

PUNDARIKA UK

England & Wales · Charity number 1104530

Details

Status Registered

Legal form Other

Registered 2004-06-24

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

Contact

Address Flat 2
Mallard House
Station Court
Townmead Road
London
SW6 2BF

Phone 07444172078

Email jason.upton@pundarika.org.uk

Website www.pundarika.uk

Activities

Objects: TO ADVANCE PUBLIC EDUCATION IN THE BUDDHIST FAITH, PARTICULARLY RELATING TO THE DRUKPA KAGYU AND DZOGCHEN TRADITIONS BY THE PROVISION OF SERVICES AND FACILITIES FOR THOSE WISHING TO UNDERTAKE BUDDHIST STUDY AND PRACTICE IN THE UNITED KINGDOM;THE RELIEF OF POVERTY OF BUDDHISTS WHO ARE IN CONDITIONS OF NEED, PARTICULARLY THOSE LIVING IN ASIA.

Activities: We organise buddhist retreats with Tsoknyi Rinpoche in the U.K. We also support his monastic community in Nepal and Tibet. For more information please go to www.pundarika.uk.net

Classification

- **How:** Provides Other Finance, Provides Services, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Prevention Or Relief Of Poverty, Religious Activities
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** IN THE UNITED KINGDOM AND FOR BUDDHST LIVING IN ASIA.
- Nepal
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£150,073	£213,680	-	-
2024-05-31	£401,514	£288,556	-	-
2023-05-31	£75,329	£85,258	-	-
2022-05-31	£70,654	£70,610	-	-
2021-05-31	£103,745	£58,045	-	-

Trustees

Name	Role	Appointed
Jason William Upton MA	Chair	2021-03-02
Anton Neumann		2025-03-23
Erica Whitfield		2017-06-11
MICHELLE BERNARD BA		
MRS C BISHOP		
Matthew James Hart		2022-03-01

PUNDARIKA UK

England & Wales - Charity number 1104530

Accounts

Pundarika UK Annual Report

1st June 2024 - 31st March 2025

Registered Charity Number 1104530

Contact Details

Address: 2 Mallard House
Townmead Rd
Fulham SW6 2BF
Phone: 07444172078
Email: jason.upton@pundarika.org.uk
Web: www.pundarika.uk.net

Trustees

Jason Upton - Chair
Michelle Bernard - Secretary
Rosie Roberts – Treasurer
Anton Neumann – Incoming Treasurer (appointed March 2025)
Erica Whitfield
Carole Bishop
Matt Hart

Charity Commission Classification

Pundarika UK is committed to:

- Religious activities
- Education/training
- Relief of poverty

In 1999, the Tibetan Buddhist teacher Tsoknyi Rinpoche requested that a number of his British students establish Pundarika UK, with the purpose of organising Buddhist teachings for the general public and raising funds to support his monastic communities in Nepal and China (Tibet). The organisation was registered with the Charity Commission as a Charitable Trust in 2004.

Since its establishment, Pundarika UK has organised an annual six-day residential retreat, held at rented accommodation. The retreat programme includes Buddhist philosophy teachings alongside meditation instruction and practice. These retreats have consistently been well attended,

although historically participant numbers were limited by venue capacity, typically to around 150 people. Following the COVID-19 pandemic, the organisation introduced a hybrid retreat format, combining in-person attendance with live-streaming. This development has significantly increased accessibility, enabling a larger number of participants—both in the UK and internationally—to attend and benefit from Tsoknyi Rinpoche’s teachings.

After retreat-related costs are met, any surplus is used to support Tsoknyi Rinpoche’s monastic communities, now primarily nuns in Nepal. The organisation also provides support to a girls’ school in Nepal. Many supporters contribute through regular monthly standing orders, helping to provide consistent and ongoing financial support for these charitable activities.

Activities this year for Public Benefit

During the year, the organisation held its annual retreat at Lord Wandsworth College, Hampshire, which hosted the retreat for the second consecutive year. Feedback from the previous year had been highly positive, and the trustees again found the venue well suited to the needs of the retreat, with supportive staff and facilities conducive to maintaining an appropriate retreat atmosphere. For these reasons, the trustees agreed to continue the charity’s partnership with the college. The retreat took place over six days and was delivered in both in-person and online formats, welcoming approximately 250 in-person participants and more than 150 online participants from over 30 countries. Demand for in-person attendance increased significantly, reflecting the growing international interest in Tsoknyi Rinpoche’s teachings. Participants travelled from across Europe and the United States, as well as from East Asia and Australia, making this the largest in-person retreat held by the organisation to date. Despite the increased numbers, the venue accommodated participants effectively, and feedback—particularly in relation to the meditation hall—was overwhelmingly positive.

