

Pundarika UK Annual Report

1st June 2024 - 31st March 2025

Registered Charity Number 1104530

Contact Details

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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, reading "Jason Upton". The signature is written in a cursive, flowing style with a large initial 'J'.

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					
Dharma 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.