

EHSAS FOUNDATION

England & Wales - Charity number 1151229

Details

Status Registered

Legal form CIO

Registered 2013-03-14

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

Contact

Address Ehsas Foundation
The 21 Building
First Floor Left
21 Pinner Road
Harrow
Middlesex

Phone 07789514877

Email info@ehsasfoundation.co.uk

Website www.ehsasfoundation.co.uk

Activities

Objects: THE PREVENTION OR RELIEF OF POVERTY OR FINANCIAL HARDSHIP IN BANGLADESH, INDIA AND PAKISTAN BY PROVIDING OR ASSISTING IN THE PROVISION OF EDUCATION, TRAINING, HEALTHCARE PROJECTS AND ALL THE NECESSARY SUPPORT DESIGNED TO ENABLE INDIVIDUALS TO GENERATE A SUSTAINABLE INCOME AND BE SELF-SUFFICIENT.

Activities: Ehsas Foundation helps to deliver education by building schools, providing educational materials and developing programmes of study. Ehsas Foundation fights poverty by improving the health of millions of the world's poorest people. We aim to provide 1 Million Meals every year to those in dire need throughout the world by offering dry ration food packages as well as cooked meals.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information
- **What:** Education/training, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, The General Public/mankind

Geography

- Bangladesh
- India
- Pakistan
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£9,715	£10,131	-	-
2024-03-31	£9,351	£9,628	-	-
2023-03-31	£8,120	£8,868	-	-
2022-03-31	£6,220	£6,670	-	-
2021-03-31	£6,519	£6,209	-	-

Trustees

Name	Role	Appointed
IRFAN AWAN	Chair	2013-02-04
BASHIR AHMED FARRUKH		2013-02-04
USMAN AWAN		2013-02-04

EHSAS FOUNDATION

England & Wales - Charity number 1151229

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
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Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General Donation	9,715	-	-	9,715	9,351
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,715	-	-	9,715	9,351
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,715	-	-	9,715	9,351
A3 Payments					
Travelling & Subsistence	714	-	-	714	512
Telephone & Internet	252	-	-	252	211
Printing , Postage & Stationary	102	-	-	102	169
Consultation & Meeting	442	-	-	442	331
Charitable Activities	8,120	-	-	8,120	7,915
Professional fees	380	-	-	380	380
IT Cost	121	-	-	121	110
	-	-	-	-	-
	-	-	-	-	-
Sub total	10,131	-	-	10,131	9,628
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	10,131	-	-	10,131	9,628
Net of receipts/(payments)	- 416	-	-	- 416	- 277
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	718	-	-	718	995
Cash funds this year end	302	-	-	302	718

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash	302	-	-
		-	-	-
		-	-	-
	Total cash funds	302	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


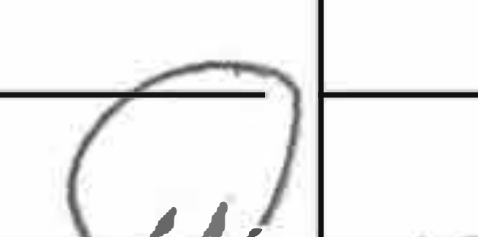
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Mr Irfan Awan	13/12/2025
	Mr Usman Awan	13/12/2025



Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	04	2024	To	31	March	2025

Section A Reference and administration details

Charity name EHSAS FOUNDATION

Other names charity is known by

Registered charity number (if any) 1151229

Charity's principal address THE TWENTY ONE BUILDING, 21 Pinner Rd
Harrow

Postcode HA1 4ES

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Irfan Awan		Acted whole year	
2	Usman Awan		Acted whole year	
3	Bashir Farrukh		Acted whole year	
4				
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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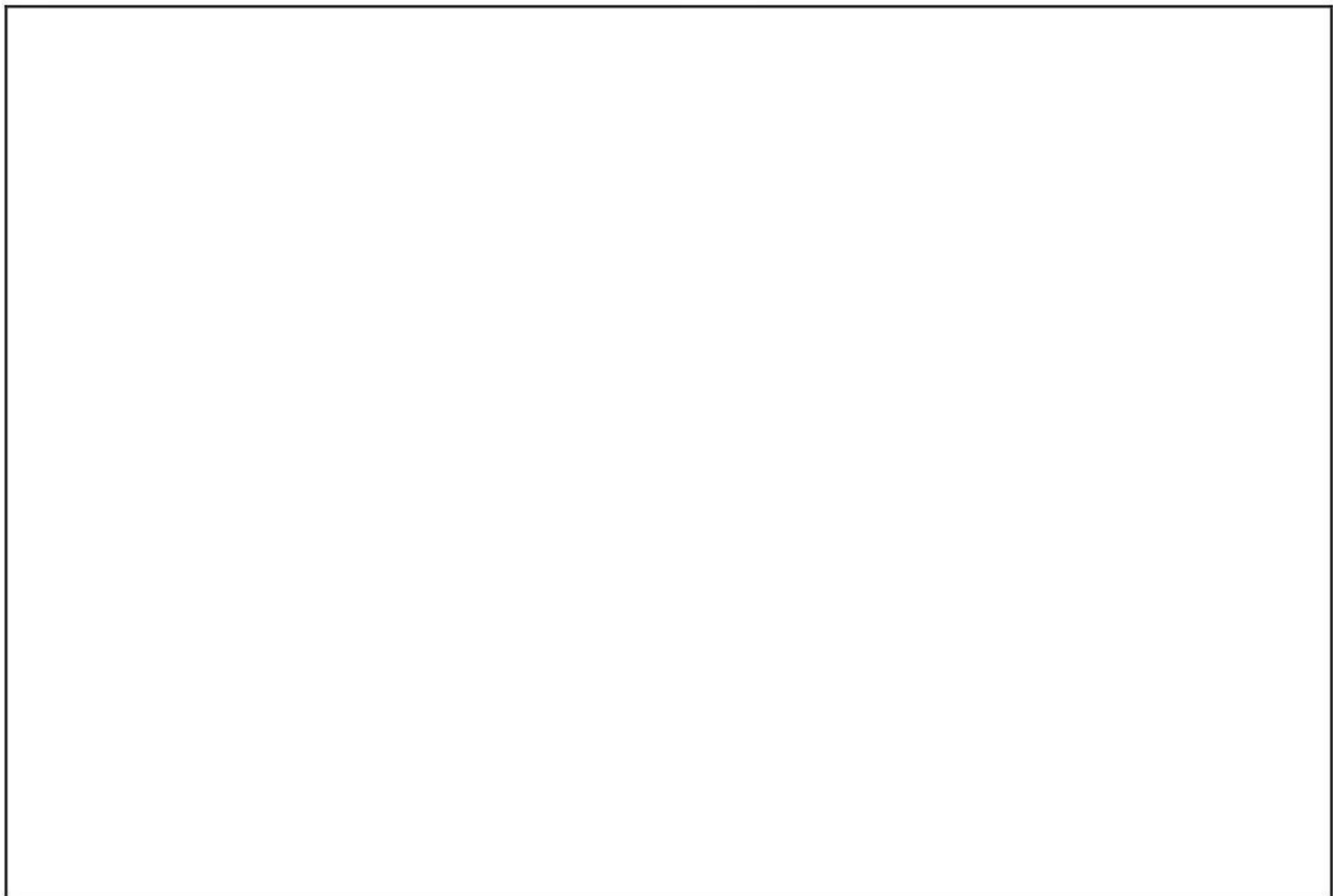
Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by the board of Trustees

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The charity continued to be governed by its founding trustees during this year. Most of charity's activities were delivered by the volunteers.</p> <p>Trustees paid a due regards to the major risks to ensure that its activities were delivered in safe environment. Because of extreme heat and rough weather , It was difficult to continue normal work this year .</p> <p>The volunteers were briefed and trained adequately where needed. Food hygiene during distribution of foods.</p> <p>Volunteers were provided with food hygiene training and health safety training to protect them and while working in extreme heat and rough weather condition .</p> <p>We made sure that we adopt structured way of providing our service to public and ensure their safety.</p>
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Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The prevention or relief of poverty or financial hardship in Bangladesh, India and Pakistan by providing or assisting in the provision of education, training, healthcare

Projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees have paid due regard to the charity Commission guidance on public benefit in deciding what Activities the charity should undertake. By providing free health, education and free meals for those who are experiencing hardship and poverty the charity aims to improve health and provide relief for those in need and have no other means of support available to them.

