

Art of Living Foundation (Uk)
Annual Report And Financial Statements
for
the year ended 31 March 2023

Art of Living Foundation (Uk)
Annual report and financial statements
for the year ended 31 March 2023

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Art of Living Foundation (Uk)
Reference and administrative details
For the year ended 31 March 2023

REGISTERED COMPANY NUMBER 06844494 (England and Wales)

REGISTERED CHARITY NUMBER 1131480 (England and Wales)
SCO 41411 (Scotland)

TRUSTEES Mr B Sanghrajka
Mrs K Hill
Mr S Tulsian

REGISTERED OFFICE 90 Eastleigh Road, Heald Green
Cheadle
Cheshire
SK8 3EJ

INDEPENDENT EXAMINER Paul Cowham FCA DChA
Green Fish Resource Centre
46-50 Oldham Street
Manchester M11 4

Art of Living Foundation (Uk)

Trustees report

for the year ended 31 March 2023

The trustees present their annual report together with the financial statements of the charity for the year ended March 31 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies act purposes.

REPORTING FRAMEWORK

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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 (FRS102) (effective 1 January 2015), referred to as the Charities SORP (FRS 102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Organisational structure

There are currently three trustees.

In the event of a trustee wishing to withdraw, the remaining trustees, with guidance from the general membership would identify and appoint a new trustee. The new trustee would be made aware of the work and responsibilities of the trust and the requirements of compliance with the formal obligations as stipulated by the Charity Commission, by the remaining trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The trustees can confirm that they have done this.

OBJECTIVES AND ACTIVITIES

- The preservation of health for the public benefit by educating the public in the teachings and yoga practices of Sri Sri Ravishankar;
- Relief of poverty, distress and suffering in any part of the world for public benefit
- Any other purposes for the public benefit, at the discretion of the Trustees which are exclusively Charitable.

The Foundation means to achieve these objectives by several means being:

- promote and support of courses promulgated by Sri Sri Ravishankar and the Art of Living Organisation world wide, which fulfil the criteria of the charitable purposes and bring individuals to preserve and improve their health so that they may experience and appreciate the exercise of Human Values in their day to day life.
- The Foundation utilises the voluntary services of trained Art of Living teachers to teach breathing techniques (specifically "Sudarshan Kriya Technique" promulgated by Sri Sri Ravishankar, Yoga classes, Mediation courses for the general benefit of public.
- By making donation for relief of poverty and distress and suffering in various parts of the world for the public benefit

Public benefit

The trustees have had due regard to the Charity Commission guidance on public benefit.

Art of Living Foundation (Uk)
Trustees report
for the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE

As mentioned last year that with the lifting of COVID19 restrictions, the organization would restart conducting events. In addition, we also had a visit of its founder Sri Sri Ravi Shankar in the said year. Thus, this financial year saw a significant increase in its general activities revenue to £28,580.

The Foundation continues to put on hold the need for a permanent centre but the donors have continued to provide funds towards this project, and we have collected £4,022 in the current financial year.

Thus, the Foundation's total revenue for the year ending 31st March 2023 is £32,602 in comparison to £4,631 last year.

FINANCIAL REVIEW

Overview

During the financial year of 2022/23, Art of Living Foundation, as mentioned above, recorded a total income of £32,602 – out of which, Restricted Income is £4,022. After expenses, relating to normal running of the charity and supporting other charities/causes close to Sri Sri Ravi Shanker, the Foundation ended with a profit of £3,602, and as a result, the reserves improved by similar amount to £87,332.

After two years of reporting deficit, mainly due to COVID19 restrictions, the charity is back in surplus with healthy reserves. Thus, we expect the charity to continue to be financially sustainable for the future too.

Reserves Policy

The reserve policy for Art of Living Foundation will stay broadly the same as previous years. This would mean that the two main funds of reserve will be kept.

Fund 1 – Restricted - Donations received are ring fenced for specific projects, primarily for renting a space in London. At the end of the 22/23 the pot was £46,615, out of which £42,671 related to London Centre and balance for Youth Courses.