Tsoknyi Rinpoche’s teachings were based on Shabkar’s *Song of Dzogchen Instruction*. The daily schedule differed slightly from previous years, with Rinpoche offering a longer teaching session each morning rather than two shorter sessions per day. This was supported by the invaluable translation and afternoon Q&A sessions provided by Gerardo Abboud. The programme included four daily meditation sessions for in-person participants and two daily sessions for online participants, ensuring a structured and engaging retreat experience across both formats. Participant feedback was exceptionally positive, with many highlighting the quality of Rinpoche’s teachings and the depth of the retreat atmosphere.

As in the previous year, the retreat was live-streamed, and recordings were made available to those unable to attend in real time. This was the second year of collaboration with Silvertips, who managed filming and livestream support. The trustees were pleased with the high standard of production, and a number of participants noted improvements compared to the previous year. The trustees are encouraged by the development of this partnership. Feedback from online participants was also strongly positive, particularly in relation to the format closely mirroring the in-person schedule and supporting a genuine retreat environment. Overall, the retreat was considered a significant success, with participants expressing deep gratitude for the opportunity

to spend time with Tsoknyi Rinpoche and receive teachings on the nature of mind.

In addition to the annual retreat, the organisation also ran several online book clubs, facilitated by volunteers from within the community. These groups meet fortnightly and study Tsoknyi Rinpoche's books, incorporating meditation practice and group discussion. The book clubs have continued to be well attended and reflect ongoing interest in the development of accessible online community activities.

Finances

For this annual return, we have amended our financial reporting period. With effect from this year, the charity's financial year will run from 1 April to 31 March, rather than 1 June to 31 May. This change has been implemented to better align the reporting period with the timing of income and expenditure associated with the annual retreat. As the retreat now takes place in August, bookings typically commence in April, with donations to Nepal generally being made in October. The revised financial year will therefore encompass the full cycle of retreat-related income and expenditure within a single accounting period. As a consequence of this change, the current accounting period covers a shortened period of 10 months only (1 June 2024 to 31 March 2025), and this will impact the level of income reported for the year.

This year we had a total income of £150,073.36. This was comprised of income from our charitable activities totalling £40,957.05, plus income from donations and restricted fundraising totalling £109,116.31. Our total payments for the accounting period were £213,680.33. This was comprised of £131,539.24 of payments related to our activities, plus £82,141.09 in restricted fund grants and charitable giving. Our donations included £46,000 towards Nepal School Support (Tsoknyi Gechak School) and £24,000 towards Asian Monastic Support (Tsoknyi Gechak Ling). At the end of the financial period total funds held were £113,155.59. The trustees have reviewed the accounts for the period and confirm that the charity remains financially stable, with sufficient reserves to meet foreseeable commitments.

Changes to the Trustee Board

In March 2025, Anton Neumann was appointed to the trustee board following an open request to the community for expressions of interest in assuming the role of Treasurer. Several individuals came forward, and after careful consideration and discussion, the trustees concluded that Anton's skills and experience made him particularly well suited to the role. He was appropriately vetted prior to appointment. The current Treasurer, Rosie Roberts, will remain in post for the time being in order to ensure a smooth and effective handover.

Future Plans

In August 2025, the organisation plans to hold its third retreat at Lord Wandsworth College.

Following the success of this year's retreat, the trustees have agreed to continue using the same venue and to further develop the charity's working relationship with the college. The retreat will again be live-streamed, enabling participation from individuals around the world. The trustees will continue to explore opportunities to expand the charity's online activities and will also progress plans for an online membership scheme, which is intended to provide access to an archive of audio and video recordings from Tsoknyi Rinpoche's past UK retreats.

Signed

A handwritten signature in black ink that reads "Jason Upton". The signature is written in a cursive, flowing style.