The charity delivered following activities in furtherance of its charitable objectives:

1. Help in free schooling
2. Free meals
3. Sponsor a child
4. Better livelihood project

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Ehsas foundation successfully achieved the following through its charitable activities.

Education :

We provided school kit and study material to 291 (2024: 285) students who could not afford to buy those essentials. The trustees are confident of achieving this target in coming years.

8,000 Meals :

Actual number of meals delivered during 2025 was 9215 (2024: 8810). Number of meals delivered during 2024 compared to last year is getting better. However, we're working toward achieving target of ten thousand meals and increase it to next target of 12000.

Donations for free meals is increasing due to our charity work to create awareness among donors of people suffering from hunger. The charity has started an awareness campaign about people in dire need of donation to meet their first basic need of human being -Food.

The results are encouraging and the charity will aim to meet the target of ten thousand meals in future years and moving to next target of twelve thousands.

Help the orphan:

We helped 53 (2024: 48) orphans to find Accommodation and also helped them in continuing their education through our network and collaboration with other voluntary groups. It was difficult because of extreme weather condition this year.

Section E

Financial review

Brief statement of the charity's policy on reserves

The trustees will ensure that all restricted reserves are spend on restricted activities, whereas the allocation of unrestricted reserves will be reviewed on yearly basis.

Charity had no restricted funds at 31 march 2025.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity had an income of £9715 £(2024: 9351) for the year ended 31 march 2025. Which was made up of £ 0.00 grant and £ 9715 donations.

The charity had an expenditure of £ 8120 (2024: 7915) on charitable activities, £2011 on support and governance .The trustees is trying to improve cost efficiency and value for money and increase spending on charitable activity .As a result they has achieved reduction on support cost and increased on charitable purpose compared to previous years .

The charity had an unrestricted cash reserve of £ 302 (2024: £718) at the end of financial year 2025

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.


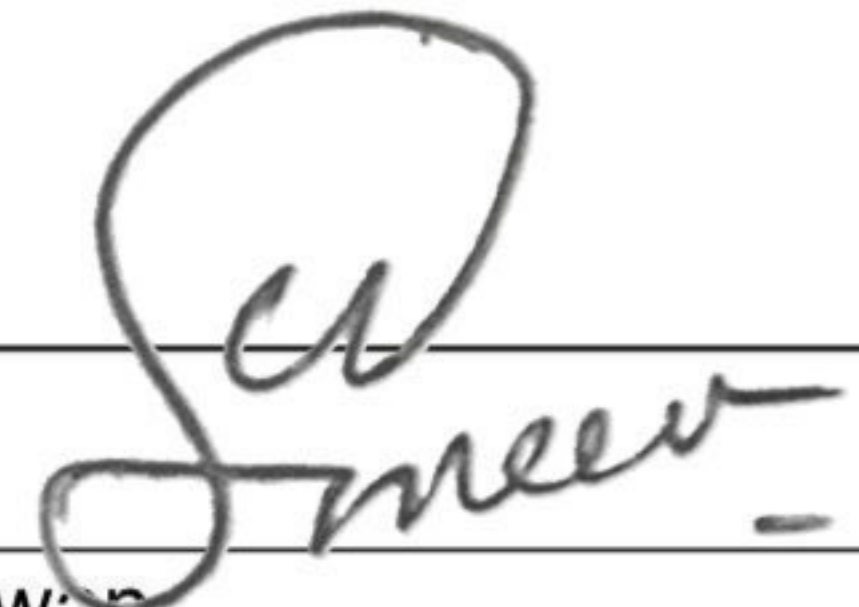
Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

	
Mr Irfan Awan	Mr Usman Awan

29/12/2025

EHSAS FOUNDATION

England & Wales - Charity number 1151229

Accounts



Trustees' Annual Report for the period						
			Period start date		Period end date	
From	01	04	2023	To	31	March 2024

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

THE TWENTY ONE BUILDING, 21 Pinner Rd	
Harrow	
Postcode	HA1 4ES

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Irfan Awan		Acted whole year	
2	Usman Awan		Acted whole year	
3	Bashir Farrukh		Acted whole year	
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by the board of Trustees

Additional governance issues (Optional information)

- You **may choose** to include additional information, where relevant, about:
- policies and procedures adopted for the induction and training of trustees;
 - the charity's organisational structure and any wider network with which the charity works;
 - relationship with any related parties;
 - trustees' consideration of major risks and the system and procedures to manage them.

