SHRI RAM CHANDRA MISSION UK

England & Wales · Charity number 1128649

Details

Other names	HEARTFULNESS UK
Status	Registered
Legal form	Charitable company
Company number	06767140
Registered	2009-03-18
Register	View on the Charity Commission register

Contact

Address	27 Sullivan Road Tonbridge TN10 4DD
Phone	07877733694
Email	uk.secretary@heartfulness.org
Website	www.heartfulness.uk

Activities

Objects: THE PROTECTION AND PRESERVATION OF PUBLIC HEALTH THROUGH THE PRACTICE OF THE SAHAJ MARG SYSTEM OF MEDITATION.

Activities: THE PROTECTION AND PRESERVATION OF PUBLIC HEALTH THROUGH THE PRACTICE OF THE SAHAJ MARG SYSTEM OF MEDITATION, ALSO KNOWN AS HEARTFULNESS MEDITATION AND HEARTFULNESS UK

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Religious Activities
- **Who:** The General Public/mankind

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Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL.
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£350,494	£418,003	-	-
2023-12-31	£82,677	£103,665	-	-
2022-12-31	£73,297	£61,048	-	-
2021-12-31	£68,627	£55,297	-	-
2020-12-31	£53,352	£64,804	-	-

Trustees

Name	Role	Appointed
DR ANTHONY THOMAS CULLEN		2023-03-26
Dr ROSALIND JANE PEARMAIN		
JUDITH NELSON		2011-11-27
Karthikeyan RENGARAJAN		2016-12-05
LYNN MARY GEDDES		2023-03-26
Margret Anne Barnes		2013-11-11
PANKAJ SRIVASTAVA		2017-05-23
Poornachandran PERUMAL NARAYANASWAMY		2025-08-04
Tejal Rathod		2019-04-21

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SHRI RAM CHANDRA MISSION UK

England & Wales - Charity number 1128649

Accounts

REGISTERED COMPANY NUMBER: 6767140 (England and Wales)
REGISTERED CHARITY NUMBER: 1128649

SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

SHRI RAM CHANDRA MISSION UK

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FOR THE YEAR ENDED 31 DECEMBER 2024

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SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the Charity is to protect and preserve the public health through the practice of the Sahaj Marg system of meditation, now also known as Heartfulness (HFN UK).

Significant activities

The company's principal activities are:

- Establish meditation centres for practitioners of Sahaj Marg/Heartfulness within the United Kingdom.
- Work in partnership with Shri Ram Chandra Mission Ireland (an Irish Charity having similar objectives).
  Facilitate meditation, study groups, retreats and public information open days in established Shri Ram Chandra Mission UK (SRCM UK)/Heartfulness centres. Increasingly, meditation is also offered through online
- platforms and various social media channels.
- Facilitation and introduction of members of the public in the system of Sahaj Marg/Heartfulness Meditation.
  Disseminate SRCM UK/Heartfulness literature and information of the charity to its members and the public
- throughout the United Kingdom.

Volunteers

The Charity has been dependent on the services of volunteers to carry out its objectives. The volunteers (including directors) give their time free of charge, and it is not possible to quantify the benefit arising to the company. The directors wish to express their deep gratitude to those who give their service in this way.

A Volunteers' training programme is updated every year with any new policies and volunteers are required to complete the training every year to ensure that they are up to date.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Funding and Charity Management

The total income for the year ended 31 December 2024 was £350,494, representing an increase of £267,817 compared to the previous year's income of £82,677. This significant growth was primarily driven by an increase in income from events, which rose by £212,245 to £225,468. Of this amount, £216,563 was attributable to the Heartfulness European Event, which was the key contributor to this movement. Additional increases were also observed in donations and Gift Aid income.

Gift Aid income rose by £13,649 to £20,654 in the year ended 31 December 2024. This increase is largely attributable to the Charity's ability to claim a higher amount of Gift Aid than initially anticipated for the financial years 2020 to 2023. The Gift Aid claim for the financial year 2024 will be submitted once the accounts are filed.

Donations for the year ended 31 December 2024 increased by £32,244 to £91,035. A significant contributing factor was a €30,000 donation pledged by Heartfulness Foundation Belgium to support the costs associated with the Heartfulness European Event held in London in May 2024. Although pledged in 2024, the donation was received in May 2025.

As is consistent with the nature of the Charity, the majority of income is derived from donations and legacies, including Gift Aid.

Operational expenses related to the running of Heartspots were primarily met through voluntary donations from Heartfulness practitioners. These donations were received via standing orders and online transfers. In addition, all administrative costs, including those related to the maintenance of the London Meditation Centre, were fully covered through such contributions.

ACHIEVEMENTS AND PERFORMANCE

Meditation Centres and Groups

London Centre: In February 2012, SRCM UK acquired a long-term leasehold interest (990 years) on premises located in Stratford, London. These premises were subsequently converted into an ashram (spiritual centre) for the benefit and use of Heartfulness practitioners across the UK and Ireland. The acquisition was financed through a combination of local savings and donations received both from within the UK and from supporters across the global SRCM/Heartfulness community.

Other UK Heartspots: As at 31 December 2024, Heartfulness meditation activities continued to be offered across a network of centres and local groups throughout the United Kingdom. Regular group meditations and associated activities took place in major locations including London, Manchester, Birmingham, Milton Keynes, Leeds, Glasgow, Bristol, and others.

The Charity was supported by a total of 115 certified trainers across the country, including 10 newly certified trainers during the year. This growth has helped increase the number of accessible Heartspots (designated locations for Heartfulness practice), particularly in regions where local demand has grown. Each zone is supported by a zonal trainer lead, contributing to a more localised and responsive approach to spiritual service delivery.

The structure established in 2023-comprising regional zones and local coordinator roles-has continued to provide stability, support, and focus for local practitioners and volunteers. Monthly "Trainer Connect" sessions and a UK-wide trainer gathering during the year further strengthened connection and alignment across the Heartfulness trainer network.

In addition, European virtual meetings took place throughout the year. This was a great opportunity to interact with practitioners across Europe. These virtual sessions were well attended, supporting new meditators as well as established Heartfulness practitioners.

Expansion

The year 2024 marked the continued emphasis on - growth, organisational capacity building, and enhancing support structures.

A major development was the successful hosting of the Heartfulness European Seminar in London from 17th to 19th May 2024. This event, attended by over 1,500 participants including international guests and members of the public, represented the first such seminar in Europe since the COVID-19 pandemic. It served as a key milestone in the Charity's development, boosting engagement, strengthening inter-regional collaboration, and inspiring a significant increase in local activity.

In response to increased activity in London, a second London zone was formally created in late 2024, bringing the total number of UK zones to eight.

Several zones reported growth in trainer numbers, Heartspots, and volunteer participation, demonstrating the strength of the Charity's community development approach.

Heartfulness Outreach Activities

Public-facing outreach activities expanded significantly during 2024, supported by strong local engagement and a more coordinated national strategy.

Throughout the year, volunteers actively collaborated with a range of respected organisations, high-profile individuals, and senior government officials to create opportunities for SRCM UK to promote Heartfulness meditation. These efforts aimed to increase visibility and recognition of Heartfulness as a well-being practice across the UK.

Zones across the country organised public events aligned with internationally recognised observances, including the International Day of Yoga, International Day of Peace, and World Meditation Day. These events experienced higher public participation than in previous years and benefited from enhanced media presence, social media engagement, and effective collaboration between zones.

ACHIEVEMENTS AND PERFORMANCE

Heartfulness Outreach Activities

Heartfulness trainers also delivered corporate well-being sessions to several prominent organisations, including NatWest, KPMG UK, Cognizant, and the Crown Office and Procurator Fiscal Service (COPFS) in Scotland. The high quality of programme content and presentation contributed to strong attendance and positive feedback.

The Charity further promoted Heartfulness practices through its participation in health and wellbeing exhibitions, and by conducting sessions in businesses, universities, and community venues across the UK.

Social media activity increased steadily, supported by the efforts of the Heartfulness UK media team. The Charity experienced growth in both online engagement and follower numbers, further enhancing its digital outreach. Connections with other communities, charities, and well-being organisations were also developed and strengthened during the year.

A key milestone in outreach was the Heartfulness European Seminar, held in London in May 2024. The event included sessions specifically tailored for newcomers and members of the public. UK-based volunteers played a central role in organising and delivering the event, gaining valuable experience in managing high-profile, large-scale public programmes.

Future developments

Looking ahead, the Charity's priorities remain aligned with its three-year development plan, with a continued focus on volunteer support, expansion, and development; and building a stronger communication infrastructure.

The Charity re-launched its website in February 2024, designed to enhance the experience of new meditators and reflect global branding standards. This marked a significant step in strengthening digital presence. Work continues on a separate internal platform to support trainers, volunteers, and functionaries, which remains a strategic priority for 2025.

The proposal by the Directors of the Charity to lease the Stratford Centre premises is moving forward and a good tenant has been found. They are due to occupy the premises in Autumn 2025, and the income will boost the Charity's potential for visibility, expansion, and scope of work.

The expanded zonal structure, functionary support network, and Country Coordinator visits have enabled a deeper understanding of regional needs. These efforts will continue to be nurtured as the Charity looks to the future.

FINANCIAL REVIEW

Principal funding sources

The charity's activities and development during the year continued to be funded primarily through donations and event-related income, with additional contributions from Gift Aid, book sales, and interest received.

For the year ended 31 December 2024, total income amounted to £350,494, representing a significant increase from the previous year. This growth was primarily driven by an increase in income from events, which rose by £212,245 to £225,468. Of this, £216,563 was attributable to the Heartfulness European Event, which served as the principal driver of the uplift in income.

Donations also increased substantially during the year, rising by £32,244 to £91,035. A major contributing factor was a €30,000 donation pledged by Heartfulness Foundation Belgium in support of the Heartfulness European Event. While the donation was pledged in 2024, it was physically received in May 2025.

These funding streams remain vital to the charity's ability to expand its outreach and fulfil its objectives across the UK.

FINANCIAL REVIEW

Expenditure and Deficit

The successful organisation and delivery of the Heartfulness European Event in May 2024, which welcomed over 1,500 attendees, significantly increased the charity's expenditure for the year.

Total event-related expenditure amounted to £326,099, of which £323,814 related specifically to the Heartfulness European Event. The scale and ambition of this international event necessitated substantial financial and volunteer investment to ensure its success.

This extraordinary level of expenditure was the key factor contributing to the deficit reported for the year ended 31 December 2024.

Reserves policy

It is the policy of the Charity to maintain unrestricted reserves, i.e. unrestricted funds not committed or invested in fixed assets, at a level which equates to at least four to six months annual income.

Funds in deficit

There were no funds in deficit at the year ended 31 December 2024.

Results for the year

The Statement of Financial Activities on page 7 reflects a deficit of £67,509 for the year ended 31 December 2024 (2023 - £20,988). The net assets of the company at the year ended 31 December 2024 were £1,401,227 (2023 - £1,468,736).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status of Charity Governing document

The Charity is controlled by its governing document (Memorandum and Articles) and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Shri Ram Chandra Mission UK ("the Charity") is a company limited by guarantee, company number 6767140. The company, also known as SRCM UK and now trading/working as Heartfulness UK, is registered in England and Scotland as a charity (Charity Commission No. 1128649, OSCR No. SCO38615). The Charity is governed by its Memorandum and Articles of Association.

Recruitment and appointment of directors

Directors are appointed for a fixed term of 4 years but can be re-appointed after this period. New directors are appointed at the discretion of the company, approved by a majority in a board of directors' meeting. The Charity's values, aims and objectives are explained to new directors, as well as its day-to-day operations. The statutory responsibilities of directors are also outlined according to the Memorandum and Articles of Association.