Jason Upton
Chair
Pundarika UK

Date: 31st January 2026

Statement 2024-25

PUNDARIKA UK

Statement of accounts for period 1st June 2024 - 31st March 2025

	BANK	SAVINGS ACCOUNT	CASH	PAY-PAL	
	£	£	£	£	£
Funds as at 01/06/24					
Balance LloydsTSB current account	9,066.10				
Savings Account		155,439.37			
Cash in hand			0.00		
Balance at PayPal account				11,403.30	
TOTAL FUNDS					20,469.40
GENERAL FUND Receipts & Payments (unrestricted funds)					
Receipts					
Retreat fees 24	2,255.62			15,040.63	
Retreat fees 25					
On-line retreat 24				10,420.02	
On-line retreat 25					
Dhama shop income	8,121.00		1,000.00		
General donations	21.00			331.88	
Coach	112.05			318.76	
Chant Books	3.00		370.60	11.96	
Bursary Fund	900.00				
Savings Interest		980.41			
Payment refunds					
Gift Aid					
Miscellaneous	940.98		129.14		
TOTAL RECEIPTS	12,353.65	980.41	1,499.74	26,123.25	40,957.05
Payments					
Retreat Venue	67,126.35				
Printing	280.00				
Insurance	664.76				
Accommodation & Hospitality	2,636.38		85.39		
Flights and Travel	4,301.67		40.76	889.00	
Website costs	1354.94			16,376.02	
Retreat streaming	5,856.80				
Office Expenses					
Recording Equip & Expenses	3,723.78		156.04		
Rinpoche offerings					
Translator fees & gifts					
Retreat offerings			1,840.00		
Retreat set-up costs	2,068.19		23.76	118.90	
Dharma Shop expenses	792.00				
Equipment storage	6,770.67				
Transfer Charges	82.05				
Bank			853.79		
Miscellaneous	21.14				
2023 Refunds				13,051.92	
2024 Refunds	2,315.00				
Trustees Expenses	109.93				
TOTAL PAYMENTS	98,103.66	0.00	2,999.74	30,435.84	131,539.24
MONASTIC COMMUNITY SUPPORT FUND Receipts & Payments (restricted funds)					
Receipts					
Sponsors	8,086.00			2,791.36	
Donations for Nepal School	234.00			2,310.41	
Monastic donations	0.00			278.09	
Rinpoche Donations	1,357.29			6,738.53	
Rinpoche Projects	85,000.00				
Translator donations	181.12			2,139.51	
TOTAL RECEIPTS	94,858.41		0.00	14,257.90	109,116.31
Payments					
Rinpoche Donations	7,565.86				
Translator donations	4,575.23				
Asian Monastic Support	24,000.00				
Nepal School Support	46,000.00				
TOTAL PAYMENTS	82,141.09		0.00	0.00	82,141.09
Fund transfers					
From PayPal to Bank					
From bank to Petty Cash	1,500.00				
Bank deposits	853.79				
To Savings Account	50,000.00				
From savings	130,000.78				
TOTAL FUNDS at 31/03/25					
Balance at bank	15,387.98				
Savings account		76,419.00			
Cash in hand			0.00		
Pay-Pal account				21,348.61	

TOTAL FUNDS

113,155.59



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Pundarika UK

**On accounts for the year
ended**

1st June 24 to 31st March 25

**Charity no
(if any)**

1104530

Set out on pages

Pages 1 & 2, section A only required

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025^{YYY}.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

30/01/2026

Name:

Roy Sutherwood

**Relevant professional
qualification(s) or body
(if any):**

Not required for receipt and payment accounts.

Address:

1, Pelier Street, London, SE17 3JG

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

PUNDARIKA UK

England & Wales - Charity number 1104530

Accounts

Pundarika UK Annual Report

1st June 2023 - 31st May 2024

Registered Charity Number 1104530

Contact Details

Address: 2 Mallard House
Townmead Rd
Fulham SW6 2BF
Phone: 07444172078
Email: jason.pundarika.uk@gmail.com
Web: www.pundarika.uk.net

Trustees

Jason Upton - Chair
Michelle Bernard - Secretary
Rosie Roberts - Treasurer
Erica Whitfield
Carole Bishop
Matt Hart

Charity Commission Classification

Pundarika UK is committed to:

- Religious activities
- Education/training
- Relief of poverty

Background

In 1999 the Tibetan Buddhist teacher Tsoknyi Rinpoche requested some of his British students to set up Pundarika UK in order to organise Buddhist teachings for the general public as well as raise funds to support his monastic communities in Nepal and China (Tibet). We registered with the Charity Commission as a Charitable Trust in 2004.

Since then, we have been organising an annual six-day residential retreat every year for which we use rented accommodation. Buddhist philosophy is taught as well as meditation instruction given. These retreats are popular although numbers have been limited in the past by the nature

of the accommodation which, historically, was around 150 people. Since COVID, we have been offering retreats online reaching up to 900 people around the world. This has significantly changed how we view the potential for our retreats to be accessible to a greater number of Rinpoche's students.

After expenses, profits from the retreat are used to support Rinpoche's monastic community, now mainly nuns in Nepal. We also support a girls' school in Nepal. Many of our supporters pay a monthly standing order to support the nuns as well as the school in Nepal.

Activities this year for Public Benefit

Over the previous year, our organisation conducted its annual retreat at the newly selected venue of Lord Wandsworth College, Hampshire. This decision was influenced by the fact that our previous long-term venue, the Bruton Girl's School, had unfortunately closed. After scoping several possible locations, and a visit to the college, the trustees felt confident that the new venue would satisfy our needs and offer a beautiful setting for the retreat. In order to accommodate the availability of the college, this year we had to hold the retreat in August. The retreat spanned six days and was held in both a traditional in-person format and online, accommodating over 200 in-person retreatants and an impressive online participation from more than 290 individuals across over 30 countries.

This year's retreat was significant for several reasons. Firstly, as our first event at Lord Wandsworth College, we needed to adjust to the new setting. The feedback received was overwhelmingly positive, with the majority of participants and notably, Tsoknyi Rinpoche, expressing satisfaction with the suitability of the venue. Another pivotal aspect of this year's retreat was our foray into hosting a hybrid event. This was facilitated by engaging the services of Silvertips, a professional team responsible for filming, recording, and supporting the online streaming aspects of the retreat. Hosting our first live-streamed event was a learning experience as we had to negotiate unexpected issues such as stage-lighting and an expanded technical crew. Nevertheless, these were managed well and indicated areas for us to consider for future retreats.