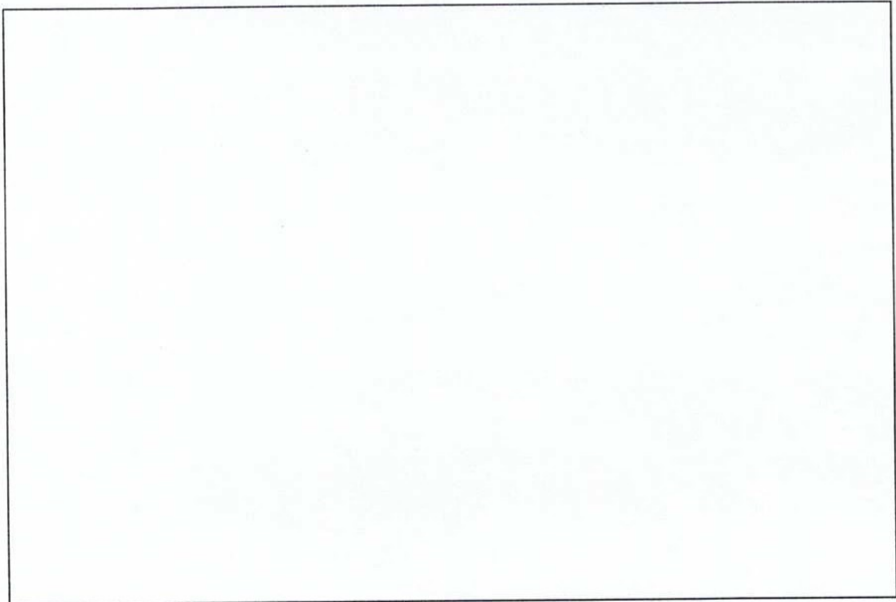
The charity continued to be governed by its founding trustees during this year.
 Most of charity's activities were delivered by the volunteers.

Trustees paid a due regards to the major risks to ensure that its activities were delivered in safe environment. Because of extreme heat and rough weather , It was difficult to continue normal work this year .

The volunteers were briefed and trained adequately where needed. Food hygiene during distribution of foods.

Volunteers were provided with food hygiene training and health safety training to protect them and while working in extreme heat and rough weather condition .

We made sure that we adopt structured way of providing our service to public and ensure their safety.



Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

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Projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees have paid due regard to the charity Commission guidance on public benefit in deciding what Activities the charity should undertake. By providing free health, education and free meals for those who are experiencing hardship and poverty the charity aims to improve health and provide relief for those in need and have no other means of support available to them.

The charity delivered following activities in furtherance of its charitable objectives:

1. Help in free schooling
2. Free meals
3. Sponsor a child
4. Better livelihood project

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Ehsas foundation successfully achieved the following through its charitable activities.

Education :

We provided school kit and study material to 285 (2023: 210) students who could not afford to buy those essentials. The trustees are confident of achieving this target in coming years.

10,000 Meals :

Actual number of meals delivered during 2024 was 8810 (2023: 7600). Number of meals delivered during 2024 compared to last year is getting better. However, we're working toward achieving target of ten thousand meals and increase it to next target of 12000.

Donations for free meals is increasing due to our charity work to create awareness among donors of people suffering from hunger. The charity has started an awareness campaign about people in dire need of donation to meet their first basic need of human being -Food.

The results are encouraging and the charity will aim to meet the target of ten thousand meals in future years and moving to next target of twelve thousands.

Help the orphan:

We helped 48 (2023: 35) orphans to find Accommodation and also helped them in continuing their education through our network and collaboration with other voluntary groups. It was difficult because of extreme weather condition this year.

Section E

Financial review

Brief statement of the charity's policy on reserves

The trustees will ensure that all restricted reserves are spend on restricted activities, whereas the allocation of unrestricted reserves will be reviewed on yearly basis.

Charity had no restricted funds at 31 march 2024.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity had an income of £9351 £(2023: 8120) for the year ended 31 march 2023. Which was made up of £ 0.00 grant and £ 9351 donations.