Updating the charity's policies

All relevant policies and codes of conduct are also displayed on the UK website for viewing by the general public.

Administrative Structure

The directors of the Charity are responsible for the overall administration of the company. An Executive Committee i.e. the President, Secretary, Assistant Secretaries, and Treasurer oversees the day-to-day operations of the Charity. Trainers and Heartspot Coordinators support the work of the Executive Committee in the UK.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
6767140 (England and Wales)

Registered Charity number
1128649

Registered office
27 Sullivan Road
Tonbridge
TN10 4DD

Trustees
M A Barnes
K Devlin (resigned 4/8/2025)
J Nelson
R J Pearmain
K Rengarajan
P Srivastava
T Rathod
A T Cullen
L M Geddes
P Narayanswamy (appointed 4/8/2025)

Company Secretary
T Rathod

Independent Examiner
William Vernall
Azets Audit Services
Chartered Accountant
Titanium 1
King's Inch Place
Renfrew
Glasgow
PA4 8WF

Solicitors
Anderson Strathern
58 Morrison Street
Edinburgh
EH3 8BP

Bankers
Metrobank
One Southampton Row
London
WC1B 5HA

Approved by order of the board of trustees on 18-August-2025 and signed on its behalf by:

Tejal Rathod
.....
T Rathod - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SHRI RAM CHANDRA MISSION UK

Independent examiner's report to the trustees of Shri Ram Chandra Mission UK ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants of Scotland, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

William Vernall

William Vernall
The Institute of Chartered Accountants of Scotland

Azets Audit Services
Chartered Accountant
Titanium 1
King's Inch Place
Renfrew
Glasgow
PA4 8WF

Date: 2/9/25

SHRI RAM CHANDRA MISSION UK

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted £	Restricted £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	111,689	-	111,689	65,796
Charitable activities	4				
Protection and preservation of public health		236,066	-	236,066	15,050
Investment income	3	2,739	-	2,739	1,831
Total		350,494	-	350,494	82,677
EXPENDITURE ON					
Charitable activities	5				
Protection and preservation of public health		386,706	-	386,706	72,204
Other	7	3,585	27,712	31,297	31,461
Total		390,291	27,712	418,003	103,665
NET INCOME/(EXPENDITURE)		(39,797)	(27,712)	(67,509)	(20,988)
RECONCILIATION OF FUNDS					
Total funds brought forward		434,521	1,034,215	1,468,736	1,489,724
TOTAL FUNDS CARRIED FORWARD		394,724	1,006,503	1,401,227	1,468,736

The notes form part of these financial statements

SHRI RAM CHANDRA MISSION UK

BALANCE SHEET
31 DECEMBER 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	11	1,033,282	1,061,910
CURRENT ASSETS			
Stocks	12	5,901	-
Debtors	13	51,259	20,977
Cash at bank and in hand		333,691	391,420
		390,851	412,397
CREDITORS			
Amounts falling due within one year	14	(22,906)	(5,571)
NET CURRENT ASSETS		367,945	406,826
TOTAL ASSETS LESS CURRENT LIABILITIES		1,401,227	1,468,736
NET ASSETS		1,401,227	1,468,736
FUNDS	16		
Unrestricted funds		394,724	434,521
Restricted funds		1,006,503	1,034,215
TOTAL FUNDS		1,401,227	1,468,736

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 2 - September - 2025 and were signed on its behalf by:

Tejal Rathod

T Rathod - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The presentation currency of the financial statements is pounds sterling (£).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	- 2% on cost
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 33% on reducing balance

Stocks
Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Foreign currencies
Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

continued...

2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Donations	91,035	-	91,035	58,791
Gift aid	20,654	-	20,654	7,005
	111,689	-	111,689	65,796

3. INVESTMENT INCOME

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Interest received	2,739	-	2,739	1,831

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024 £	2023 £
Income from events	Protection and preservation of public health	225,468	13,223
Sale of books	Protection and preservation of public health	10,598	1,827
		236,066	15,050

Included in Income from events is income of £216,563 from the Heartfulness European Event.

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6) £
Protection and preservation of public health	386,706

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024 £	2023 £
Other operating leases	14,234	14,836
Rates and water	12,247	10,720
Insurance	478	714
Light and heat	6,845	4,428
Telephone and Internet	430	403
Printing	1,639	202
Sundries	4,615	136
Purchase of books	9,873	3,794
Property consultants fees	1,089	-
Property maintenance	5,847	5,554
Heartfulness event costs	326,099	9,433
Gift aid unrecovered	-	13,500
IT software and consumables	3,310	2,262
Carried forward	386,706	65,982

continued...

6. DIRECT COSTS OF CHARITABLE ACTIVITIES - continued

	2024	2023
	£	£
Brought forward	386,706	65,982
Legal fees	-	6,222
	386,706	72,204

Included in Heartfulness Event costs are Heartfulness European Event costs of £323,814.

7. OTHER

	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Accountancy fees	2,669	-	2,669	2,520
Depreciation	916	27,712	28,628	28,941
	3,585	27,712	31,297	31,461

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	28,628	28,941
Other operating leases	14,234	14,836

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

There were no expenses reimbursed to trustees in the current or previous year.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted	Restricted	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	65,796	-	65,796
Charitable activities			
Protection and preservation of public health	15,050	-	15,050
Investment income	1,831	-	1,831
Total	82,677	-	82,677
EXPENDITURE ON			

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted £	Restricted £	Total funds £
Charitable activities			
Protection and preservation of public health	72,204	-	72,204
Other	3,539	27,922	31,461
Total	75,743	27,922	103,665
NET INCOME/(EXPENDITURE)	6,934	(27,922)	(20,988)
RECONCILIATION OF FUNDS			
Total funds brought forward	427,587	1,062,137	1,489,724
TOTAL FUNDS CARRIED FORWARD	434,521	1,034,215	1,468,736

11. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 January 2024 and 31 December 2024	1,384,501	59,894	708	1,445,103
DEPRECIATION				
At 1 January 2024	326,341	56,149	703	383,193
Charge for year	27,690	936	2	28,628
At 31 December 2024	354,031	57,085	705	411,821
NET BOOK VALUE				
At 31 December 2024	1,030,470	2,809	3	1,033,282
At 31 December 2023	1,058,160	3,745	5	1,061,910

12. STOCKS

	2024 £	2023 £
Stocks	5,901	-

continued...

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Other debtors	24,813	-
Income tax recoverable	26,446	20,977
	51,259	20,977

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	17,300	2,323
Accruals and deferred income	5,606	3,248
	22,906	5,571

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	2024 Total funds	2023 Total funds
	£	£	£	£
Fixed assets	26,779	1,006,503	1,033,282	1,061,910
Current assets	390,851	-	390,851	412,397
Current liabilities	(22,906)	-	(22,906)	(5,571)
	394,724	1,006,503	1,401,227	1,468,736

16. MOVEMENT IN FUNDS

	At 1/1/24	Net movement in funds	At 31/12/24
	£	£	£
Unrestricted funds			
General Fund	406,826	(38,881)	367,945
Designated Assets Fund	27,695	(916)	26,779
	434,521	(39,797)	394,724
Restricted funds			
Ashram Property Fund	1,034,215	(27,712)	1,006,503
TOTAL FUNDS	1,468,736	(67,509)	1,401,227

continued...

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	350,494	(389,375)	(38,881)
Designated Assets Fund	-	(916)	(916)
	350,494	(390,291)	(39,797)
Restricted funds			
Ashram Property Fund	-	(27,712)	(27,712)
TOTAL FUNDS	350,494	(418,003)	(67,509)

Comparatives for movement in funds

	At 1/1/23 £	Net movement in funds £	At 31/12/23 £
Unrestricted funds			
General Fund	398,873	7,953	406,826
Designated Assets Fund	28,714	(1,019)	27,695
	427,587	6,934	434,521
Restricted funds			
Ashram Property Fund	1,062,137	(27,922)	1,034,215
TOTAL FUNDS	1,489,724	(20,988)	1,468,736

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	82,677	(74,724)	7,953
Designated Assets Fund	-	(1,019)	(1,019)
	82,677	(75,743)	6,934
Restricted funds			
Ashram Property Fund	-	(27,922)	(27,922)
TOTAL FUNDS	82,677	(103,665)	(20,988)

continued...

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/1/23 £	Net movement in funds £	At 31/12/24 £
Unrestricted funds			
General Fund	398,873	(30,928)	367,945
Designated Assets Fund	28,714	(1,935)	26,779
	427,587	(32,863)	394,724
Restricted funds			
Ashram Property Fund	1,062,137	(55,634)	1,006,503
TOTAL FUNDS	1,489,724	(88,497)	1,401,227

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	433,171	(464,099)	(30,928)
Designated Assets Fund	-	(1,935)	(1,935)
	433,171	(466,034)	(32,863)
Restricted funds			
Ashram Property Fund	-	(55,634)	(55,634)
TOTAL FUNDS	433,171	(521,668)	(88,497)

The General Fund encompasses all income and expenditure relating to the primary focus activities of the company, other than those for which funding is restricted.

The Designated Assets Fund represents the net book value of the company's fixed assets, distinguishing their value from unrestricted funds immediately available for use.

The Ashram Property Fund is a restricted fund which represents the purchase and refurbishment of leasehold property for the use as an ashram.

continued...

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

18. LIABILITY OF MEMBERS

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up the company is limited to £1. At 31 December 2024 there were 9 members (31 December 2023: 9).

SHRI RAM CHANDRA MISSION UK

England & Wales - Charity number 1128649

Accounts

REGISTERED COMPANY NUMBER: 6767140 (England and Wales)
REGISTERED CHARITY NUMBER: 1128649

SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

SHRI RAM CHANDRA MISSION UK

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the Charity is to protect and preserve the public health through the practice of the Sahaj Marg system of meditation, now also known as Heartfulness (HFN UK).

Significant activities

The company's principal activities are:

- Establish meditation centres for practitioners of Sahaj Marg/Heartfulness within the United Kingdom.
- Work in partnership with Shri Ram Chandra Mission Ireland (an Irish Charity having similar objectives).
- Facilitate meditation, study groups, retreats and public information open days in established Shri Ram Chandra Mission UK (SRCM UK)/Heartfulness centres. Increasingly, meditation is also offered through online platforms and various social media channels.
- Facilitation and introduction of members of the public in the system of Sahaj Marg/Heartfulness Meditation.
- Disseminate SRCM UK/Heartfulness literature and information of the charity to its members and the public throughout the United Kingdom.

Volunteers

The Charity has been dependent on the services of volunteers to carry out its objectives. The volunteers (including directors) give their time free of charge and it is not possible to quantify the benefit arising to the company. The directors wish to express their deep gratitude to those who give their service in this way.

A Volunteers' training programme is updated every year with any new policies and volunteers are required to complete the training every year to ensure that they are up to date.

ACHIEVEMENT AND PERFORMANCE 2023

Charitable activities

Funding and Charity Management

The impact of the post Covid period subsided significantly during the year 2023 and saw SRCM UK return to a pre-Covid norm where a significant increase was seen in the Charity's activities, resulting in higher expenses. However, similar movement was not seen in the increase of total income. As a result pre-Covid income levels have not yet been achieved. The total income for the year ended 31 December 2023 was £82,677, an increase of £9,380, or 12.8%, compared with total income of £73,297 for the year ended 31 December 2022. This movement was mainly driven by a significant increase in income from events, of £12,027, to £13,223. This was offset by a decrease of £6,480 in donations to £58,791. Due to the nature of the Charity, donations and legacies, which include gift-aid, make up the largest portion of total income.

The operational expenses of running Heartspots have been met mostly through voluntary donations from Heartfulness practitioners. Donations have been received either by standing orders or online transfers. Similarly, all the administrative costs were met, including the maintenance of the London Meditation Centre.

