

2023

APR 2022 – MAR 2023

SCIENCE OF SPIRITUALITY
CHARITABLE TRUST (U.K.)
Registered Charity
No.1096502



ANNUAL REPORT

106 Icknield Port Road Edgbaston Birmingham B16 0AA
www.scienceofspirituality.org.uk

Activities Undertaken

1. Regular openings of the Meditation Centre

We were pleased to re-open the Meditation Centre in May 2022 after the Covid pandemic restrictions were lifted, commencing with rigorous cleaning throughout the building and sanitisation products in place.

We continue to offer weekly gatherings each Sunday morning, opening our doors to regulars as well as newcomers. The morning session includes inspiring reading and video presentations relating to ethical values and leading a spiritual life, followed by a short meditation sitting with instructions. This is followed by a complimentary vegetarian meal prepared by volunteers. Attendees are able to borrow books or DVD's from the library and mingle with one another after the session. All in all, we are offering people of all backgrounds to come together and enjoy an opportunity to learn about the meditation practice, so that they can bring about calm in their day to day life.

2. One day meditation Retreats

The one-day meditation retreats offer attendees an opportunity to dedicate a whole day towards nurturing their spiritual practices and enjoy meditation sittings, readings, and video showings throughout the day.

These were held on **24th September 2022 and 4th February 2023** and some attendees travelled from outside Birmingham to enjoy the opportunity.



3. Updating safety compliance

Several aspects of safety compliance was updated and dealt with before the re-opening of the Meditation Centre after the Covid period. The whole fire safety system was serviced, the electrical and gas safety certificate was obtained, emergency lighting was fitted and the boiler was replaced.

4. Food bank Collection

During the year our Meditation Centre has donated non-perishable and long dated food items for those in need. The items have been collected and delivered to the local **Spearhead Trust in Druids Heath**.

5. Ruhani Post Magazine

The Ruhani Post Magazine, that features articles from the great Masters of Science of Spirituality, continues to be produced in both English and Hindi/Punjabi and is distributed free of charge. The magazine is disseminated largely via email with only a few hard copies, in order to reduce printing and postage costs and for environmental reasons.

6. Inreach activities and celebrations

Throughout the year we marked various occasions such as celebrating the birth anniversaries of our spiritual Masters with special presentations and cake cutting. We also held a Christmas Party that involved decorating the centre, organising party games with the children and enjoying lots of festive food.



In October 2022 we held a Table Tennis Tournament catering for all ages and abilities. It was a fun contest and everyone had a wonderful time.



7. Library Facilities

We are the only place in Birmingham which provides multi faith books and literature under one roof.



8. Financial Information

We continue to use a professional accountant to produce annual accounts for our charity.

9. Insurance

The Building Insurance and Public Liability Insurance are all up to date at the Meditation Centre.

Update from London Group

Renovation of the new Meditation Centre

In February 2020 Science of Spirituality, London bought a property for our organisation in Langley, Slough. Due to the Coronavirus pandemic, we carried out limited cleaning and repairs in 2020 and 2021.

During 2022/23 we have continued to work with an architect and other building professionals to finalise the plans for renovation of the Centre. Once our plans for use of the centre are finalised, we hope to start work in 2024.

We provided Health and Safety, Fire and First Aid training on site. Cleaning and minor repairs were undertaken.



Insurance

The Building Insurance and Public Liability Insurance are all up to date at the Meditation Centre.

Activities

Post pandemic we have continued to provide bi-weekly access for our members to virtual meditation programmes and spiritual talks.

This year we have increased the number of in person events, holding meetings in Central London in person twice a month. We have held several in person meditation retreats and day seminars and we expect the physical meetings to continue next year. We have supported local foodbanks and soup kitchens.

Financial Information

We continue to use a professional accountant to produce annual accounts for our charity.

Conclusion

We look forward to starting work at the new centre and opening it by the end of 2024

Financial Statements for the Year Ended 31 March 2023

for

**Science of Spirituality Charitable Trust
(United Kingdom)**

Pamma and Rakhra Associated Limited
53 Chestnut Road
Oldbury
West Midlands
B68 0AY

**Science of Spirituality Charitable Trust
(United Kingdom)**

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for the Year Ended 31 March 2023**

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**Science of Spirituality Charitable Trust
(United Kingdom)**

**General Information
for the Year Ended 31 March 2023**

GOVERNING DOCUMENT: Trust deed dated 6th February 2003
Amended by Resolution dated 15th November 2006

REGISTERED CHARITY NUMBER: 1096502

TRUSTEES: Mukesh Murria
Shakuntla Rani Pun
Ravi Vatish
Joginder Kainth
Pritam Singh
Nirbhair Singh Thind
Anamika Jalalvand
Trishla Devi Murria
Stephen Charles Hall
Harmesh Varma
Nitin Sharma
Nasreen Kherdin