The charity had an expenditure of £ 7915 (2023: 7120) on charitable activities, £1713 on support and governance .The trustees is trying to improve cost efficiency and value for money and increase spending on charitable activity .As a result they has achieved reduction on support cost and increased on charitable purpose compared to previous years .

The charity had an unrestricted cash reserve of £718 (2023: £996) at the end of financial year 2024

Section F

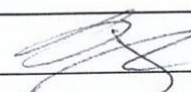
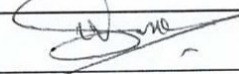
Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Irfan Awan	Mr Usman Awan
Position (eg Secretary, Chair, etc)	Trustee	Trustee
Date	03/07/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name _____ No (if any) _____

Receipts and payments accounts

CC16a

For the period from _____ Period start date 01/04/2023 To _____ Period end date 31/03/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
General Donation	9,351	-	-	9,351	8,120
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,351	-	-	9,351	8,120
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,351	-	-	9,351	8,120
A3 Payments					
Travelling & Subsistence	512	-	-	512	426
Telephone & Internet	211	-	-	211	210
Printing, Postage & Stationary	169	-	-	169	130
Consultation & Meeting	331	-	-	331	450
Charitable Activities	7,915	-	-	7,915	7,120
Professional fees	380	-	-	380	380
IT Cost	110	-	-	110	153
	-	-	-	-	-
	-	-	-	-	-
Sub total	9,628	-	-	9,628	8,869
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	9,628	-	-	9,628	8,869
Net of receipts/(payments)	- 277	-	-	- 277	- 749
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	996	-	-	996	1,744
Cash funds this year end	718	-	-	718	996

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash	718	-	-
		-	-	-
		-	-	-
	Total cash funds	718	-	-

(agree balances with receipts and payments account(s))

OK OK OK

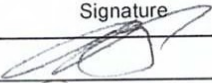

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Mr Irfan Awan	03/07/2024
	Mr Usman Awan	03/07/2024

EHSAS FOUNDATION

England & Wales - Charity number 1151229

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
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Section A Reference and administration details

Charity name EHSAS FOUNDATION

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by the board of Trustees

Additional governance issues (Optional information)

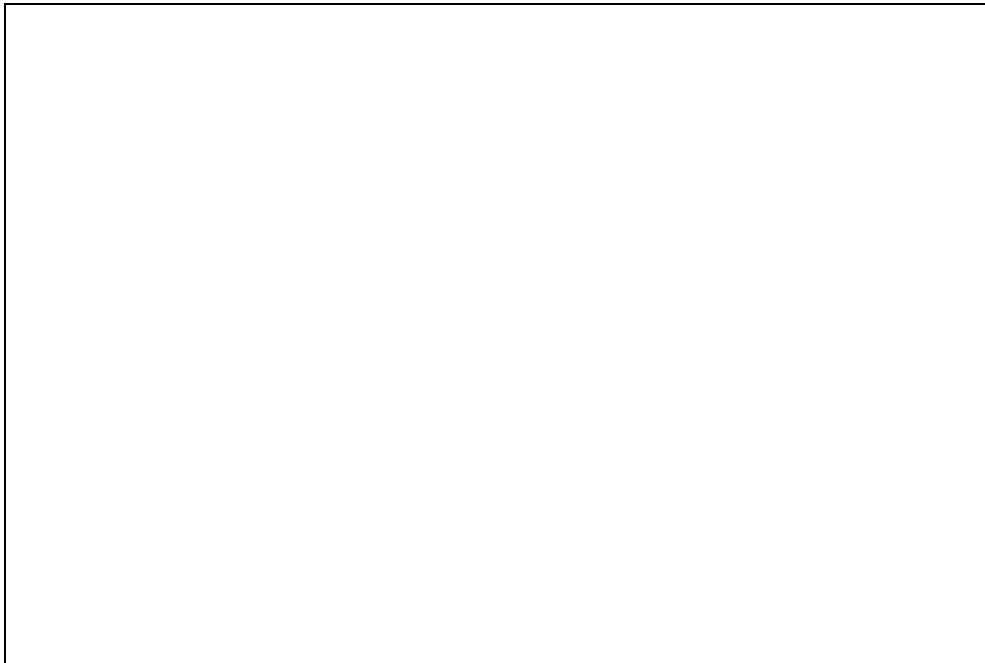
You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The charity continued to be governed by its founding trustees during this year.
Most of charity's activities were delivered by the volunteers.