Meditation Centres and Groups

London Centre: SRCM UK purchased a long-term lease (990 year) in February 2012 on premises in Stratford, London. These premises were converted to form an ashram (spiritual centre) for use by practitioners in the UK and Ireland. The purchase was funded by savings and donations from within the UK and also from other donors in SRCM centres around the world.

Other UK Heartspots: 2023 was a busy year with numerous activities, sessions, events and gatherings that took place throughout various Heartspots across the UK. Heartspots are the rented or leased venues utilised by Heartfulness UK meditation groups. A palpable need of in-person gatherings and sessions was felt amongst the Heartfulness practitioners. To this end, most of the sessions/events were in-person at respective Heartspots. This was in contrast to the last few years, during which the focus was on providing virtual/online support due to the Covid-19 restrictions. People had faced challenging times during the pandemic lockdowns, so the in-person sessions benefitted attendees by re-establishing connection and joyful unity.

In each quarter of the 2023, bigger gatherings took place in all the Heartspots across the UK. These were held in the months of February, April, July and September. Some fundraising gatherings also took place during the year as well as meditation retreats, which were organised in some beautiful locations across the UK. During the month of April, a UK-wide Youth gathering was organised by young Heartfulness practitioners at the London centre. In addition, some Heartfulness sessions were organised on cruises on the Union Canal in Edinburgh. Then, in May, over 100 Heartfulness practitioners participated at the G20 Beach Clean-up in Brighton, which was organised by the High Commission of India. This was followed by Heartfulness Meditation & Yoga. Over 100 people were introduced to Heartfulness Meditation; these included several councillors from Brighton. In June, Yoga4unity events were organised across five cities in the UK with a focus on introducing Heartfulness Yoga and meditation to the attendees and were collectively attended by over 200 people.

In addition, European virtual meetings took place throughout the year. This was a great opportunity to interact with practitioners from across Europe. These virtual sessions were well attended, supporting new seekers as well as established Heartfulness practitioners.

Expansion

At the start of 2023, efforts were made to re-open the Heartspots in all those cities where SRCM UK had its presence pre-Covid. Not all the Heartspots could be re-opened due to changed requirements of the local groups. These decisions were made by the local groups themselves, with the support of their respective Zonal Coordinators.

With the objective of growing SRCM UK's presence while still managing its principal activities, a strategic decision was made in May 2023 to divide the UK into 7 zones, in contrast to just 4 zones in the past. Each zone was to be managed by its Zonal Coordinator, who in turn would have their own small team. This team's main focus was to help the Zonal Coordinator to manage their zone efficiently.

All the Zonal Coordinators and their teams were briefed on the new strategic vision.

Heartspots continued to offer online meditation and training sessions on a regular, usually weekly, basis. However, the focus was still to increase the in-person sessions. Many volunteers were trained to present Heartfulness online as well as in person. All are required to undertake an online training programme developed for volunteers working with the public. As in the previous years, 2023 also saw a trend in training webinars for meditators and meditation trainers focussing on personal wellbeing and continuing development.

The weekly UK newsletter called 'Click and Connect' was circulated by email throughout 2023 to inform practitioners of official news and events. In addition, messages and announcements were also shared on unofficial channels such as WhatsApp.

Heartfulness Outreach Activities
Throughout 2023 the volunteers actively worked and engaged with various renowned organisations, celebrities as well as senior government officials and dignitaries, to create various opportunities for SRCM UK to promote Heartfulness meditation practices and to make Heartfulness a household name.

During the first half of 2023, volunteers in the Outreach Team had meaningful interactions with the High Commission of India in London, and Consulates in Birmingham and Edinburgh. These were high level in-person meetings with the High Commissioner of India to the UK based in London, the Consul General of India, Birmingham, and the Consul General of India, Edinburgh. These meetings led to SRCM UK collaborating with them and offering Heartfulness sessions for some of their key events.

In all three aforementioned locations, SRCM UK volunteers were invited to conduct Heartfulness programmes for the International Day of Yoga Celebrations. On June 20th, 2023, the International Day of Yoga Celebrations were organised by the High Commission of India at Trafalgar Square. This event was well attended by over 400 people along with some highly renowned Spiritual and Yoga organisations such as Art of Living and Isha Yoga. In Birmingham and Edinburgh, International Day of Yoga celebrations took place on June 21st, 2023, in collaboration with the Indian Consulates which saw the participation of over 250 people across both locations.

Similarly, the Outreach team represented Heartfulness/SRCM UK at various UK/India Government events and other organizations in London. Some of the notable interactions were with the Vice-President of India, Commonwealth Deputy Head, Member of Parliament for Ealing Southall and renowned author and public speaker Deepak Chopra.

Corporate sessions led by Heartfulness trainers were provided to some of the bigger renowned corporate organisations including NatWest, KPMG UK, and Cognizant, and in Government/public organisations such as COPFS in Scotland. The high quality of the programme content and materials contributed to the significant numbers attending these sessions.

Moreover, SRCM UK continued to promote Heartfulness Meditation to the wider public at health and wellbeing exhibitions and events and in businesses, universities and community venues.

On the social media front, with the media team's dedicated efforts Heartfulness UK continued to have increased followers and engagement. Furthermore, Heartfulness UK continued to establish and strengthen connections with other communities and charities.

Future developments
2023 saw a significant increase in outreach activities. This has encouraged volunteers to continue creating and developing further outreach opportunities to spread awareness of Heartfulness practices.

The need for more Heartfulness Yoga trainers was highlighted, as many organisations SRCM UK collaborated with showed a keen interest in organising Yoga sessions along with the meditation sessions; it, therefore, appears to be the need of the hour to focus on increasing the number of Heartfulness Yoga trainers.

FINANCIAL REVIEW

Principal funding sources

The Company's activities and developments are dependent upon funding from two main sources, donations and events, with varying contributions year on year. For the year ended 31 December 2023 donations of £58,791 and income from events of £13,223, makes the major portion of total income of £82,677. The increase in the income from events was a direct result of the increase in the number of events that took place across the UK in 2023. This was not possible in 2022 due to Pandemic restrictions and overall reluctance of people attending in-person sessions post restrictions were lifted, the income from events; for the year ended 31 December 2022 was £1,196.

Reserves policy

It is the policy of the Charity to maintain unrestricted reserves, i.e. unrestricted funds not committed or invested in fixed assets, at a level which equates to at least four to six months annual income.

Funds in deficit

There were no funds in deficit at the year ended 31 December 2023.

Results for the year

The Statement of Financial Activities on page 7 reflects a deficit of £20,988 for the year ended 31 December 2023 (£12,249 surplus - 31 December 2022). The net assets of the company at the year ended 31 December 2023 were £1,468,736 (£1,489,724 - 31 December 2022).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status of Charity Governing document

The Charity is controlled by its governing document (Memorandum and Articles) and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Shri Ram Chandra Mission UK ("the Charity") is a company limited by guarantee, company number 6767140. The company, also known as SRCM UK and now trading/working as Heartfulness UK, is registered in England and Scotland as a charity (Charity Commission No. 1128649, OSCR No. SCO38615). The Charity is governed by its Memorandum and Articles of Association.

Recruitment and appointment of directors

Directors are appointed for a fixed term of 4 years but can be re-appointed after this period. New directors are appointed at the discretion of the company, approved by a majority in a board of directors' meeting. The Charity's values, aims and objectives are explained to new directors, as well as its day-to-day operations. The statutory responsibilities of directors are also outlined according to the Memorandum and Articles of Association.

Updating the charity's policies

All relevant policies and codes of conduct are also displayed on the UK website for viewing by the general public.

Administrative Structure

The directors of the Charity are responsible for the overall administration of the company. An Executive Committee i.e. the President, Secretary, Assistant Secretaries, and Treasurer oversees the day-to-day operations of the Charity. Trainers and Heartspot Coordinators support the work of the Executive Committee in the UK.

SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
6767140 (England and Wales)

Registered Charity number
1128649

Registered office
27 Sullivan Road
Tonbridge
TN10 4DD

Trustees
M A Barnes
K Devlin
J Nelson
R J Pearmain
K Rengarajan
H M O Connor (resigned 26/3/2023)
P Srivastava
T Rathod
V Desvigne (resigned 26/3/2023)
A T Cullen (appointed 26/3/2023)
L M Geddes (appointed 26/3/2023)

Company Secretary
T Rathod

Independent Examiner
William Vernall
Milne Craig, Chartered Accountants
Abercorn House
79 Renfrew Road
Paisley
PA3 4DA

Solicitors
Potter Owtram & Peck
42 West Street
Haslemere
Surrey
GU27 2AN

Bankers
Metrobank
One Southampton Row
London
WC1B 5HA

Approved by order of the board of trustees on 15-9-2024 and signed on its behalf by:

Tejal Rathod
.....
T Rathod - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SHRI RAM CHANDRA MISSION UK

Independent examiner's report to the trustees of Shri Ram Chandra Mission UK ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

William Vernall

William Vernall
The Institute of Chartered Accountants of Scotland

Milne Craig
Chartered Accountants
Abercorn House
79 Renfrew Road
Paisley
Renfrewshire
PA3 4DA

Date: 19/9/24

SHRI RAM CHANDRA MISSION UK

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted £	Restricted £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	65,796	-	65,796	69,464
Charitable activities	4				
Protection and preservation of public health		15,050	-	15,050	3,259
Investment income	3	1,831	-	1,831	574
Total		82,677	-	82,677	73,297
EXPENDITURE ON					
Charitable activities	5				
Protection and preservation of public health		72,204	-	72,204	29,258
Other	7	3,539	27,922	31,461	31,790
Total		75,743	27,922	103,665	61,048
NET INCOME/(EXPENDITURE)		6,934	(27,922)	(20,988)	12,249
RECONCILIATION OF FUNDS					
Total funds brought forward		427,587	1,062,137	1,489,724	1,477,475
TOTAL FUNDS CARRIED FORWARD		434,521	1,034,215	1,468,736	1,489,724

The notes form part of these financial statements

BALANCE SHEET
31 DECEMBER 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	11	1,061,910	1,090,851
CURRENT ASSETS			
Debtors	12	20,977	27,472
Cash at bank and in hand		391,420	375,271
		412,397	402,743
CREDITORS			
Amounts falling due within one year	13	(5,571)	(3,870)
NET CURRENT ASSETS		406,826	398,873
TOTAL ASSETS LESS CURRENT LIABILITIES		1,468,736	1,489,724
NET ASSETS		1,468,736	1,489,724
FUNDS	15		
Unrestricted funds		434,521	427,587
Restricted funds		1,034,215	1,062,137
TOTAL FUNDS		1,468,736	1,489,724

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

SHRI RAM CHANDRA MISSION UK

BALANCE SHEET - continued
31 DECEMBER 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 15.9.2024. and were signed on its behalf by:

Tejal Rathod

T Rathod - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The presentation currency of the financial statements is pounds sterling (£).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	-	2% on cost
Fixtures and fittings	-	25% on reducing balance
Computer equipment	-	33% on reducing balance

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Foreign currencies
Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

2. DONATIONS AND LEGACIES

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Donations	58,791	-	58,791	65,271
Gift aid	7,005	-	7,005	4,193
	65,796	-	65,796	69,464

3. INVESTMENT INCOME

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Interest received	1,831	-	1,831	574

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023	2022
		£	£
Income from events	Protection and preservation of public health	13,223	1,196
Sale of books	Protection and preservation of public health	1,827	2,063
		15,050	3,259

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)
	£
Protection and preservation of public health	72,204

continued...