The retreat marked the return of Tsoknyi Rinpoche to the UK for his first in-person teachings in four years. Rinpoche's sessions were based on Mipham Rinpoche's profound text, *The Key Points of Trekchö*, offering two teachings per day alongside his group interviews. Rinpoche, also, gave the pointing out instructions to in-person retreatants. This was complemented by the invaluable translations and afternoon Q&A sessions provided by Gerardo Abboud. The retreat schedule offered four daily meditation sessions for those attending in-person and two for online participants, ensuring a comprehensive and engaging experience for all.

Despite the challenge posed by a minor outbreak of COVID during the retreat, the swift and effective response by our volunteers ensured minimal disruption, showing the adaptability of our community in maintaining the continuity of the retreat's activities. Feedback for this year's online retreat echoed the positive sentiments of the previous year, particularly in regard to the online format closely mirroring the in-person schedule, creating a retreat-like atmosphere.

Overall, the retreat was a great success with retreatants expressing tremendous gratitude for the opportunity to spend time with Rinpoche and to hear his precious teachings on the nature of mind.

We also run an online study group which was led by Gerardo Abboud. The study group focused upon the same text from the retreat and allowed participants an opportunity to revisit Rinpoche's teachings and to reflect further upon them. The group was attended by 190 people from many different countries around the world. We received a lot of positive feedback and will endeavour to run similar groups in the future.

Finances

This year we had a total income of £401,514. This was comprised of income from our charitable activities totalling £263,751 plus income from donations totalling £137,763. Our total payments for the accounting period were £288,556. This was comprised of £117,519 of payments related to our activities plus £171,036 in grants. We donated £108,420 towards the purchase of land for the development of Tsoknyi Gechak Ling. We donated £25,000 to the Tsoknyi Gechak Ling Nunnery, and £37,616 to the Tsoknyi Gechak School. At the start of this financial year, we had 45 monthly sponsors, as well as people making generous individual donations.

Future Plans

In August 2024, we plan to host our second retreat at the Lord Wandsworth College. Given the success of this year's retreat, we have decided to continue with the same venue and hope to develop a closer working relationship with the college. Once more, we plan to live-stream the retreat to participants from around the world. We will continue to look for opportunities to expand our activities online and will also continue to develop our plans for an online membership scheme that will provide access to an archive of audio and video from Tsoknyi Rinpoche's past UK retreats.

Signed



Jason Upton
Chair
Pundarika UK

Date: 22nd March 2025

Statement of accounts for period 1st June 2023 - 31st May 2024

	BANK	CASH	PAY-PAL	
<u>Funds as at 01/06/23</u>	£	£	£	£
Balance LloydsTSB current account	39,946.93			
Cash in hand		36.82		
Balance at PayPal account			20,483.17	
TOTAL FUNDS				60,466.92

GENERAL FUND Receipts & Payments (unrestricted funds)

Receipts

Retreat fees 2023	3,735.00	450.00	98,514.52	
Retreat fees 2024	1,200.00		134,789.60	
On-line retreat 24			8,748.62	
Dharma shop income	5,100.00	1,451.00		
General donations	1,000.00		1,454.45	
Coach	25.00	590.00	1,029.02	
Chant Books	3.00	307.75		
Bursary Fund			887.00	
Payment refunds	2,605.40		309.82	
Gift Aid	1,551.07			
TOTAL RECEIPTS	15,219.47	2,798.75	245,733.03	263,751.25

Payments

Retreat Venue	59,437.75			
Printing	919.50			
Insurance	585.51			
Accommodation & Hospitality	3,670.53	85.00		
Flights and Travel	5,310.16		325.00	
Website costs	2,052.92		3,097.01	
Retreat streaming	5,170.00			
Office Expenses				
Recording Equip & Expenses		76.56		
Rinpoche offerings	4,712.00	3,200.00		
Translator fees & gifts	8,505.26	550.00		
Retreat set-up costs	1,214.80	39.75		
Equipment storage	6,112.30			
Transfer Charges	154.07			
Bank		1,378.78		
Miscellaneous	210.27		12.70	
2023 Refunds			3,916.00	
2024 Refunds			6,625.41	
Trustees Expenses	158.05			
TOTAL PAYMENTS	98,213.12	5,330.09	13,976.12	117,519.33

ASTIC COMMUNITY SUPPORT FUND Receipts & Payments (restricted f

Receipts

Sponsors	7,991.00		2,409.87	
Donations for Nepal School	315.00		7,079.40	
Monastic donations	123.75		641.49	
Rinpoche Donations	1,479.76		3,232.24	
Land donation	108,420.00			
Translator donations	1,108.00		4,962.47	
TOTAL RECEIPTS	119,437.51	-	18,325.47	137,762.98