Fund 2 – Non Restricted - General reserves used for the day to day running of the company, including able to prepay venues and others for big events, and support charities of Sri Sri Ravi Shanker. At the end of 22/23, it stood at £40,717.

Art of Living Foundation (Uk)
Trustees report
for the year ended 31 March 2023

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The trustees (who are also directors of Art of Living Foundation (Uk) for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2015 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SMALL COMPANY PROVISIONS AND APPROVAL

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Approved by the Board of Trustees and signed on its behalf by:

Karen Hill
Name

Signed

Date

Independent Examiner's Report to the Trustees of

Art of Living Foundation

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the 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 Charities and Trustee Investment (Scotland) Act 2005 ('the 2005 Act'), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006 ('the 2006 Act'). You are satisfied that the accounts of the Company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

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 the Company's accounts carried out under section 44 (1) (c) of the 2005 Act and section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the requirements of Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Company is required by company law to prepare its accounts on an accruals basis and is registered as a charity in Scotland your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). I can confirm that I am qualified to undertake the examination because I am a registered member of the Institute of Chartered Accountants in England and Wales 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 as required by section 386 of the 2006 Act and Regulation 4 of the 2006 Accounts Regulations; or
2. the accounts do not accord with those records with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006; 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.

Paul Cowham FCA DChA
Green Fish Resource Centre
46 – 50 Oldham Street
Manchester
M4 1LE

Date

Art of Living Foundation (Uk)
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2023

	Note	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Income					
Donations and legacies	3	3,728	4,022	7,750	5,131
Charitable activities	4	24,852	-	24,852	(500)
Fees and other income	-	-	-	-	-
Investments	5	-	-	-	-
Total income		28,580	4,022	32,602	4,631
Expenditure					
Charitable activities	6	28,807	193	29,000	9,000
Total expenditure		28,807	193	29,000	9,000
Net income/(expenditure) for the year	7	(227)	3,829	3,602	(4,369)
Transfer between funds		-	-	-	-
Net movement in funds for the year		(227)	3,829	3,602	(4,369)
Reconciliation of funds					
Total funds brought forward		40,944	42,786	83,730	88,099
Total funds carried forward		40,717	46,615	87,332	83,730

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Art of Living Foundation (Uk)
Company number 6844494
Balance sheet as at 31 March 2023

	Note	2023	2022
		£	£
Fixed assets			
Tangible assets	12	486	592
Total fixed assets		486	592
Current assets			
Debtors	13	187	226
Cash at bank and in hand		87,749	83,652
Total current assets		87,936	83,878
Liabilities			
Creditors: amounts falling due in less than one year	14	(1,090)	(940)
Net current assets/(liabilities)		86,846	82,938
Total assets less current liabilities		87,332	83,530
Net assets		87,332	83,530
Funds of the charity			
Restricted income funds	-	46,615	42,786
Unrestricted income funds	17	40,717	40,944
Total charity funds		87,332	83,730

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- . The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- . The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 8 to 16 form part of these accounts.

Approved by the trustees on and signed on their behalf by:

Karen Hill

Name

Signed

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The charity has applied Update Bulletin 1 as published on 2 February 2016 and does not include a cash flow statement on the grounds that it is applying FRS 102 section 1A.

Art of Living Foundation (Uk) meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. No such restatement was required.

c Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

There are no key judgments which the trustees have made which have a significant effect on the accounts.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023 (continued)

d Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

e Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

f Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

g Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023 (continued)

h Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. Individual items costing less than £100 are not capitalised.

Tangible fixed assets are depreciated on a reducing balance basis over their estimated useful

Asset Category	Annual rate
Computer/sound equipment	18%

l Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

m Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

n Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

o Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p Pensions

The charity does not currently operate a pension scheme.