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2023	2022
	£	£
Other operating leases	14,836	7,467
Rates and water	10,720	7,900
Insurance	714	1,002
Light and heat	4,428	1,391
Telephone	403	403
Printing	202	-
Sundries	136	426
Purchase of books	3,794	2,359
Property maintenance	5,554	2,754
Heartfulness event costs	9,433	1,847
Gift aid unrecovered	13,500	-
IT software and consumables	2,262	3,709
Legal fees	6,222	-
	72,204	29,258

7. OTHER

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Accountancy fees	2,520	-	2,520	2,430
Depreciation	1,019	27,922	28,941	29,360
	3,539	27,922	31,461	31,790

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	28,941	29,360
Other operating leases	14,836	7,467

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no expenses reimbursed to trustees in the current or previous year.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted £	Restricted £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	69,464	-	69,464
Charitable activities			
Protection and preservation of public health	3,259	-	3,259
Investment income	574	-	574
Total	73,297	-	73,297
EXPENDITURE ON			
Charitable activities			
Protection and preservation of public health	29,258	-	29,258
Other	3,586	28,204	31,790
Total	32,844	28,204	61,048
NET INCOME/(EXPENDITURE)	40,453	(28,204)	12,249
RECONCILIATION OF FUNDS			
Total funds brought forward	387,134	1,090,341	1,477,475
TOTAL FUNDS CARRIED FORWARD	427,587	1,062,137	1,489,724

continued...

11. TANGIBLE FIXED ASSETS

	Long leasehold	Fixtures and fittings	Computer equipment	Totals
	£	£	£	£
COST				
At 1 January 2023 and 31 December 2023	1,384,501	59,894	708	1,445,103
DEPRECIATION				
At 1 January 2023	298,651	54,901	700	354,252
Charge for year	27,690	1,248	3	28,941
At 31 December 2023	326,341	56,149	703	383,193
NET BOOK VALUE				
At 31 December 2023	1,058,160	3,745	5	1,061,910
At 31 December 2022	1,085,850	4,993	8	1,090,851

12. DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023	2022
	£	£
Income tax recoverable	20,977	27,472

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	2,323	-
Accruals and deferred income	3,248	3,870
	5,571	3,870

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	2023 Total funds	2022 Total funds
	£	£	£	£
Fixed assets	27,695	1,034,215	1,061,910	1,090,851
Current assets	412,397	-	412,397	402,743
Current liabilities	(5,571)	-	(5,571)	(3,870)
	434,521	1,034,215	1,468,736	1,489,724

continued...

15. MOVEMENT IN FUNDS

	At 1/1/23 £	Net movement in funds £	At 31/12/23 £
Unrestricted funds			
General Fund	398,873	7,953	406,826
Designated Assets Fund	28,714	(1,019)	27,695
	427,587	6,934	434,521
Restricted funds			
Ashram Property Fund	1,062,137	(27,922)	1,034,215
TOTAL FUNDS	1,489,724	(20,988)	1,468,736

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	82,677	(74,724)	7,953
Designated Assets Fund	-	(1,019)	(1,019)
	82,677	(75,743)	6,934
Restricted funds			
Ashram Property Fund	-	(27,922)	(27,922)
TOTAL FUNDS	82,677	(103,665)	(20,988)

Comparatives for movement in funds

	At 1/1/22 £	Net movement in funds £	At 31/12/22 £
Unrestricted funds			
General Fund	357,264	41,609	398,873
Designated Assets Fund	29,870	(1,156)	28,714
	387,134	40,453	427,587
Restricted funds			
Ashram Property Fund	1,090,341	(28,204)	1,062,137
TOTAL FUNDS	1,477,475	12,249	1,489,724

continued...

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	73,297	(31,688)	41,609
Designated Assets Fund	-	(1,156)	(1,156)
	73,297	(32,844)	40,453
Restricted funds			
Ashram Property Fund	-	(28,204)	(28,204)
TOTAL FUNDS	73,297	(61,048)	12,249

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/1/22 £	Net movement in funds £	At 31/12/23 £
Unrestricted funds			
General Fund	357,264	49,562	406,826
Designated Assets Fund	29,870	(2,175)	27,695
	387,134	47,387	434,521
Restricted funds			
Ashram Property Fund	1,090,341	(56,126)	1,034,215
TOTAL FUNDS	1,477,475	(8,739)	1,468,736

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	155,974	(106,412)	49,562
Designated Assets Fund	-	(2,175)	(2,175)
	155,974	(108,587)	47,387
Restricted funds			
Ashram Property Fund	-	(56,126)	(56,126)
TOTAL FUNDS	155,974	(164,713)	(8,739)

continued...

15. MOVEMENT IN FUNDS - continued

The General Fund encompasses all income and expenditure relating to the primary focus activities of the company, other than those for which funding is restricted.

The Designated Assets Fund represents the net book value of the company's fixed assets, distinguishing their value from unrestricted funds immediately available for use.

The Ashram Property Fund is a restricted fund which represents the purchase and refurbishment of leasehold property for the use as an ashram.

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

17. LIABILITY OF MEMBERS

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up the company is limited to £1. At 31 December 2023 there were 9 members (31 December 2022: 9).

SHRI RAM CHANDRA MISSION UK

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023	2022
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	58,791	65,271
Gift aid	7,005	4,193
	65,796	69,464
Investment income		
Interest received	1,831	574
Charitable activities		
Income from events	13,223	1,196
Sale of books	1,827	2,063
	15,050	3,259
Total incoming resources	82,677	73,297
EXPENDITURE		
Charitable activities		
Other operating leases	14,836	7,467
Rates and water	10,720	7,900
Insurance	714	1,002
Light and heat	4,428	1,391
Telephone	403	403
Printing	202	-
Sundries	136	426
Purchase of books	3,794	2,359
Property maintenance	5,554	2,754
Heartfulness event costs	9,433	1,847
Gift aid unrecovered	13,500	-
IT software and consumables	2,262	3,709
Legal fees	6,222	-
	72,204	29,258
Other		
Accountancy fees	2,520	2,430
Long leasehold	27,690	27,690
Fixtures and fittings	1,248	1,664
Computer equipment	3	6
	31,461	31,790

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023 £	2022 £
Total resources expended	103,665	61,048
Net (expenditure)/income	(20,988)	12,249

SHRI RAM CHANDRA MISSION UK

England & Wales - Charity number 1128649

Accounts

REGISTERED COMPANY NUMBER: 6767140 (England and Wales)
REGISTERED CHARITY NUMBERS: 1128649 (England and Wales)
SC038615 (Scotland)

SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

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FOR THE YEAR ENDED 31 DECEMBER 2022

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SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the Mission is to protect and preserve the public health through the practice of the Sahaj Marg system of meditation, now also known as Heartfulness (HFN).

Significant activities

The company's principal activities are:.

- Establish meditation centres for practitioners of Sahaj Marg/Heartfulness within the United Kingdom.
- Work in partnership with Shri Ram Chandra Mission Ireland (an Irish Charity having similar objectives).
- Facilitate meditation, study groups, retreats and public information open days in established Shri Ram Chandra Mission/Heartfulness centres. Increasingly, meditation is also offered through online platforms and various social media channels.
- Facilitation and introduction of members of the public in the system of Sahaj Marg/Heartfulness Meditation.
- Disseminate Shri Ram Chandra Mission/Heartfulness literature and information of the charity to its members and the public throughout the United Kingdom,
- Offering Heartfulness relaxation and meditation through various channels to accommodate unprecedented circumstances.

Volunteers

The Mission has been dependent on the services of volunteers to carry out its objectives. The volunteers gave their time free of charge and it was not possible to quantify the benefit arising to the company. The directors wish to express their deep gratitude to those who gave of their service in this way.

A Volunteers training programme is updated every year with any new policies and volunteers are required to complete the training every year to ensure that they are up to date.

ACHIEVEMENT AND PERFORMANCE

Funding and Charity Management

All the Heartspots remained closed up until Q1 2022 due to Covid-19 restrictions that were put in place from 2020. Covid-19 restrictions were lifted and gradually all our Heartspot centres opened up in some capacity post Q1 2022. SRCM UK did not go back to the same level of activities in terms of the number of venues that were hired pre-Covid. A similar continuing trend was observed from 2021, which saw a further increase of total income (through donations) year on year. However, pre-Covid income levels have not yet been achieved. The total income for the year ended 31 December 2022 was £73,297, an increase of £4,670, or 6.8%, compared with total income of £68,627 for the year ended 31 December 2021. This movement was mainly driven by an increase of £4,685, or 7.2%, in donations and legacies. Donations and legacies, which includes gift-aid, makes up the largest portion of total income.

Operational expenses of running Heartspots have been met mostly through voluntary donations from Heartfulness practitioners. Donations have been received either by standing orders or online transfers. Similarly, all the administrative costs were met, including the maintenance of the London Meditation Centre.

Meditation Centres and Groups

London Centre: SRCM UK purchased a long-term lease (990 year) in February 2012 on premises in Stratford, London. These premises were converted to form an ashram (spiritual centre) for use by practitioners in the UK and Ireland. The purchase was funded by savings and donations from within the UK and also from other donors in SRCM centres around the world.

Rest of the UK Heartspots: 2022 saw the re-opening of various Heartspots across the UK. These are rented or leased venues utilised by Heartfulness UK meditation groups. A combination of virtual and in-person workshops, meditation sessions and gatherings were held across the UK throughout 2022.

Some of the online sessions included a 10-week "Plan the Change" workshop programme, Monday-Saturday 7am daily meditation sessions with Heartfulness trainer (conducted through WhatsApp), European virtual meetings, and online coffee chats. These virtual sessions were well attended, supporting new seekers as well as established Heartfulness practitioners.

Several Heartfulness UK groups met in person across various Heartspots. These sessions were attended with a lot of gratitude and enthusiasm post pandemic. People had faced challenging times during the pandemic lockdowns, so the in-person sessions benefitted attendees by re-establishing connection and joyful unity.

Expansion

Heartspots continued to offer online meditation and training sessions on a regular, usually weekly, basis and many new people started the practice online. Many volunteers are now trained to present Heartfulness online. All are required to undertake an online training programme developed for volunteers working with the public. As in year 2021, 2022 also saw a trend in training webinars for meditators and meditation trainers focussing on personal wellbeing and continuing development.

Throughout 2022, Heartfulness UK Noticeboard (WhatsApp) was utilised to circulate all official and relevant announcements. Before circulation, these messages were checked for authenticity, accuracy and relevance by trained Communications team. For any messages about events, times and dates for the UK were included. Messages shared from outside the UK were revised to ensure the content and tone of the message were appropriate for a UK audience (language, spelling, cultural nuances etc.)

Similarly, the weekly UK newsletter was circulated throughout 2022. It is sent out by email at 7pm every Friday and copied to local WhatsApp groups to maximise its reach. All newsletters can be viewed in the archive section of the Heartfulness UK website.

Heartfulness Outreach Activities
SRCM UK promotes Heartfulness Meditation to the wider public at health and wellbeing exhibitions, events and in businesses, universities, hospitals (for staff) and community venues and now provides online meditation and wellbeing sessions for business organisations and Universities.

Fundraising activities
Heartfulness UK continued to increase outreach to the public by running activities across the UK on International Day of Yoga as well as the International Day of Peace. Along with these activities, a well-received Heartful Communication course, spread across 14 modules, took place during the months of September and October 2022.

Corporate and community sessions led by Heartfulness trainers were provided to several established organisations including NatWest, Crown Office and Procurator Fiscal Service, Rolls Royce, 2020Spaces, Johnson Matthey, TVS Manchester, South Hook LNG, Oracle, New Statesman, Lenovo, and Davies group. The high quality of the programme content and materials contributed to the significant numbers attending these sessions.