Payments

Monastic land donations	108,420.00			
Asian Monastic Support	25,000.00			
Nepal School Support	37,059.54	394.52	162.25	
TOTAL PAYMENTS	170,479.54	394.52	162.25	171,036.31

Fund transfers

From PayPal to Bank	259,000.00		259,000.00	
From bank to Petty Cash	2,100.00			
Bank deposits	1,512.85			
To Savings Account	281,420.00			
From savings	126,162.00			

TOTAL FUNDS at 31/05/24

Balance at bank	9,066.10			
Savings account	155,439.37			
Cash in hand		-		
Pay-Pal account			11,403.30	
TOTAL FUNDS				<u>175,908.77</u>



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Pundarika UK

**On accounts for the year
ended**

31 May 2024

**Charity no
(if any)**

1104530

Set out on pages

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** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

27 March, 2025

Name:

Roy Sutherwood

**Relevant professional
qualification(s) or body
(if any):**

Not required for receipt and payment accounts.

Address:	The Coach House
	1 White Hart Street
	London SE11 4EP

Section B**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

PUNDARIKA UK

England & Wales - Charity number 1104530

Accounts

Pundarika UK Annual Report

1st June 2022 - 31st May 2023

Registered Charity Number 1104530

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Trustees

Jason Upton - Chair
Michelle Bernard - Secretary
Rosie Roberts - Treasurer
Carole Bishop – Fundraising Co-ordinator
Erica Whitfield
Matt Hart

Charity Commission Classification

Pundarika UK is committed to:

- Religious activities
- Education/training
- Relief of poverty

Background

In 1999 the Tibetan Buddhist teacher Tsoknyi Rinpoche requested some of his British students to set up Pundarika UK in order to organise Buddhist teachings for the general public as well as raise funds to support his monastic communities in Nepal and China (Tibet). We registered with the Charity Commission as a Charitable Trust in 2004.

Since then, we have been organising an annual six-day residential retreat every year for which we use rented accommodation. Buddhist philosophy is taught as well as meditation instruction given. These retreats are popular although numbers have been limited in the past by the nature

of the accommodation which, historically, was around 150 people. Since COVID, we have been offering retreats online reaching up to 900 people around the world. This has significantly changed how we view the potential for our retreats to be accessible to a greater number of Rinpoche's students.

After expenses, profits from the retreat are used to support Rinpoche's monastic community, now mainly nuns in Nepal. We also support a girls' school in Nepal. Many of our supporters pay a monthly standing order to support the nuns as well as the school in Nepal.

Activities this year for Public Benefit

Over the past year, our organisation faced a period of transition and preparation rather than our usual activities. This phase was necessitated by the search for a new location for our annual retreat, following the unfortunate closure of Bruton Girl's School, which had been our longstanding venue of choice. This closure prompted an extensive evaluation of potential sites, culminating in the selection of Lord Wandsworth College as our new venue. A visit to the college reassured the trustees of its suitability, both in terms of meeting our requirements and providing a picturesque environment for our retreat.

Given the necessity to align with the availability of Lord Wandsworth College, we made the decision to reschedule our annual retreat from its traditional Easter timing to a later date in the summer, specifically August. Consequently, no retreat was held within the reporting period. However, this allowed us time for significant planning and preparatory work to ensure the success of what is to be our inaugural live-streamed retreat.

An important aspect of our preparation was the updating of our website, for which we hired the services of Carbon Creative. Throughout the reporting period, work continued enhancing the website's aesthetics and functionality, culminating in its launch at the end of May 2023. This update coincided with the commencement of bookings for our summer retreat. Despite encountering some initial challenges during the registration process, the collaborative efforts of the trustees and Carbon Creative were instrumental in addressing these issues efficiently.

In summary, while the year did not see our usual activities, it was marked by significant groundwork to facilitate a smooth change of venue as well as laying the foundation for a new step into live-streamed retreats.

Finances

At the start of the reporting period, Pundarika UK held a total £70,395.41 in funds. As we did not hold a retreat in this time, our general income of £23,924.94 was lower in comparison to previous years. Our various general expenses including the development of the new website totalled £27,883.43. In addition, we received £51,404.17 in the form of sponsorships and donation towards monastic and education support. And we made payments totalling £ 57,374.17 to Tosknyi Gechak Ling and the Tsokny Gechak School. As of the end of May 2023, we held £60,466.92 in available funds.

Future Plans

In August 2023, we will be hosting our first in-person retreat with Tsoknyi Rinpoche, in the UK, for four years. This will be held at the Lord Wandsworth College, Hampshire and will also be live-streamed. In addition, we are considering ways to expand our activities through online platforms. One such possibility is running book and meditation groups online as well as hosting online teachings through our new website. Furthermore, we continue to discuss plans to make available our archive of recordings from past retreats through a membership scheme. This would enable members to access video and audio from nearly 20 retreats containing hundreds of hours of Rinpoche's teachings.