BRANCH ADMINISTRATORS

BIRMINGHAM: Shakuntla Rani Pun

LONDON: Harmesh Varma

LIVERPOOL: Jennifer Chibb

ADDRESS: 367 Wake Green Road
Moseley
Birmingham
B13 0BH

ACCOUNTANT: Pamma and Rakhra Associated Limited
53 Chestnut Road
Oldbury
West Midlands
B68 0AY

Financial Statements
for the Year Ended 31 March 2023

Accountants' Report to
Science of Spirituality Charitable Trust
(United Kingdom)

I report on the accounts of Science of Spirituality Charitable Trust for the year ended 31 March 2023 set out on pages three to ten.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is required.

It is my responsibility to:

- Examine the accounts under Section 145 of the 2011 Act
- To follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act; and
- To state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees, concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a true and fair view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

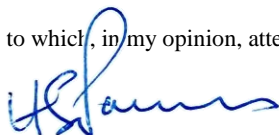
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that, in any material respect, the requirements

- to keep accounting records in accordance with Section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities,

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Pamma and Rakhra Associated Limited
53 Chestnut Road
Oldbury
West Midlands
B68 0AY

Date:19/1/2024.....

Science of Spirituality Charitable Trust
(United Kingdom)
(Registered Charity Number: 1096502)

INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023

	2023		2022	
	£	£	£	£
Income				
Donations received	61,519		94,046	
Raffle tickets	93		-	
Other income	<u>106</u>		<u>47</u>	
		61,718		94,093
Other income				
Gift Aid - Tax refund		<u>20,400</u>		<u>15,025</u>
TOTAL INCOME		82,118		109,118
Expenditure				
Rates and water	1,843		2,378	
Insurance	2,038		2,791	
Light and heat	2,433		742	
Repairs to property	3,287		14,615	
Depreciation of tangible fixed assets				
Fixtures and fittings	2,605		2,605	
Computer equipment	-		187	
Room hire	1,280		-	
Telephone	840		739	
Postage	67		-	
Stationery, books etc.	1,160		443	
Sundry equipment costs	1,065		1,880	
Catering expenses	1,255		-	
Sundry expenses	657		206	
Accountancy	360		340	
Donations	1,000		20,000	
Bank charges	-		38	
Mortgage	<u>1,546</u>		<u>2,312</u>	
		<u>21,436</u>		<u>49,276</u>
EXCESS OF INCOME OVER EXPENDITURE		<u>60,682</u>		<u>59,842</u>

The notes form part of these financial statements

**Science of Spirituality Charitable Trust
(United Kingdom)**

**BIRMINGHAM
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023**

	2023		2022	
	£	£	£	£
Income				
Donations received	33,715		54,674	
Raffle tickets	93		-	
Other income	<u>106</u>		<u>47</u>	
		33,914		54,721
Other income				
Gift Aid - Tax refund		<u>13,807</u>		<u>6,109</u>
TOTAL INCOME		47,721		60,830
Expenditure				
Rates and water	1,529		1,775	
Insurance	1,438		1,298	
Light and heat	2,310		475	
Repairs to property	1,022		6,622	
Depreciation of tangible fixed assets				
Fixtures and fittings	2,605		2,605	
Computer equipment	-		187	
Telephone	492		451	
Postage	67		-	
Stationery, books etc.	1,160		443	
Sundry equipment costs	1,065		1,880	
Catering expenses	1,255		-	
Sundry expenses	657		206	
Accountancy	360		340	
Donations	1,000		20,000	
Bank charges	-		38	
Mortgage	<u>1,546</u>		<u>2,312</u>	
		<u>16,506</u>		<u>38,632</u>
EXCESS OF INCOME OVER EXPENDITURE		<u>31,215</u>		<u>22,198</u>

**Science of Spirituality Charitable Trust
(United Kingdom)**

**LONDON
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023**

	2023		2022	
	£	£	£	£
Income				
Donations received		27,804		39,372
Other income				
Gift Aid - Tax refund		<u>6,593</u>		<u>8,916</u>
TOTAL INCOME		34,397		48,288
Expenditure				
Rates and water	314		603	
Insurance	600		1,493	
Light and heat	123		267	
Repairs to property	2,265		7,993	
Room hire	1,280		-	
Telephone	<u>348</u>		<u>288</u>	
		<u>4,930</u>		<u>10,644</u>
EXCESS OF INCOME OVER EXPENDITURE		<u>29,467</u>		<u>37,644</u>

Science of Spirituality Charitable Trust
(United Kingdom)
(Registered Charity Number: 1096502)