Trustees paid a due regards to the major risks to ensure that its activities were delivered in safe environment. Because of Covid-19 , this year was difficult to continue normal work .

The volunteers were briefed and trained adequately where needed ,specially for Covid-19 .They were provided with PPE and training.



Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The prevention or relief of poverty or financial hardship in Bangladesh, India and Pakistan by providing or assisting in the provision of education, training, healthcare

Projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees have paid due regard to the charity Commission guidance on public benefit in deciding what Activities the charity should undertake. By providing free health, education and free meals for those who are experiencing hardship and poverty the charity aims to improve health and provide relief for those in need and have no other means of support available to them.

The charity delivered following activities in furtherance of its charitable objectives:

1. Help in free schooling
2. Free meals
3. Sponsor a child
4. Better livelihood project

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Ehsas foundation successfully achieved the following through its charitable activities.

Education :

We provided school kit and study material to 210 (2022: 105) students who could not afford to buy those essentials. The trustees are confident of achieving this target during next few year when the pandemic comes under control and situation become normal .

10,000 Meals :

Actual number of meals delivered during 2023 was 7600 (2022: 6200). the meals delivered during 2023 compared to last year however fell short of its over all target of fifteen thousand meals.

Main reason for the shortfall was lower than Expected donations for free meals and The charity had to reduce the supply of meal because of Covid -19. It was difficult to operate while making sure the safety of the staff. The charity has started an awareness campaign about people in dire need. The results are encouraging and the charity will aim to meet the target of twenty thousand meals in future years.

Help the orphan

We helped 35 (2022: 15) orphans to find Accommodation and also helped them in continuing their education through our network and collaboration with other voluntary groups. It was difficult because of Covid this year.

Section E

Financial review

Brief statement of the charity's policy on reserves

The trustees will ensure that all restricted reserves are spend on restricted activities, whereas the allocation of unrestricted reserves will be reviewed on yearly basis.

Charity had no restricted funds at 31 march 2023.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity had an income of 8120 £(2022: 6220) for the year ended 31 march 2022. Which was made up of £ 0.00 grant and £ 8120 donations.

The charity had an expenditure of £ 7120 (2022: 5531) on charitable activities. £1748 on support and governance .The trustees is trying to improve cost efficiency and value for money and increase spending on charitable activity .As a result they has achieved reduction on support cost and increased on charitable purpose compared to previous years .

The charity had an unrestricted cash reserve of £996 (2022: £1744) at the end of financial year 2023 .

Section F

Other optional information

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

Mr Irfan Awan	Mr Usman Awan



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2022	To	Period end date 31/03/2023
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
General Donation	8,120	-	-	8,120	6,220
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	8,120	-	-	8,120	6,220
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	8,120	-	-	8,120	6,220
A3 Payments					
Travelling & Subsistence	425	-	-	425	221
Telephone & Internet	210	-	-	210	152
Printing, Postage & Stationary	130	-	-	130	90
Consultation & Meeting	450	-	-	450	115
Charitable Activities	7,120	-	-	7,120	5,531
Professional fees	380	-	-	380	380
IT Cost	153	-	-	153	181
	-	-	-	-	-
	-	-	-	-	-
Sub total	8,868	-	-	8,868	6,670
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,868	-	-	8,868	6,670
Net of receipts/(payments)	- 748	-	-	- 748	- 450
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,744	-	-	1,744	2,193
Cash funds this year end	996	-	-	996	1,744

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash	996	-	-
		-	-	-
		-	-	-
	Total cash funds	996	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Mr Irfan Awan	23/12/2023	
		Mr Usman Awan	23/12/2023	

EHSAS FOUNDATION

England & Wales - Charity number 1151229

Accounts



Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	04	2021	To	31	March	2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

 Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Irfan Awan		Acted whole year	
2	Usman Awan		Acted whole year	
3	Bashir Farrukh		Acted whole year	
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg trust deed, constitution)</i>	constitution
How the charity is constituted <i>(eg trust, association, company)</i>	Charitable Incorporated Organisation
Trustee selection methods <i>(eg appointed by, elected by)</i>	Appointed by the board of Trustees