Signed

A handwritten signature in black ink that reads "Jason Upton". The signature is written in a cursive style with a large, sweeping initial 'J'.

Jason Upton
Chair
Pundarika UK

Date: 23rd March 2024

PUNDARIKA UK

Statement of accounts for period 1st June 2022 - 31st May 2023

	BANK	CASH	PAY-PAL	
	£	£	£	£
<u>Funds as at 01/06/22</u>				
Balance LloydsTSB current account	50,170.15			
Cash in hand		36.82		
Balance at PayPal account			20,188.44	
TOTAL FUNDS				70,395.41

GENERAL FUND Receipts & Payments (unrestricted funds)

Receipts

Retreat fees	1,893.00		20637.23	
Retreat income				
Cash float transfer				
Miscellaneous	10.10			
Recordings			19.52	
Payment refunds				
Web testing			1334.45	
Amazon Smile donations	30.64			
TOTAL RECEIPTS	1,933.74	0.00	21,991.20	23,924.94

Payments

Retreat Venue	9,450.00			
Printing				
Insurance				
Accomodation & Hospitality	1,406.02			
Flights and Travel				
Website costs	11,111.12		1,251.21	
Office Expenses	8.74			
Recording Equip & Expenses				
Translator fees				
Internet set-up costs			537.96	
Retreat storage	1,957.85			
Transfer Charges	52.67			
Miscellaneous	81.24			
Refunds			1,799.47	
Trustees Expenses	227.15			
TOTAL PAYMENTS	24,294.79	0.00	3,588.64	27,883.43

MONASTIC COMMUNITY SUPPORT FUND Receipts & Payments (restricted funds)

Receipts

Sponsors	7,716.00		1806.80	
Donations for Nepal School	37,800.00		99.00	
Monastic donations	3,496.00		486.37	
TOTAL RECEIPTS	49,012.00		2,392.17	51,404.17

Payments

Monastic donations				
Asian Monastic Support	11,728.77			
Nepal School Support	45,645.40			
TOTAL PAYMENTS	57,374.17		0.00	57,374.17

Fund transfers

From PayPal to Bank	20,500.00		20,500.00	
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TOTAL FUNDS at 31/05/23

Balance at bank	39,946.93			
Cash in hand		36.82		
Pay-Pal account			20,483.17	
TOTAL FUNDS				60,466.92



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Pundarika UK

**On accounts for the year
ended**

31 May 2023

**Charity no
(if any)**

1104530

Set out on pages

Pages 1 & 2, section A only required.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

28 March, 2024

Name:

Roy Sutherwood

**Relevant professional
qualification(s) or body
(if any):**

Not required for receipt and payment accounts.

Address:	The Coach House
	1 White Hart Street
	London SE11 4EP

Section B**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

PUNDARIKA UK

England & Wales - Charity number 1104530

Accounts

Pundarika UK Annual Report

1st June 2021 - 31st May 2022

Registered Charity Number 1104530

Contact Details

Address: 2 Mallard House
Townmead Rd
Fulham SW6 2BF
Phone: 07444172078
Email: jason.pundarika.uk@gmail.com
Web: www.pundarika.uk.net

Trustees

Jason Upton - Chair
Michelle Bernard - Secretary
Rosie Roberts - Treasurer
Erica Whitfield
Carole Bishop
Matt Hart

Charity Commission Classification

Pundarika UK is committed to:

- Religious activities
- Education/training
- Relief of poverty

Background

In 1999 the Tibetan Buddhist teacher Tsoknyi Rinpoche requested some of his British students to set up Pundarika UK in order to organise Buddhist teachings for the general public as well as raise funds to support his monastic communities in Nepal and China (Tibet). We registered with the Charity Commission as a Charitable Trust in 2004.

Since then, we have been organising an annual six-day residential retreat every year for which we use rented accommodation. Buddhist philosophy is taught as well as meditation instruction given. These retreats are popular although numbers are limited by the nature of the

accommodation, usually we have around 150 people.

After expenses, profits from the retreat are used to support Rinpoche's monastic community, now mainly nuns in Nepal. We also support a girls' school in Nepal. Many of our supporters pay a monthly standing order to support the nuns as well as the school in Nepal.