Heartfulness UK social media platforms continued to have increased followers and engagement. Furthermore, Heartfulness UK continued to establish and strengthen connections with other communities and charities.

Future developments
Significant outreach activity planning is underway, with a focus on spreading general awareness about Heartfulness Meditation practices and its benefits. The main objective is to establish Heartfulness as a renowned well-being and holistic lifestyle brand. With this in mind, collaborations with various organisations are being planned.

FINANCIAL REVIEW
Principal funding sources
The Company's activities and developments are dependent upon funding from two main sources, donations and events, with varying contributions year on year. For the year ended 31 December 2022 donations of £65,271 was the major portion of total income £73,297, and income from events was £1,196. Pandemic restrictions had a direct impact on the income from events; for the year ended 31 December 2019; income from events totalled £14,645. Although there were few successful in-person events in 2022, more directed efforts would be needed to increase income from events.

Reserves policy
It is the policy of the Mission to maintain unrestricted reserves, i.e. unrestricted funds not committed or invested in fixed assets, at a level which equates to at least four to six months annual income.

Funds in deficit
There were no funds in deficit at the year ended 31 December 2022.

Results for the year
The Statement of Financial Activities on page 7 reflects a surplus of £12,249 (2021 - £13,330). The net assets of the company at the year end were £1,489,724 (2021 - £1,477,475).

STRUCTURE, GOVERNANCE AND MANAGEMENT
Status of Charity Governing document
The charity is controlled by its governing document (Memorandum and Articles) and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Shri Ram Chandra Mission UK ("the Mission") is a company limited by guarantee, company number 6767140. The company, also known as SRCM UK and now trading/working as Heartfulness UK, is registered in England and Scotland as a charity (Charity Commission No. 1128649, OSCR No. SCO38615). The mission is governed by its Memorandum and Articles of Association.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of directors

Directors are appointed for a fixed term of 4 years but can be re-appointed after this period. New directors are appointed at the discretion of the company, approved by a majority in a board of directors' meeting. The Mission's values, aims and objectives are explained to new directors, as well as its day-to-day operations. The statutory responsibilities of directors are also outlined according to the Memorandum and Articles of Association.

Updating the charity's policies

All relevant policies and codes of conduct are also displayed on the UK website for viewing by the general public.

Administrative Structure

The directors of the Mission are responsible for the overall administration of the company. An Executive Committee i.e. the Vice-President, Secretary, Assistant Secretaries, and Treasurer oversees the day-to-day operations of the Mission. Trainers and Heartspot Coordinators support the work of the Executive Committee in the UK.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

6767140 (England and Wales)

Registered Charity number

1128649

Registered office

27 Sullivan Road
Tonbridge
TN10 4DD

Trustees

M A Barnes
K Devlin
J Nelson
R J Pearmain
K Rengarajan
H M O Connor (resigned 26/3/2023)
P Srivastava
T Rathod
V Desvigne (resigned 26/3/2023)
A T Cullen (appointed 26/3/2023)
L M Geddes (appointed 26/3/2023)

Company Secretary

T Rathod

Independent Examiner

William Vernall
Milne Craig
Chartered Accountants
Abercorn House
79 Renfrew Road
Paisley
Renfrewshire
PA3 4DA

Bankers

Metrobank
One Southampton Row
London
WC1B 5HA

Approved by order of the board of trustees on 7 August 2023 and signed on its behalf by:



T Rathod - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SHRI RAM CHANDRA MISSION UK

Independent examiner's report to the trustees of Shri Ram Chandra Mission UK ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

William Vernall

William Vernall
The Institute of Chartered Accountants of Scotland

Milne Craig
Chartered Accountants
Abercorn House
79 Renfrew Road
Paisley
Renfrewshire
PA3 4DA

7 August 2023

SHRI RAM CHANDRA MISSION UK

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted £	Restricted £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	69,464	-	69,464	64,779
Charitable activities	4				
Protection and preservation of public health		3,259	-	3,259	2,676
Investment income	3	574	-	574	1,172
Total		73,297	-	73,297	68,627
EXPENDITURE ON					
Charitable activities	5				
Protection and preservation of public health		29,258	-	29,258	23,163
Other	7	3,586	28,204	31,790	32,134
Total		32,844	28,204	61,048	55,297
NET INCOME/(EXPENDITURE)		40,453	(28,204)	12,249	13,330
RECONCILIATION OF FUNDS					
Total funds brought forward		387,134	1,090,341	1,477,475	1,464,145
TOTAL FUNDS CARRIED FORWARD		427,587	1,062,137	1,489,724	1,477,475

The notes form part of these financial statements

BALANCE SHEET
31 DECEMBER 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	11	1,090,851	1,120,210
CURRENT ASSETS			
Debtors	12	27,472	23,279
Cash at bank and in hand		375,271	336,206
		402,743	359,485
CREDITORS			
Amounts falling due within one year	13	(3,870)	(2,220)
NET CURRENT ASSETS		398,873	357,265
TOTAL ASSETS LESS CURRENT LIABILITIES		1,489,724	1,477,475
NET ASSETS		1,489,724	1,477,475
FUNDS	15		
Unrestricted funds		427,587	387,134
Restricted funds		1,062,137	1,090,341
TOTAL FUNDS		1,489,724	1,477,475

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 7 August 2023 and were signed on its behalf by:



T Rathod - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The presentation currency of the financial statements is pounds sterling (£).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	-	2% on cost
Fixtures and fittings	-	25% on reducing balance
Computer equipment	-	33% on reducing balance

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Foreign currencies
Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

continued...

2. DONATIONS AND LEGACIES

	Unrestricted funds	Restricted funds	2022 Total funds	2021 Total funds
	£	£	£	£
Donations	65,271	-	65,271	60,430
Gift aid	4,193	-	4,193	4,349
	69,464	-	69,464	64,779

3. INVESTMENT INCOME

	Unrestricted funds	Restricted funds	2022 Total funds	2021 Total funds
	£	£	£	£
Interest received	574	-	574	1,172

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
Income from events	Protection and preservation of public health	1,196	500
Sale of books	Protection and preservation of public health	2,063	2,176
		3,259	2,676

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)
	£
Protection and preservation of public health	29,258

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022	2021
	£	£
Other operating leases	7,467	4,109
Rates and water	7,900	8,778
Insurance	1,002	1,138
Light and heat	1,391	1,272
Telephone	403	404
Sundries	426	103
Purchase of books	2,359	2,747
Property maintenance	2,754	819
Heartfulness event costs	1,847	450
IT software and consumables	3,709	3,343
	29,258	23,163

continued...

7. OTHER

	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Accountancy fees	2,430	-	2,430	2,219
Depreciation	1,156	28,204	29,360	29,915
	3,586	28,204	31,790	32,134

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022 £	2021 £
Depreciation - owned assets	29,360	29,915
Other operating leases	7,467	4,109

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were no expenses reimbursed to trustees in the current or previous year.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted £	Restricted £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	64,779	-	64,779
Charitable activities			
Protection and preservation of public health	2,676	-	2,676
Investment income	1,172	-	1,172
Total	68,627	-	68,627
EXPENDITURE ON			
Charitable activities			
Protection and preservation of public health	23,163	-	23,163
Other	3,555	28,579	32,134
Total	26,718	28,579	55,297
NET INCOME/(EXPENDITURE)	41,909	(28,579)	13,330

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted £	Restricted £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	345,225	1,118,920	1,464,145
TOTAL FUNDS CARRIED FORWARD	387,134	1,090,341	1,477,475

11. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 January 2022 and 31 December 2022	1,384,501	59,895	708	1,445,104
DEPRECIATION				
At 1 January 2022	270,961	53,238	694	324,893
Charge for year	27,690	1,664	6	29,360
At 31 December 2022	298,651	54,902	700	354,253
NET BOOK VALUE				
At 31 December 2022	1,085,850	4,993	8	1,090,851
At 31 December 2021	1,113,540	6,657	14	1,120,211

12. DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022 £	2021 £
Income tax recoverable	27,472	23,279

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Accruals and deferred income	3,870	2,220

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted £	Restricted £	2022 Total funds £	2021 Total funds £
Fixed assets	28,714	1,062,137	1,090,851	1,120,210
Current assets	402,743	-	402,743	359,485
Current liabilities	(3,870)	-	(3,870)	(2,220)
	427,587	1,062,137	1,489,724	1,477,475

continued...

15. MOVEMENT IN FUNDS

	At 1/1/22 £	Net movement in funds £	At 31/12/22 £
Unrestricted funds			
General Fund	357,264	41,609	398,873
Designated Assets Fund	29,870	(1,156)	28,714
	387,134	40,453	427,587
Restricted funds			
Ashram Property Fund	1,090,341	(28,204)	1,062,137
TOTAL FUNDS	1,477,475	12,249	1,489,724

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	73,297	(31,688)	41,609
Designated Assets Fund	-	(1,156)	(1,156)
	73,297	(32,844)	40,453
Restricted funds			
Ashram Property Fund	-	(28,204)	(28,204)
TOTAL FUNDS	73,297	(61,048)	12,249

Comparatives for movement in funds

	At 1/1/21 £	Net movement in funds £	At 31/12/21 £
Unrestricted funds			
General Fund	314,019	43,245	357,264
Designated Assets Fund	31,206	(1,336)	29,870
	345,225	41,909	387,134
Restricted funds			
Ashram Property Fund	1,118,920	(28,579)	1,090,341
TOTAL FUNDS	1,464,145	13,330	1,477,475

continued...

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	68,627	(25,382)	43,245
Designated Assets Fund	-	(1,336)	(1,336)
	68,627	(26,718)	41,909
Restricted funds			
Ashram Property Fund	-	(28,579)	(28,579)
TOTAL FUNDS	68,627	(55,297)	13,330

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/1/21 £	Net movement in funds £	At 31/12/22 £
Unrestricted funds			
General Fund	314,019	84,854	398,873
Designated Assets Fund	31,206	(2,492)	28,714
	345,225	82,362	427,587
Restricted funds			
Ashram Property Fund	1,118,920	(56,783)	1,062,137
TOTAL FUNDS	1,464,145	25,579	1,489,724

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	141,924	(57,070)	84,854
Designated Assets Fund	-	(2,492)	(2,492)
	141,924	(59,562)	82,362
Restricted funds			
Ashram Property Fund	-	(56,783)	(56,783)
TOTAL FUNDS	141,924	(116,345)	25,579

The General Fund encompasses all income and expenditure relating to the primary focus activities of the company, other than those for which funding is restricted.

continued...

15. MOVEMENT IN FUNDS - continued

The Designated Assets Fund represents the net book value of the company's fixed assets, distinguishing their value from unrestricted funds immediately available for use.

The Ashram Property Fund is a restricted fund which represents the purchase and refurbishment of leasehold property for the use as an ashram.

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.

17. LIABILITY OF MEMBERS

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up the company is limited to £1. At 31 December 2022 there were 9 members (31 December 2021: 9).

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	65,271	60,430
Gift aid	4,193	4,349
	69,464	64,779
Investment income		
Interest received	574	1,172
Charitable activities		
Income from events	1,196	500
Sale of books	2,063	2,176
	3,259	2,676
Total incoming resources	73,297	68,627
EXPENDITURE		
Charitable activities		
Other operating leases	7,467	4,109
Rates and water	7,900	8,778
Insurance	1,002	1,138
Light and heat	1,391	1,272
Telephone	403	404
Sundries	426	103
Purchase of books	2,359	2,747
Property maintenance	2,754	819
Heartfulness event costs	1,847	450
IT software and consumables	3,709	3,343
	29,258	23,163
Other		
Accountancy fees	2,430	2,219
Long leasehold	27,690	27,690
Fixtures and fittings	1,664	2,218
Computer equipment	6	7
	31,790	32,134
Total resources expended	61,048	55,297
Net income	12,249	13,330

SHRI RAM CHANDRA MISSION UK

England & Wales - Charity number 1128649

Accounts

REGISTERED COMPANY NUMBER: 6767140 (England and Wales)
REGISTERED CHARITY NUMBER: 1128649
SCOTTISH REGISTERED CHARITY NUMBER: SCO38615

SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

SHRI RAM CHANDRA MISSION UK

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the Mission is to protect and preserve the public health through the practice of the Sahaj Marg system of meditation, now also known as Heartfulness (HFN).