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The charity continued to be governed by its founding trustees during this year. Most of charity's activities were delivered by the volunteers.</p> <p>Trustees paid a due regards to the major risks to ensure that its activities were delivered in safe environment. Because of Covid-19 , this year was difficult to continue normal work .</p> <p>The volunteers were briefed and trained adequately where needed ,specially for Covid-19 .They were provided with PPE and training.</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The prevention or relief of poverty or financial hardship in Bangladesh, India and Pakistan by providing or assisting in the provision of education, training, healthcare

Projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees have paid due regard to the charity Commission guidance on public benefit in deciding what Activities the charity should undertake. By providing free health, education and free meals for those who are experiencing hardship and poverty the charity aims to improve health and provide relief for those in need and have no other means of support available to them.

The charity delivered following activities in furtherance of its charitable objectives:

1. Help in free schooling
2. Free meals
3. Sponsor a child
4. Better livelihood project

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Ehsas foundation successfully achieved the following through its charitable activities.

Education :

We provided school kit and study material to 105 (2021: 260) students who could not afford to buy those essentials. we were away from achieving our target of 450 because of Covid-19 .the trustees are confident of achieving this target during next few year when the pandemic comes under control and situation become normal .

20,000 Meals :

Actual number of meals delivered during 2022 was 6200 (2021: 10,200). the meals delivered during 2022 compared to last year however fell short of its over all target of fifteen thousand meals.

Main reason for the shortfall was lower than Expected donations for free meals and The charity had to reduce the supply of meal because of Covid -19. It was difficult to operate while making sure the safety of the staff .The charity has started an awareness campaign about people in dire need. The results are encouraging and the charity will aim to meet the target of twenty thousand meals in future years.

Help the orphan

We helped 15 (2021: 11) orphans to find Accommodation and also helped them in continuing their education through our network and collaboration with other voluntary groups. It was difficult because of Covid this year .

Section E

Financial review

Brief statement of the charity's policy on reserves

The trustees will ensure that all restricted reserves are spend on restricted activities, whereas the allocation of unrestricted reserves will be reviewed on yearly basis.

Charity had no restricted funds at 31 march 2022.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity had an income of £6220(2021: 6519) for the year ended 31 march 2022. Which was made up of £ 0.00 grant and £ 6519 donations.

The charity had an expenditure of £5531 (2021: 4511) on charitable activities. £1139 on support and governance .The trustees is trying to improve cost efficiency and value for money and increase spending on charitable activity .As a result they has achieved reduction on support cost and increased on charitable purpose compared to previous years .

The charity had an unrestricted cash reserve of £1744 (2021: £2193) at the end of financial year 2022

Section F

Other optional information



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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Irfan Awan	Mr Usman Awan
Position (eg Secretary, Chair, etc)		
Date	28/12/22	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name: _____ No (if any): _____

Receipts and payments accounts

CC16a

For the period from: _____ Period start date: 01/04/2021 To: _____ Period end date: 31/03/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General Donation	6,220	-	-	6,220	6,519
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,220	-	-	6,220	6,519
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,220	-	-	6,220	6,519
A3 Payments					
Travelling & Subsistence	221	-	-	221	419
Telephone & Internet	152	-	-	152	251
Printing, Postage & Stationary	90	-	-	90	182
Consultation & Meeting	115	-	-	115	211
Charitable Activities	5,531	-	-	5,531	4,511
Professional fees	380	-	-	380	380
IT Cost	181	-	-	181	256
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,670	-	-	6,670	6,210
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,670	-	-	6,670	6,210
Net of receipts/(payments)	- 450	-	-	- 450	309
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,193	-	-	2,193	1,884
Cash funds this year end	1,744	-	-	1,744	2,193

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash	1,744	-	-
		-	-	-
		-	-	-
	Total cash funds	1,744	-	-

(agree balances with receipts and payments accounts!)