Activities this year for Public Benefit

Our 2022 Easter retreat was held online due to the ongoing concerns around covid. The retreat lasted six days with 759 people attending from different countries around the world. The retreat was offered on a donation basis to allow people to pay what they could afford. We believe that this accounted for the high number of people attending from so many different countries. Each day, Tsoknyi Rinpoche taught from a text by Khenpo Gangshar titled: *Naturally Liberating Whatever You Meet, Instructions to Guide You on the Profound Path*. Gerardo Abboud provided translation from Tibetan into English as well as offered afternoon Q&A sessions. In addition, we held morning and afternoon meditation sessions which included video instructions by Tsoknyi Rinpoche. We received very positive feedback regarding the format of the retreat which attempted to mirror an in-person retreat by providing four online sessions each day. As per last year, the retreat was held via Zoom. We opted to use the Zoom Events platform in order to increase the security of the event as well as to provide greater flexibility in terms of delivery. We combined webinars for the principal teachings with large zoom rooms for greater interactivity in the Q&A sessions. Overall, the retreat was a tremendous success and allowed us to expand our community to those living in other countries.

Finances

The retreat brought in donations of £55,276. The relatively small overheads associated with hosting an online retreat (£5,610) meant that we turned a good profit enabling us to increase our yearly donation to Tsoknyi Rinpoche's projects. We donated £30,000 to the Tsoknyi Gechak School and £35,000 Tsoknyi Gechak Ling Nunnery. The latter figure included donations made by our regular supporters who offer monthly payments to assist with the living costs of nuns within the nunnery. At the start of this financial year, we had 45 monthly sponsors, as well as people making generous individual donations.

Future Plans

In August 2023, we plan to host our first in-person retreat since 2019. Our usual venue, the Bruton School for Girls, Somerset, has unfortunately closed. The trustees have explored several options for venues which will accommodate our needs. In the end, we chose the Lord Wandsworth College, Hampshire, and preparations are already underway. With the tremendous success of our two online retreats, we plan to offer a hybrid retreat of both in-person and online attendance. We hope that this will allow those who are unable to come in-person to still attend.

We are also in the process of updating our website. Last year, we hired Carbon Creative to create a new website to improve its look and feel as well as offer improved functionality. We hope that

the website we help us attract new participants for our activities. It will also allow us to expand our activities to include online talks and events. Furthermore, we are planning to start a membership scheme that will provide access to videos from past retreats. This will be hosted on our new website. A date for the launch of the new website has not been set yet.

Signed

A handwritten signature in black ink that reads "Jason Upton". The signature is written in a cursive, flowing style.

Jason Upton
Chair
Pundarika UK

Date: 25th March 2023

PUNDARIKA UK

Statement of accounts for period 1st June 2021 - 31st May 2022

	BANK	CASH	PAY-PAL	
	£	£	£	£
Funds as at 01/06/21				
Balance LloydsTSB current account	50,370.18			
Cash in hand		36.82		
Balance at PayPal account			19,944.50	
TOTAL FUNDS				70,351.50

GENERAL FUND Receipts & Payments (unrestricted funds)

Receipts				
Retreat donations	5,121.27		47,893.10	
Translator donations	50.00			
Malay retreat donations	985.00		948.69	
Cash float transfer				
Recordings	10.36		120.56	
Re-payments	95.00			
Miscellaneous	52.23			
Gift Aid				
TOTAL RECEIPTS	6,313.86	0.00	48,962.35	55,276.21

Payments				
Retreat Venue				
Printing				
Insurance				
Accommodation & Hospitality				
Flights and Travel				
Website costs	403.67		530.58	
Office Expenses	203.98			
Recording Equip & Expenses	687.79			
Translator fees & gifts	2,354.66			
Retreat set-up costs			1,151.57	
Retreat workers expenses				
Equipment storage				
Transfer Charges	73.13			
Bank				
Miscellaneous	145.66		0.00	
Refunds			58.98	
Trustees Expenses				
TOTAL PAYMENTS	3,868.89	0.00	1,741.13	5,610.02

MONASTIC COMMUNITY SUPPORT FUND Receipts & Payments (restricted funds)

Receipts				
Sponsors	7,954.00		1,981.62	
Donations for Nepal School	1,993.00		1,041.10	
Monastic donations	2,408.00			
TOTAL RECEIPTS	12,355.00		3,022.72	15,377.72
Payments				
Monastic donations				
Asian Monastic Support	35,000.00			
Nepal School Support	30,000.00			
TOTAL PAYMENTS	65,000.00		0.00	65,000.00

Fund transfers				
From PayPal to Bank	50,000.00		50,000.00	
TOTAL FUNDS at 31/05/22				
Balance at bank	50,170.15			
Cash in hand		36.82		
Pay-Pay account			20,188.44	
TOTAL FUNDS				70,395.41



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Pundarika UK

**On accounts for the year
ended**

31 May, 2022

**Charity no
(if any)**

1104530

Set out on pages

Pages 1 & 2, section A only required.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/22DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

20 March, 2023

Name:

Roy Sutherwood

**Relevant professional
qualification(s) or body
(if any):**

Not required for receipt and payment accounts.