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023 (continued)

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2023 £	Unrestricted £	Restricted £	Total 2022 £
Donations						
Donations for AOL Centre	-	4,022	4,022	-	4,643	4,643
Other donations	3,728	-	3,728	352	136	488
Total	3,728	4,022	7,750	352	4,779	5,131

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2023 £	Unrestricted £	Restricted £	Total 2022 £
Fees from						
Courses & events	24,852	-	24,852	(500)	-	(500)
Other fees/income	-	-	-	-	-	-
Total	24,852	-	24,852	(500)	-	(500)

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023 (continued)

5 Investment income

	Unrestricted £	Restricted £	2023 £	Unrestricted £	Restricted £	2022 £
Income from bank deposits	-	-	-	-	-	-
	-	-	-	-	-	-

All of the charity's investment income arises from money held in interest bearing deposit accounts. All investment income is unrestricted.

6 Analysis of expenditure on charitable activities

	Total 2023 £	Total 2022 £
Running the library and community resource centre (charitable activity)		
Events and other direct charitable costs	23,264	(10)
Depreciation	106	130
Core costs	2,378	1,309
Premises costs	2,052	1,920
Contributions to other causes/subsidies	500	5,151
Other governance costs		
Independent examination & accountancy	700	500
	29,000	9,000
	2023 £	2022 £
Restricted expenditure	193	-
Unrestricted expenditure	28,807	9,000
	29,000	9,000

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023 (continued)

7 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2023 £	2022 £
Amortisation of intangible assets	106	158
Independent examiner's remuneration		
- accountancy	350	300
- independent examination	350	350
- corporation tax	-	50
	<hr/> <hr/>	<hr/> <hr/>

8 Staff costs

The charity didn't have any employees during the year, management was provided by the trustees who received no remuneration.

The key management personnel of the charity comprise the trustees. The total employee benefits of the key management personnel of the charity were £nil (2022: £nil).

9 Trustee remuneration and expenses, and related party transactions

Neither the trustees nor any persons connected with them received any remuneration or reimbursed expenses during the year (2022: Nil).

Aggregate donations from related parties were £nil (2022: £nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2022: nil).

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023 (continued)

10 Government grants

No government grants were received during the year or during the previous year.

11 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

12 Fixed assets: tangible assets

Cost	Sound equipment £	Total
At 1 April 2022	1,392	1,392
Additions	-	-
Disposals	-	-
	<hr/>	<hr/>
At 31 March	1,392	1,392
	<hr/>	<hr/>
Depreciation		
At 1 April 2022	800	800
Charge for the year	106	106
Disposals	-	-
	<hr/>	<hr/>
At 31 March 2023	906	906
	<hr/>	<hr/>
Net book value		
At 31 March 2023	486	486
	<hr/>	<hr/>
At 31 March 2022	592	592
	<hr/>	<hr/>

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023 (continued)

13 Debtors

	2023 £	2022 £
Prepayments	187	226
Other debtors	-	-
	<hr/>	<hr/>
	187	226
	<hr/>	<hr/>

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	150	-
Accruals	940	940
	<hr/>	<hr/>
	1,090	940
	<hr/>	<hr/>

15 Analysis of movement in restricted funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
Building fund	38,649	4,022	-	-	42,671
Kriya London - Youth fund	4,137	-	(193)	-	3,944
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	42,786	4,022	(193)	-	46,615
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Previous reporting period	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2022 £
Building fund	34,006	4,643	-	-	38,649
Kriya London - Youth fund	4,152	136	(151)	-	4,137
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	38,158	4,779	(151)	-	42,786
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

The building fund is to be used to rent a space for the charity in London.

Art of Living Foundation (Uk)

Notes to the accounts for the year ended 31 March 2023 (continued)

17 Analysis of movement in unrestricted funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	As at 31 March 2023 £
General fund	40,944	28,580	(28,807)	-	40,717
	40,944	28,580	(28,807)	-	40,717
Previous reporting period					
	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	As at 31 March 2022 £
General fund	49,941	(148)	(8,849)		40,944
	49,941	(148)	(8,849)	-	40,944

18 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	486	-	-	486
Net current assets/(liabilities)	40,231	-	46,615	86,846
Total	40,717	-	-	87,332