Significant activities

The company's principal activities are:

- Establish meditation centres for practitioners of Sahaj Marg/Heartfulness within the United Kingdom.
- Work in partnership with Shri Ram Chandra Mission Ireland (an Irish Charity having similar objectives).
- Facilitate meditation, study groups, retreats and public information open days in established Shri Ram Chandra Mission/Heartfulness centres. Increasingly, meditation is also offered through online platforms and various social media channels.
- Facilitation and introduction of members of the public in the system of Sahaj Marg/Heartfulness Meditation.
- Disseminate Shri Ram Chandra Mission/Heartfulness literature and information of the charity to its members and the public throughout the United Kingdom.
- Offering Heartfulness relaxation and meditation through various channels to accommodate unprecedented circumstances.

Volunteers

The Mission has been dependent on the services of volunteers to carry out its objectives. The volunteers gave their time free of charge and it was not possible to quantify the benefit arising to the company. The directors wish to express their deep gratitude to those who gave of their service in this way.

A Volunteers training programme is updated every year with any new policies and volunteers are required to complete the training every year to ensure that they are up to date.

ACHIEVEMENT AND PERFORMANCE

Achievements and Performance

Funding and charity management

2021 was another extraordinary year due to Covid-19. All the Heartspots centres around the UK remained closed. We were still able to meet all our administrative costs including the maintenance of the London Meditation Centre.

Meditation Centres and Groups

London Centre: SRCM UK purchased a long-term lease (990 year) in February 2012 on premises in Stratford, London. These premises were converted to form an ashram (spiritual centre) for use by practitioners in the UK and Ireland. The purchase was funded by savings and donations from within the UK and also from other donors in SRCM centres around the world.

During 2020, in response to the restrictions created by the pandemic, we developed new online methods to meet the needs of our practitioners and people looking to support their wellbeing. In 2021 we still weren't able to open centres and so we developed more and different online approaches.

Several activities were developed together with our sister organisations in Europe and other part of the world. UK practitioners played a key role, particularly in training activities.

Volunteer-led modules and workshops dealing with stress were popular and online training sessions followed by meditation and insightful discussion were well attended.

ACHIEVEMENT AND PERFORMANCE

Meditation Centres and Groups

Expansion

Local centres, known as Heartspots continued to offer online meditation and training sessions on a regular, usually weekly, basis and many new people started the practice online. Many volunteers are now trained to present Heartfulness online. All are required to undertake an online training programme developed for volunteers working with the public. During 2021 training webinars for meditators and meditation trainers took place focussing on personal wellbeing and continuing development.

HFN UK Noticeboard (WhatsApp) provides one place for all official and relevant messages from HFN UK only, and without a chat element. The messages shared are checked for authenticity, accuracy and relevance, times and dates are for UK (or have UK details immediately below). Messages shared from outside UK may be revised to ensure the content and tone of the message is appropriate for a UK audience (language, spelling, cultural nuances etc.)

The weekly UK newsletter has seen continuous improvement to make it attractive and easy to read. It is sent out by email at 7pm every Friday and copied to local WhatsApp groups to maximise its reach. All newsletters can be viewed in the archive at our website.

Heartfulness Outreach Activities

SRCM UK promotes Heartfulness Meditation to the wider public at health and wellbeing exhibitions, events and in businesses, universities, hospitals (for staff) and community venues and now provides online meditation and wellbeing sessions for business organisations and Universities. All the sessions in 2021 were online.

In January 2021 an online National wellbeing event called Rejuvenate, Reconnect, Revitalise took place over three days. This was led by the South West, South of England and Scottish regions inviting the public to start the new year in a positive frame of mind. This event was co-presented by Heartfulness practitioner Dr Snehal Deshpande, health and wellbeing expert Luke Coutinho and the global guide of Heartfulness Mr Kamlesh Patel also known as Daaji. The event was attended by around 800-900 participants.

A series of online workshops on the Science of Meditation was conducted twice a week by trained volunteers for all Heartfulness practitioners. Topics included resilience, joy, decision making, and happiness, with sessions attracting up to thirty practitioners.

Corporate and community sessions led by trained volunteers were provided to several established organisations including Rolls Royce, 2020Spaces, Johnson Matthey, TVS Manchester, South Hook LNG, Oracle, New Statesman, Lenovo, and Davies group. Corporate sessions continue in Scotland for staff at COPFS (Crown Office and Procurator Fiscals Service). The high quality of the programme content and materials contributed to the significant numbers attending these sessions.

Funding and charity management

Most operational expenses of centres have been met by voluntary donations from practitioners. Donations have been received by standing orders or online transfers. Most funds for the charity are from UK practitioners.

We also ran one fund raising campaign called "30 Days of Fitness" using the Give As You Live platform which raised £2,676.

FINANCIAL REVIEW

Principal funding sources

The company's activities and developments are dependent upon funding from two main sources, donations and events. During 2021 there were no physical events which reduced our anticipated donations.

Reserves policy

It is the policy of the Mission to maintain unrestricted reserves, i.e. unrestricted funds not committed or invested in fixed assets, at a level which equates to at least four to six months annual income.

Funds in deficit

There were no funds in deficit at the year end.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021

FINANCIAL REVIEW

Results for the year

The Statement of Financial Activities on page 6 reflects a surplus of £13,330 (2020 - deficit of £11,452). The net assets of the company at the year end were £1,477,475 (2020 - £1,464,145).

FUTURE DEVELOPMENTS

Several projects are under discussion including reopening meditation centres and all of this is subject to the changing Covid landscape.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status of Charity Governing document

The charity is controlled by its governing document (Memorandum and Articles) and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Shri Ram Chandra Mission UK ("the Mission") is a company limited by guarantee, company number 6767140. The company, also known as SRCM UK and now trading/working as Heartfulness UK, is registered in England and Scotland as a charity (Charity Commission No. 1128649, OSCR No. SCO38615). The mission is governed by its Memorandum and Articles of Association.

Recruitment and appointment of directors

Directors are appointed for a fixed term of 4 years but can be re-appointed after this period. New directors are appointed at the discretion of the company, approved by a majority in a board of directors' meeting. The Mission's values, aims and objectives are explained to new directors, as well as its day-to-day operations. The statutory responsibilities of directors are also outlined according to the Memorandum and Articles of Association.

Updating the charity's policies

During 2021 some updates were made to the UK communications policy, including relevant details from the global communications policy.

All relevant policies and codes of conduct are also displayed on the UK website for viewing by the general public.

Administrative Structure

The directors of the Mission are responsible for the overall administration of the company. An Executive Committee i.e. the Vice-President, Secretary, Assistant Secretaries, and Treasurer oversees the day-to-day operations of the Mission. Trainers and Heartspot Coordinators support the work of the Executive Committee in the UK.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
6767140 (England and Wales)

Registered Charity number
1128649

Registered office
27 Sullivan Road
Tonbridge
TN10 4DD

Trustees
M A Barnes
K Devlin
J Nelson
R J Pearmain
K Rengarajan
H M O Connor
P Srivastava
T Rathod
V Desvigne

SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary
T Rathod

Independent Examiner
William Vernall
Milne Craig
Chartered Accountants
Abercorn House
79 Renfrew Road
Paisley
Renfrewshire
PA3 4DA

Solicitors
Potter Owtram & Peck
42 West Street
Haslemere
Surrey
GU27 2AN

Bankers
Metrobank
One Southampton Row
London
WC1B 5HA

Approved by order of the board of trustees on 13th September and signed on its behalf by:

Tejal Rathod
.....
T Rathod - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SHRI RAM CHANDRA MISSION UK

I report on the accounts for the year ended 31 December 2021 set out on pages six to fourteen.

Respective responsibilities of trustees and examiner
The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the 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 Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 I do not express an audit opinion on the view given by the accounts.

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 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
- to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

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.

William Vernall

William Vernall
Milne Craig
Chartered Accountants
Abercorn House
79 Renfrew Road
Paisley
Renfrewshire
PA3 4DA

Date: 22 September 2022

SHRI RAM CHANDRA MISSION UK

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted £	Restricted £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	64,779	-	64,779	49,486
Charitable activities					
Protection and preservation of public health		2,676	-	2,676	3,618
Investment income	3	1,172	-	1,172	248
Total		68,627	-	68,627	53,352
EXPENDITURE ON					
Charitable activities	5				
Protection and preservation of public health		23,163	-	23,163	31,557
Other	7	3,555	28,579	32,134	33,247
Total		26,718	28,579	55,297	64,804
NET INCOME/(EXPENDITURE)		41,909	(28,579)	13,330	(11,452)
RECONCILIATION OF FUNDS					
Total funds brought forward		345,225	1,118,920	1,464,145	1,475,597
TOTAL FUNDS CARRIED FORWARD		387,134	1,090,341	1,477,475	1,464,145

The notes form part of these financial statements

SHRI RAM CHANDRA MISSION UK

BALANCE SHEET
31 DECEMBER 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	11	1,120,210	1,150,125
CURRENT ASSETS			
Debtors	12	23,279	18,930
Cash at bank and in hand		336,206	297,310
		359,485	316,240
CREDITORS			
Amounts falling due within one year	13	(2,220)	(2,220)
NET CURRENT ASSETS		357,265	314,020
TOTAL ASSETS LESS CURRENT LIABILITIES		1,477,475	1,464,145
NET ASSETS		1,477,475	1,464,145
FUNDS	15		
Unrestricted funds		387,134	345,225
Restricted funds		1,090,341	1,118,920
TOTAL FUNDS		1,477,475	1,464,145

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 13th September 2022 and were signed on its behalf by:

Tejal Rathod
.....
T Rathod - Trustee

REGISTERED COMPANY NUMBER: 6767140 (England and Wales)

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The presentation currency of the financial statements is pounds sterling (£).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	-	2% on cost
Fixtures and fittings	-	25% on reducing balance
Computer equipment	-	33% on reducing balance

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Foreign currencies
Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. DONATIONS AND LEGACIES

	Unrestricted funds	Restricted funds	2021 Total funds	2020 Total funds
	£	£	£	£
Donations	60,430	-	60,430	44,056
Gift aid	4,349	-	4,349	5,430
	64,779	-	64,779	49,486

3. INVESTMENT INCOME

	Unrestricted funds	Restricted funds	2021 Total funds	2020 Total funds
	£	£	£	£
Interest received	1,172	-	1,172	248

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021	2020
		£	£
Income from events	Protection and preservation of public health	500	2,914
Sale of books	Protection and preservation of public health	2,176	704
		2,676	3,618

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)
	£
Protection and preservation of public health	23,163

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2021	2020
	£	£
Other operating leases	4,109	8,024
Rates and water	8,778	8,765
Insurance	1,138	1,016
Light and heat	1,272	3,981
Telephone	404	403
Sundries	103	137
Purchase of books	2,747	925
Property maintenance	819	2,759
Heartfulness event costs	450	2,284
IT software and consumables	3,343	3,263
	23,163	31,557

continued...