Address:	The Coach House
	1 White Hart Street
	London SE11 4EP

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

PUNDARIKA UK

England & Wales - Charity number 1104530

Accounts

Pundarika UK Annual Report

1st June 2020 - 31st May 2021

Registered Charity Number 1104530

Address: 37 Leighton Road, Bath, BA1 4NF

Phone: 01225 312735

Email: Caroleb1080@gmail.com

Web: www.pundarika.uk

Trustees

Carole Bishop – Chair

Michelle Bernard – Secretary

Rosie Roberts – Treasurer

Erica Whitfield

Charity Commission Classification:

Pundarika UK is committed to:

Religious activities

Education/training

Relief of poverty.

Background

In 1999 the Tibetan Buddhist teacher Tsoknyi Rinpoche requested some of his British students to set up Pundarika UK in order to organise Buddhist teachings for the general public as well as raise funds to support his monastic communities in Nepal and China (Tibet). We registered with the Charity Commission as a Charitable Trust in 2004.

Since then we have been organising an annual six-day residential retreat every year for which we use rented accommodation.

Buddhist philosophy is taught as well as meditation instruction given. These retreats are popular although numbers are limited by the nature of the accommodation, usually we have around 150 people.

After expenses, profits from the retreat are used to support Rinpoche's monastic community, now mainly nuns in Nepal. We also support a girls' school in Nepal. Many of our supporters pay a monthly standing order to support the nuns as well as the school in Nepal.

Activities this year for Public Benefit

For the second year we have been unable to hold our live annual 6-day retreat. We therefore organised an online retreat via Zoom which nearly 1,000 people attended from around the world. Tsoknyi Rinpoche taught live from Nepal, with our translator offering his services from Argentina. We enabled people to post questions to Rinpoche face to face onscreen. Meditation sessions were offered twice each day and well as further Q&A sessions. News was received from Tsoknyi Gechak Ling, Rinpoche's nunnery in Nepal, as well as our annual update of the school for young nuns there.

Finances

Our regular sponsors have been very loyal and supportive, maintaining their monthly payments through this time with donations for the Nepal Monastic Community who are mainly nuns. We also support the school for young girls, Tsoknyi Gechak Ling. At the start of this financial year we had around 40 monthly sponsors, as well as people making generous individual donations. Charges for the online teachings were by donation. As there were less overheads than a live retreat, and many more could attend, we were able to accrue a good amount to send to the monastic community and school in Nepal. (see accounts)

Future Plans

The pandemic seems to be winding down and travel is beginning to open up, but in 2022 our teacher is not yet traveling so we are planning another full 6 day online, 9 - 14th April. Our usual venue, Bruton School for Girls, Somerset, is undergoing major changes at present but they hope to host us again in 2023. They are kindly still storing our retreat equipment.

Signed:

C. Bishop

Carole Bishop
Director,
Pundarika UK.

Date: 16 March 2022

PUNDARIKA UK

Statement of accounts for period 1st June 2020 - 31st May 2021

	BANK	CASH	PAY-PAL	
<u>Funds as at 01/06/20</u>	£	£	£	£
Balance LloydsTSB current account	13,203.62			
Cash in hand		36.82		
Balance at PayPal account			11,410.60	
TOTAL FUNDS				24,651.04

GENERAL FUND Receipts & Payments (unrestricted funds)

Receipts				
Retreat income	13,060.50		67,130.53	
Recordings			39.04	
Miscellaneous	5.01			
TOTAL RECEIPTS	13,065.51	0.00	67,169.57	80,235.08

Payments				
Website costs	978.47		304.75	
Office Expenses	33.98		3.25	
Recording Equip & Expenses	234.00			
Translator fees	2,030.70			
Internet set-up costs	0.00		1,678.66	
Transfer Charges	93.00			
Miscellaneous	21.00		55.11	
Refunds	70.00		302.71	
TOTAL PAYMENTS	3,461.15	0.00	2,344.48	5,805.63

MONASTIC COMMUNITY SUPPORT FUND Receipts & Payments (restricted funds)

Receipts				
Sponsors	7,821.00		1,781.74	
Donations for Nepal School	400.00		1,088.89	
Monastic donations	6,580.00		838.18	
Monastic medical fund	5,000.00			
TOTAL RECEIPTS	19,801.00		3,708.81	23,509.81

Payments				
Monastic request donations	2,200.00			
Nepal Nuns Support	21,000.00			
Nepal School Support	25,000.00			
<u>Nunnery Support worker</u>				
Salary	4,038.80			
TOTAL PAYMENTS	52,238.80		0.00	52,238.80

Transfers				
Bank from PayPal	60,000.00			
PayPal to bank			60,000.00	

TOTAL FUNDS at 31/05/19				
Balance at bank	50,370.18			
Cash in hand		36.82		
Pay-Pay account			19,944.50	
TOTAL FUNDS				70,351.50



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Pundarika UK

**On accounts for the year
ended**

1st June 2020 - 31 May 2021

**Charity no
(if any)**

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

16/03/2022

Name:

Roy Sutherwood

**Relevant professional
qualification(s) or body
(if any):**

N/A

Address:

43A Renfrew Road

London

SE11 4NA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A