chartered Bank)	434,541.15	1,189,107.09
Cash in hand	28,670.00	42,778.00
Receivable Advance	50,000.00	220,000.00
	<b>813,211.15</b>	<b>1,451,885.09</b>

  
 Juna Gurung  
 Finance Officer

  
 Sandhya Sharma  
 Programme Manager

  
 Bharat Shrestha  
 Treasurer

  
 Mangal Man Mahajan  
 Chairperson

  
 Q & Associates  
 Registered Auditors



# G. & ASSOCIATES

(Registered Auditors)

(Regd. No.2335)

PAN: 500122486

New Baneswor, Kathmandu

Nepal

## Independent Auditor's Report

For Fiscal Year 2017 - 2018 (B.S. 2074-2075)

We have conducted the financial audit of Elijah Counseling and Training Center (ECTC) comprising of significant accounting policies and other explanatory notes of the attached financial statements for the period from July 16, 2017 to July 16, 2018.

### **Management's Responsibility for the Financial Statement**

The preparation and fair presentation of financial statements in accordance with applicable requirements of the financial reporting framework are the responsibility of the Elijah Counseling and Training Center (ECTC) management.

### **Auditor's Responsibility**

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Standards on auditing. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial Statements are free of material misstatement.

An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the Financial Statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall Financial Statements presentation.

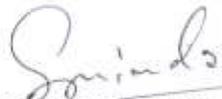
We believe that our audit provides a reasonable basis for our opinion.

### **Opinion**

In our opinion, the Financial Statements gives a true and fair view of the financial position of the Elijah Counseling and Training Center (ECTC) for the period July 16, 2017 to July 16, 2018 in accordance with generally accepted Standards and other Applicable Accounting Practices.

Date-August 5, 2018



  
Govinda Dhaubanja  
Registered Auditor



**Contact Details:**

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