Balance Sheet
31 March 2023

	Notes	2023 £	£	2022 £	£
FIXED ASSETS					
Tangible assets	4		682,257		682,496
CURRENT ASSETS					
Other debtors		1,737		1,737	
Barclays account - Birmingham		84,850		63,822	
Treasurers account - Birmingham		16,104		9,702	
Lloyds - London		9,881		14,810	
Lloyds - London		154,143		119,746	
Bank account - Liverpool		100		100	
US Dollar account - Birmingham		640		640	
Euro account - Birmingham		11		11	
Paypal account - Birmingham		200		15	
Cash in hand - Birmingham		1,507		517	
		269,173		211,100	
CURRENT LIABILITIES					
Other creditors		1,500		1,500	
Mortgage account		33,694		36,542	
		35,194		38,042	
			233,979		173,058
NET ASSETS			916,236		855,554
FINANCED BY					
RESERVES AND FUNDS					
Revaluation Reserve	5		233,987		233,987
General Funds	6		682,249		621,567
			916,236		855,554

We approve the financial statements for the year ended 31 March 2023 and confirm that we have made available all relevant records and information for their preparation.

The financial statements were approved by the Trustees on and signed on their behalf by:

.....
S R Pun

Date: 17.01.2024

**Science of Spirituality Charitable Trust
(United Kingdom)**

**Notes to the Financial Statements
for the Year Ended 31 March 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements have been compiled on a basis which enables profits to be calculated in accordance with generally accepted accounting practice and which provides sufficient and relevant information to enable the completion of a tax return.

The financial statements have been prepared under the historical cost convention, in accordance with acceptable accounting standards and the Charities SORP (Statement of Recommended Practice, Accounting and Reporting by Charities) issued in June 2005.

Incoming and outgoing resources

Incoming and Outgoing resources are recorded on a receipts and payments basis.

Funds

Designated funds

Funds set aside for designated purposes.

Unrestricted funds

Funds that can be used in accordance with the charitable objectives at the discretion of the trustees.

2. TAXATION

The trust is a registered charity, number 1096502, and is exempt from Income Tax and Capital Gains Tax.

3. TRUSTEES REMUNERATION AND EXPENSES

No remuneration, directly or indirectly out of the funds of the trust, was paid during the year to the trustees or any persons known to be connected to the trustees (2022: £nil).

4. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 April 2022	675,030	26,063	3,218	704,311
Additions	<u>-</u>	<u>2,366</u>	<u>-</u>	<u>2,366</u>
At 31 March 2023	<u>675,030</u>	<u>28,429</u>	<u>3,218</u>	<u>706,677</u>
DEPRECIATION				
At 1 April 2022	-	18,604	3,211	21,815
Charge for year	<u>-</u>	<u>2,605</u>	<u>-</u>	<u>2,605</u>
At 31 March 2023	<u>-</u>	<u>21,209</u>	<u>3,211</u>	<u>24,420</u>
NET BOOK VALUE				
At 31 March 2023	<u>675,030</u>	<u>7,220</u>	<u>7</u>	<u>682,257</u>
At 31 March 2022	<u>675,030</u>	<u>7,459</u>	<u>7</u>	<u>682,496</u>
 The freehold property comprises of:				
Property in Birmingham	415,000			
Property in London	<u>260,030</u>			
 At 31 March 2023	<u><u>675,030</u></u>			

**Science of Spirituality Charitable Trust
(United Kingdom)**

**Notes to the Financial Statements
for the Year Ended 31 March 2023**

5. REVALUATION RESERVE

	Revaluation reserve £
At 1 April 2022	<u>233,987</u>
At 31 March 2023	<u><u>233,987</u></u>

The freehold property in Birmingham was professionally valued in 2017 at £415,000 on the Market Value basis.

6. GENERAL FUNDS

	Total £	Birmingham £	London £	Glasgow £	Liverpool £
Non-restricted funds					
Balance at 31 March 2022	621,567	227,878	393,589	-	100
Income and Expenditure Account for the year	60,682	31,215	29,467	-	-
Transfers	-	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Balance at 31 March 2023	<u><u>682,249</u></u>	<u><u>259,093</u></u>	<u><u>423,056</u></u>	<u><u>-</u></u>	<u><u>100</u></u>

The Charity did not hold any Designated or Restricted funds at the year end (2022: £nil).

7. TRUSTEES

The Trustees who served during the year were:

Mukesh Murria
Shakuntla Rani Pun
Ravi Vatish
Joginder Kainth
Pritam Singh
Nirbhai Singh Thind
Anamika Jalavand
Trishla Devi Murria
Stephen Charles Hall
Harmesh Varma
Nitin Sharma
Nasreen Kherdin

8. BRANCH ADMINISTRATORS

BIRMINGHAM:	Shakuntla Rani Pun
LONDON:	Harmesh Varma
LIVERPOOL:	Jennifer Chib