7. OTHER

	Unrestricted funds	Restricted funds	2021 Total funds	2020 Total funds
	£	£	£	£
Accountancy fees	2,219	-	2,219	2,589
Depreciation	1,336	28,579	29,915	30,658
	3,555	28,579	32,134	33,247

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	29,915	30,658
Other operating leases	4,109	8,024

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

Trustees' expenses

There were no expenses reimbursed to trustees in the current or previous year.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted	Restricted	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	49,486	-	49,486
Charitable activities			
Protection and preservation of public health	3,618	-	3,618
Investment income	248	-	248
Total	53,352	-	53,352
EXPENDITURE ON			
Charitable activities			
Protection and preservation of public health	31,557	-	31,557
Other	4,168	29,079	33,247
Total	35,725	29,079	64,804
NET INCOME/(EXPENDITURE)	17,627	(29,079)	(11,452)

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted £	Restricted £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	327,598	1,147,999	1,475,597
TOTAL FUNDS CARRIED FORWARD	345,225	1,118,920	1,464,145

11. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 January 2021 and 31 December 2021	1,384,501	59,894	708	1,445,103
DEPRECIATION				
At 1 January 2021	243,271	51,020	687	294,978
Charge for year	27,690	2,218	7	29,915
At 31 December 2021	270,961	53,238	694	324,893
NET BOOK VALUE				
At 31 December 2021	1,113,540	6,656	14	1,120,210
At 31 December 2020	1,141,230	8,874	21	1,150,125

12. DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2021 £	2020 £
Income tax recoverable	23,279	18,930

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Accruals and deferred income	2,220	2,220

continued...

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted £	Restricted £	2021 Total funds £	2020 Total funds £
Fixed assets	29,869	1,090,341	1,120,210	1,150,125
Current assets	359,485	-	359,485	316,240
Current liabilities	(2,220)	-	(2,220)	(2,220)
	387,134	1,090,341	1,477,475	1,464,145

15. MOVEMENT IN FUNDS

	At 1/1/21 £	Net movement in funds £	At 31/12/21 £
Unrestricted funds			
General Fund	314,019	43,245	357,264
Designated Assets Fund	31,206	(1,336)	29,870
	345,225	41,909	387,134
Restricted funds			
Ashram Property Fund	1,118,920	(28,579)	1,090,341
TOTAL FUNDS	1,464,145	13,330	1,477,475

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	68,627	(25,382)	43,245
Designated Assets Fund	-	(1,336)	(1,336)
	68,627	(26,718)	41,909
Restricted funds			
Ashram Property Fund	-	(28,579)	(28,579)
TOTAL FUNDS	68,627	(55,297)	13,330

continued...

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/1/20 £	Net movement in funds £	At 31/12/20 £
Unrestricted funds			
General Fund	294,813	19,206	314,019
Designated Assets Fund	32,785	(1,579)	31,206
	327,598	17,627	345,225
Restricted funds			
Ashram Property Fund	1,147,999	(29,079)	1,118,920
TOTAL FUNDS	1,475,597	(11,452)	1,464,145

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	53,352	(34,146)	19,206
Designated Assets Fund	-	(1,579)	(1,579)
	53,352	(35,725)	17,627
Restricted funds			
Ashram Property Fund	-	(29,079)	(29,079)
TOTAL FUNDS	53,352	(64,804)	(11,452)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/1/20 £	Net movement in funds £	At 31/12/21 £
Unrestricted funds			
General Fund	294,813	62,451	357,264
Designated Assets Fund	32,785	(2,915)	29,870
	327,598	59,536	387,134
Restricted funds			
Ashram Property Fund	1,147,999	(57,658)	1,090,341
TOTAL FUNDS	1,475,597	1,878	1,477,475

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	121,979	(59,528)	62,451
Designated Assets Fund	-	(2,915)	(2,915)
	121,979	(62,443)	59,536
Restricted funds			
Ashram Property Fund	-	(57,658)	(57,658)
TOTAL FUNDS	121,979	(120,101)	1,878

The General Fund encompasses all income and expenditure relating to the primary focus activities of the company, other than those for which funding is restricted.

The Designated Assets Fund represents the net book value of the company's fixed assets, distinguishing their value from unrestricted funds immediately available for use.

The Ashram Property Fund is a restricted fund which represents the purchase and refurbishment of leasehold property for the use as an ashram.

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

17. LIABILITY OF MEMBERS

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up the company is limited to £1. At 31 December 2021 there were 9 members (31 December 2020: 9).

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	60,430	44,056
Gift aid	4,349	5,430
	64,779	49,486
Investment income		
Interest received	1,172	248
Charitable activities		
Income from events	500	2,914
Sale of books	2,176	704
	2,676	3,618
Total incoming resources	68,627	53,352
EXPENDITURE		
Charitable activities		
Other operating leases	4,109	8,024
Rates and water	8,778	8,765
Insurance	1,138	1,016
Light and heat	1,272	3,981
Telephone	404	403
Sundries	103	137
Purchase of books	2,747	925
Property maintenance	819	2,759
Heartfulness event costs	450	2,284
IT software and consumables	3,343	3,263
	23,163	31,557
Other		
Accountancy fees	2,219	2,589
Long leasehold	27,690	27,690
Fixtures and fittings	2,218	2,958
Computer equipment	7	10
	32,134	33,247
Total resources expended	55,297	64,804
Net income/(expenditure)	13,330	(11,452)

SHRI RAM CHANDRA MISSION UK

England & Wales - Charity number 1128649

Accounts

REGISTERED COMPANY NUMBER: 6767140 (England and Wales)
REGISTERED CHARITY NUMBER: 1128649
SCOTTISH REGISTERED CHARITY NUMBER: SCO38615

SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

SHRI RAM CHANDRA MISSION UK

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SHRI RAM CHANDRA MISSION UK

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the Mission is to protect and preserve the public health through the practice of the Sahaj Marg system of meditation, now also known as Heartfulness (HFN).

Significant activities

The company's principal activities are:

- Establish meditation centres for practitioners of Sahaj Marg/Heartfulness within the United Kingdom.
- Work in partnership with Shri Ram Chandra Mission Ireland (an Irish Charity having similar objectives).
- Facilitate meditation, study groups, retreats and public information open days in established Shri Ram Chandra Mission/Heartfulness centres. Increasingly, meditation is also offered through online platforms and various social media channels.
- Facilitation and introduction of members of the public in the system of Sahaj Marg/Heartfulness Meditation.
- Disseminate Shri Ram Chandra Mission/Heartfulness literature and information of the charity to its members and the public throughout the United Kingdom
- Offering Heartfulness relaxation and meditation through various channels to accommodate unprecedented circumstances.

Volunteers

The Mission has been dependent on the services of volunteers to carry out its objectives. The volunteers gave their time free of charge and it was not possible to quantify the benefit arising to the company. The directors wish to express their deep gratitude to those who gave of their service in this way.

A Volunteers training programme is updated every year with any new policies and volunteers are required to complete the training every year to ensure that they are up to date.

2020 was an incredible year during which our volunteers worked together to take Heartfulness to as many people as possible and also were able to adapt to the everchanging and difficult times.

ACHIEVEMENT AND PERFORMANCE

Funding and charity management

2020 being an extraordinary year due to Covid-19, it became imperative for us to stop leasing all the Heartspot centres around the UK. Covid-19 also had a significant impact on our total income, which decreased by 43.5% as compared with 2019. This movement was mainly driven by 36.3% fall in donations compared with 2019. We were still able to meet all our other administrative costs including the maintenance of the London Meditation Centre.

Meditation Centres and Groups

London Centre: SRCM UK purchased a long-term lease (990 year) in February 2012 on premises in Stratford, London. These premises were converted to form an ashram (spiritual centre) for use by practitioners in the UK and Ireland. The purchase was funded by savings and donations from within the UK and also from other donors in SRCM centres around the world.

Other Centres: In all other areas of the UK meditation groups rent or lease meeting rooms for the purpose of meditation and training with some small groups meeting in the private homes of practitioners. The number of venues had increased to fifty due to increased outreach activity. Since early 2020, due to the pandemic we had to stop leasing all the centres.

Due to Covid-19, all the centres were closed, and groups started meeting for online zoom sessions and these proved to be very popular. There were different online programmes for everyone which included study sessions, Science of Meditation sessions, Deepening Your Practice sessions and many more informal programmes too which proved to be a great support during unprecedented times.

ACHIEVEMENT AND PERFORMANCE

Expansion

Local centres, known as Heartspots, offer meditation and training sessions on a regular, usually weekly, basis. Many volunteers are now trained to present Heartfulness around the UK, and all are required to take an online training programme that was developed for all volunteers working with the public. During 2020 various training webinars took place focussing on personal wellbeing along with several short continuing development programmes for meditators and meditation trainers.

Several improvements to our communications have been introduced this year.

HFN UK Noticeboard (WhatsApp) provides one place for all official and relevant messages from HFN UK only, and without a chat element. The messages shared are checked for authenticity, accuracy and relevance, times and dates are for UK (or have UK details immediately below). Messages shared from outside UK may be revised to ensure the content and tone of the message is appropriate for a UK audience (language, spelling, cultural nuances etc.)

The weekly UK newsletter has seen continuous improvement to make it attractive and easy to read. It is sent out by email at 7pm every Friday and copied to local WhatsApp groups to maximise its reach. All newsletters can be viewed in the archive at our website.

In July functionaries and volunteers attended two Design and Publicity webinars to ensure the aims and importance of the HFN branding and social media guidelines are understood and maintained. Participants learned how to access and use new templates and a resource bank on the UK website consisting of images, fonts and video tutorials for creating online posters etc.

An introduction to Heartfulness Communication, comprising three fortnightly 2-hour workshops, was offered to the UK Functionaries, by a small team of UK based Facilitators in month of September and October 2020. It included practical and experiential approaches to the work.

Heartfulness Outreach Activities

SRCM UK promotes Heartfulness Meditation to the wider public at health and wellbeing exhibitions and events, and in businesses, universities, hospitals (for staff) and community venues. During 2020 Heartfulness UK created initiatives such as: Heartfulness Daily Programmes via WhatsApp for beginners which benefitted more than 700 participants, with a structured daily mediation programme. This is an ongoing initiative. Facebook live meditation sessions, Instagram live relaxation and meditation sessions along with online wellbeing sessions for business organisations and Universities. During the first lockdown when children were at home, we also introduced live story reading sessions on Facebook. Towards the end of 2020 we began planning for a National Wellbeing event to be held in January 2021 which involved collaboration with global speakers including Heartfulness Guide, Kamlesh Patel also known as Daaji.

Funding and charity management

Most operational expenses of centres have been met by voluntary donations from practitioners. Donations have been received by cash, standing orders or online transfers. Most funds for the charity are from UK practitioners.

We had to cancel our planned Fun Run event in September due to Covid-19.

Future Developments

A considerable amount of work has been done on the Heartfulness UK website to streamline and enhance both its appearance and function, as well as how it can support seekers and existing meditators. Its appearance was remodelled to be consistent with the global site.

The Website Team responded to Covid-19 and the UK National lockdown by promoting virtual events with a new virtual "What's on" Page. It also liaised closely with the Global Team to promote large scale virtual events such as UN Yoga and Peace Days. There were almost 2500 new visitors on the website.

An UK Community Blog was introduced where meditators old and new shared their experiences of practising Heartfulness which created a sense of community during social isolation.

Future Developments
A new Corporate Page was developed on the website with programmes and supporting materials and work began to create a similar page aimed at Health Professionals.

Our page of offerings for schools and teachers continues to be one of the most popular on the website.

FINANCIAL REVIEW

Principal funding sources
The company's activities and developments are dependent upon funding from two main sources, donations and events. During 2020 there were no physical events which reduced our anticipated donations.

Banking
The board agreed to open another account with CAF (Flagstone) bank to spread the funds to minimise risk.

