

# GURBANI MEDITATION THERAPY (U.K) INTERNATIONAL

England & Wales · Charity number 1071999

## Details

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**Other names** GURBANI MEDITATION THERAPY

**Status** Registered

**Legal form** Other

**Registered** 1998-10-16

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 162 Great West Road  
Hounslow  
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## Activities

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**Objects:** 1)TO PROMOTE THE PRACTICE OF SIKH RELIGION IN ACCORDANCE WITH THE TENETS OF GURU NANAK (THE FOUNDER) HIS NINE SUCCESSOR GURUS AND GURU GRANTH SAHIB (THE HOLY SCRIPTURE) AS ETERNAL LIVING GURU.2) TO AVAIL, PRACTICE AND REVEAL THE THERAPIC VALUE OF GURBANI MEDITATION (DIVINE REVELATION CONTAINED IN GURU GRANTH SAHIB)3) TO RELIEVE POVERTY IN BRITAIN AND OVERSEAS.

**Activities:** This Charity endeavours to carry out various General Charitable activities including education, health, social welfare and development, relief of poverty, promotion of the principles of Sikh religion in particular the awareness of the therapeutic and spiritual values of Gurbani (Sikh Scriptures) in UK and overseas.

## Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Religious Activities
- **Who:** People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- India
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£24,597	£19,715	-	-
2024-07-31	£19,296	£20,772	-	-
2023-07-31	£18,085	£19,622	-	-
2022-07-31	£10,080	£9,270	-	-
2021-07-31	£10,060	£6,752	-	-
2020-07-31	£24,720	£14,365	-	-

## Trustees

Name	Role	Appointed
HARINDERPAL SINGH		
JASPRIT KAUR SANDHU		
N S DHALIWAL		
R S SIDHU		
S K SANDHU		