Reserves policy
It is the policy of the Mission to maintain unrestricted reserves, i.e. unrestricted funds not committed or invested in fixed assets, at a level which equates to at least four to six months annual income.

Funds in deficit
There were no funds in deficit at the year end.

Results for the year
The Statement of Financial Activities on page 6 reflects a deficit of £11,452 (2019 - £16,073). The net assets of the company at the year end were £1,464,145 (31 December 2019 - £1,475,597).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status of Charity Governing document
The charity is controlled by its governing document (Memorandum and Articles) and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Shri Ram Chandra Mission UK ("the Mission") is a company limited by guarantee, company number 6767140. The company, also known as SRCM UK and now trading/working as Hearfulness UK, is registered in England and Scotland as a charity (Charity Commission No. 1128649, OSCR No. SCO38615). The mission is governed by its Memorandum and Articles of Association.

Recruitment and appointment of directors
Directors are appointed for a fixed term of 4 years but can be re-appointed after this period. New directors are appointed at the discretion of the company, approved by a majority in a board of directors' meeting. The Mission's values, aims and objectives are explained to new directors, as well as its day-to-day operations. The statutory responsibilities of directors are also outlined according to the Memorandum and Articles of Association.

Updating the charity's policies
During the year 2020 new a UK communications policy, including relevant details from the global communication policy, was introduced to all our functionaries, trainers and volunteers.

All relevant policies and codes of conduct are also displayed on the UK website for viewing by the general public.

Administrative Structure
The directors of the Mission are responsible for the overall administration of the company. An Executive Committee i.e. the Vice-President, Secretary, Assistant Secretaries, and Treasurer oversees the day-to-day operations of the Mission. Trainers and Heartspot Coordinators support the work of the Executive Committee in the UK.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2020

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
6767140 (England and Wales)

Registered Charity number
1128649

Registered office
27 Sullivan Road
Tonbridge
TN10 4DD

Trustees
M A Barnes
K Devlin
J Nelson
R J Pearmain
K Rengarajan
H M O'Connor
P Srivastava
T Rathod
V Desvigne

Company Secretary
T Rathod

Independent Examiner
William Vernall
Milne Craig
Chartered Accountants
Abercorn House
79 Renfrew Road
Paisley
Renfrewshire
PA3 4DA

Solicitors
Potter Owtram & Peck
42 West Street
Haslemere
Surrey
GU27 2AN

Bankers
Metrobank
One Southampton Row
London
WC1B 5HA

Approved by order of the board of trustees on ....23/04/2021..... and signed on its behalf by:

.....
T Rathod - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) SHRI RAM CHANDRA MISSION UK

I report on the accounts for the year ended 31 December 2020 set out on pages six to fourteen.

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the 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 Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 I do not express an audit opinion on the view given by the accounts.

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 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
- to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

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.

William Vernall

William Vernall
Milne Craig
Chartered Accountants
Abercorn House
79 Renfrew Road
Paisley
Renfrewshire
PA3 4DA

Date: 29/4/2021

SHRI RAM CHANDRA MISSION UK

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted £	Restricted £	Year Ended 31/12/20 Total funds £	Year Ended 31/12/19 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	49,486	-	49,486	77,201
Charitable activities	4				
Protection and preservation of public health		3,618	-	3,618	15,714
Investment income	3	248	-	248	1,096
Total		53,352	-	53,352	94,011
EXPENDITURE ON					
Charitable activities	5				
Protection and preservation of public health		31,557	-	31,557	70,287
Other	7	4,168	29,079	33,247	39,797
Total		35,725	29,079	64,804	110,084
NET INCOME/(EXPENDITURE)		17,627	(29,079)	(11,452)	(16,073)
RECONCILIATION OF FUNDS					
Total funds brought forward		327,598	1,147,999	1,475,597	1,491,670
TOTAL FUNDS CARRIED FORWARD		345,225	1,118,920	1,464,145	1,475,597

The notes form part of these financial statements

SHRI RAM CHANDRA MISSION UK

BALANCE SHEET
31 DECEMBER 2020

	Notes	2020 £	2019 £
FIXED ASSETS			
Tangible assets	11	1,150,125	1,180,783
CURRENT ASSETS			
Debtors	12	18,930	13,500
Cash at bank and in hand		297,310	283,164
		316,240	296,664
CREDITORS			
Amounts falling due within one year	13	(2,220)	(1,850)
NET CURRENT ASSETS		314,020	294,814
TOTAL ASSETS LESS CURRENT LIABILITIES		1,464,145	1,475,597
NET ASSETS		1,464,145	1,475,597
FUNDS	15		
Unrestricted funds		345,225	327,598
Restricted funds		1,118,920	1,147,999
TOTAL FUNDS		1,464,145	1,475,597

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on .....23/04/2021..... and were signed on its behalf by:

Tejal Rathod

.....

T Rathod - Trustee

Registered Company Number: 6767140 (England and Wales)

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The presentation currency of the financial statements is pounds sterling (£).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	- 2% on cost
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 33% on reducing balance

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Foreign currencies
Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

continued...

2. DONATIONS AND LEGACIES

	Unrestricted funds	Restricted funds	Year Ended 31/12/20 Total funds	Year Ended 31/12/19 Total funds
	£	£	£	£
Donations	44,056	-	44,056	71,886
Gift aid	5,430	-	5,430	5,315
	49,486	-	49,486	77,201

3. INVESTMENT INCOME

	Unrestricted funds	Restricted funds	Year Ended 31/12/20 Total funds	Year Ended 31/12/19 Total funds
	£	£	£	£
Interest received	248	-	248	1,096

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	Year Ended 31/12/20	Year Ended 31/12/19
		£	£
Income from events	Protection and preservation of public health	2,914	14,645
Sale of books	Protection and preservation of public health	704	1,069
		3,618	15,714

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)
	£
Protection and preservation of public health	31,557

continued...

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	Year Ended 31/12/20	Year Ended 31/12/19
	£	£
Other operating leases	8,024	17,524
Rates and water	8,765	8,627
Insurance	1,016	1,007
Light and heat	3,981	6,900
Telephone	403	403
Postage and stationery	-	266
Sundries	137	276
Purchase of books	925	1,319
Property maintenance	2,759	5,620
Kanha donations	-	20,000
Heartfulness event costs	2,284	13,116
IT software and consumables	3,263	2,735
Advertising and marketing	-	756
President's expense allowance unutilised	-	(8,262)
	31,557	70,287

7. OTHER

	Unrestricted funds	Restricted funds	Year Ended 31/12/20 Total funds	Year Ended 31/12/19 Total funds
	£	£	£	£
Accountancy fees	2,589	-	2,589	2,460
Legal and professional fees	-	-	-	5,689
Depreciation	1,579	29,079	30,658	31,648
	4,168	29,079	33,247	39,797

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	Year Ended 31/12/20	Year Ended 31/12/19
	£	£
Depreciation - owned assets	30,658	31,648
Other operating leases	8,024	17,524

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

Trustees' expenses

There were no reimbursed trustee expenses during the year (2019: £59 was reimbursed to one trustee).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted £	Restricted £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	77,201	-	77,201
Charitable activities			
Protection and preservation of public health	15,714	-	15,714
Investment income	1,096	-	1,096
Total	94,011	-	94,011
EXPENDITURE ON			
Charitable activities			
Protection and preservation of public health	70,287	-	70,287
Other	10,052	29,745	39,797
Total	80,339	29,745	110,084
NET INCOME/(EXPENDITURE)	13,672	(29,745)	(16,073)
RECONCILIATION OF FUNDS			
Total funds brought forward	313,926	1,177,744	1,491,670
TOTAL FUNDS CARRIED FORWARD	327,598	1,147,999	1,475,597

continued...

11. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 January 2020 and 31 December 2020	1,384,501	59,894	708	1,445,103
DEPRECIATION				
At 1 January 2020	215,581	48,062	677	264,320
Charge for year	27,690	2,958	10	30,658
At 31 December 2020	243,271	51,020	687	294,978
NET BOOK VALUE				
At 31 December 2020	1,141,230	8,874	21	1,150,125
At 31 December 2019	1,168,920	11,832	31	1,180,783

12. DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2020 £	2019 £
Income tax recoverable	18,930	13,500
	18,930	13,500

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Accruals and deferred income	2,220	1,850

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted £	Restricted £	2020 Total funds £	2019 Total funds £
Fixed assets	31,205	1,118,920	1,150,125	1,180,783
Current assets	316,240	-	316,240	296,664
Current liabilities	(2,220)	-	(2,220)	(1,850)
	345,225	1,118,920	1,464,145	1,475,597

continued...

15. MOVEMENT IN FUNDS

	At 1/1/20 £	Net movement in funds £	At 31/12/20 £
Unrestricted funds			
General Fund	294,813	19,206	314,019
Designated Assets Fund	32,785	(1,579)	31,206
	327,598	17,627	345,225
Restricted funds			
Ashram Property Fund	1,147,999	(29,079)	1,118,920
TOTAL FUNDS	1,475,597	(11,452)	1,464,145

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	53,352	(34,146)	19,206
Designated Assets Fund	-	(1,579)	(1,579)
	53,352	(35,725)	17,627
Restricted funds			
Ashram Property Fund	-	(29,079)	(29,079)
TOTAL FUNDS	53,352	(64,804)	(11,452)

Comparatives for movement in funds

	At 1/1/19 £	Net movement in funds £	Transfers between funds £	At 31/12/19 £
Unrestricted funds				
General Fund	279,238	15,575	-	294,813
Designated Assets Fund	34,688	(1,903)	-	32,785
	313,926	13,672	-	327,598
Restricted funds				
Ashram Property Fund	1,177,744	(29,745)	-	1,147,999
TOTAL FUNDS	1,491,670	(16,073)	-	1,475,597

continued...

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	94,011	(78,436)	15,575
Designated Assets Fund	-	(1,903)	(1,093)
	94,011	(80,339)	13,672
Restricted funds			
Ashram Property Fund	-	(29,745)	(29,745)
TOTAL FUNDS	94,011	(110,084)	(16,073)

The General Fund encompasses all income and expenditure relating to the primary focus activities of the company, other than those for which funding is restricted.

The Designated Assets Fund represents the net book value of the company's fixed assets, distinguishing their value from unrestricted funds immediately available for use.

The Ashram Property Fund is a restricted fund which represents the purchase and refurbishment of leasehold property for the use as an ashram.

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2020.

17. LIABILITY OF MEMBERS

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up the company is limited to £1. At 31 December 2020 there were 9 members (31 December 2019: 9).

SHRI RAM CHANDRA MISSION UK

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020

	Year Ended 31 December 2020 £	Year Ended 31 December 2019 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	44,056	71,886
Gift aid	5,430	5,315
	49,486	77,201
Investment income		
Interest received	248	1,096
Charitable activities		
Income from events	2,914	14,645
Sale of books	704	1,069
	3,618	15,714
Total incoming resources	53,352	94,011
EXPENDITURE		
Charitable activities		
Other operating leases	8,024	17,524
Rates and water	8,765	8,627
Insurance	1,016	1,007
Light and heat	3,981	6,900
Telephone	403	403
Postage and stationery	-	266
Sundries	137	276
Purchase of books	925	1,319
Property maintenance	2,759	5,620
Kanha donations	-	20,000
Heartfulness event costs	2,284	13,116
IT software and consumables	3,263	2,735
Advertising and marketing	-	756
President's expense allowance unutilised	-	(8,262)
	31,557	70,287
Other		
Accountancy fees	2,589	2,460
Legal and professional fees	-	5,689
Depreciation of tangible fixed assets	30,658	31,648
	33,247	39,797
Total resources expended	64,804	110,084
Net expenditure	(11,452)	(16,073)