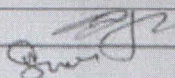
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Mr Irfan Awan	23/12/2022
	Mr Usman Awan	23/12/2022

EHSAS FOUNDATION

England & Wales - Charity number 1151229

Accounts



Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	04	2020	To	31	March	2021

Section A Reference and administration details

Charity name EHSAS FOUNDATION

Other names charity is known by

Registered charity number (if any) 1151229

Charity's principal address THE TWENTY ONE BUILDING, 21 Pinner Rd
Harrow

Postcode HA1 4ES

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Irfan Awan		Acted whole year	
2	Usman Awan		Acted whole year	
3	Bashir Farrukh		Acted whole year	
4				
5				
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13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Appointed by the board of Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

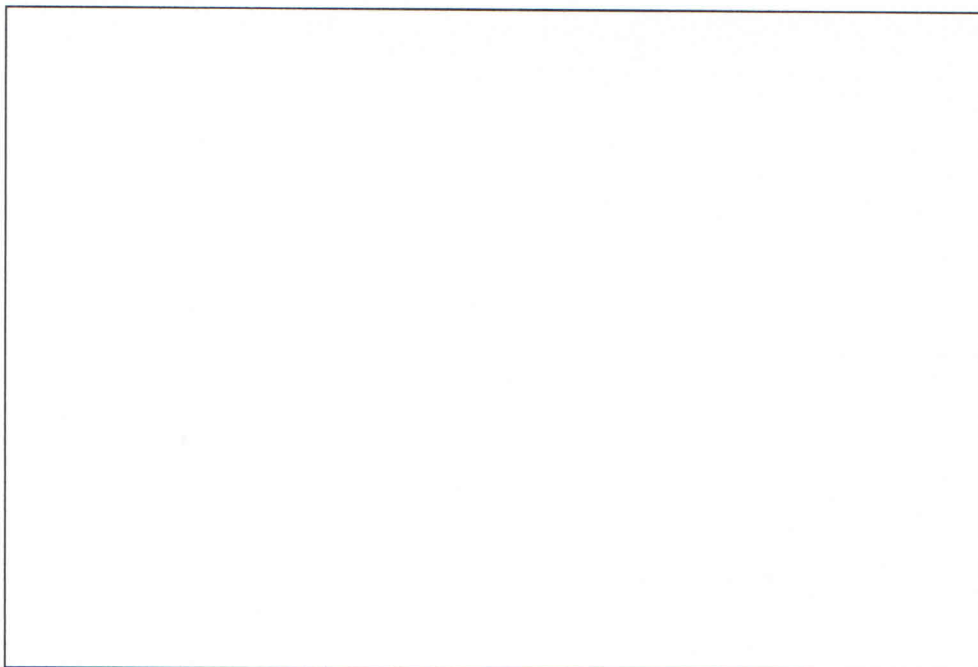
- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The charity continued to be governed by its founding trustees during this year.

Most of charity's activities were delivered by the volunteers.

Trustees paid a due regards to the major risks to ensure that its activities were delivered in safe environment. Because of Covid-19 , this year was difficult to continue normal work .

The volunteers were briefed and trained adequately where needed ,specially for Covid-19 .They were provided with PPE and training.



Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The prevention or relief of poverty or financial hardship in Bangladesh, India and Pakistan by providing or assisting in the provision of education, training, healthcare

Projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees have paid due regard to the charity Commission guidance on public benefit in deciding what Activities the charity should undertake. By providing free health, education and free meals for those who are experiencing hardship and poverty the charity aims to improve health and provide relief for those in need and have no other means of support available to them.

The charity delivered following activities in furtherance of its charitable objectives:

1. Help in free schooling
2. Free meals
3. Sponsor a child
4. Better livelihood project

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Ehsas foundation successfully achieved the following through its charitable activities.

Education :

We provided school kit and study material to 260 (2020: 410) students who could not afford to buy those essentials. we were away from achieving our target of 450 because of Covid-19 .the trustees are confident of achieving this target during next few year when the pandemic comes under control and situation become normal .

20,000 Meals :

Actual number of meals delivered during 2021 was 10200 (2020: 18,100). the meals delivered during 2021 compared to last year however fell short of its over all target of twenty thousand meals.

Main reason for the shortfall was lower than

Expected donations for free meals and The charity had to reduce the supply of meal because of Covid -19. It was difficult to operate while making sure the safety of the staff .The charity has started an awareness campaign about people in dire need. The results are encouraging and the charity will aim to meet the target of twenty thousand meals in future years.

Help the orphan

We helped 11 (2020: 29) orphans to find

Accommodation and also helped them in continuing their education through our network and collaboration with other voluntary groups. It was difficult because of Covid this year .

Section E Financial review

Brief statement of the charity's policy on reserves

The trustees will ensure that all restricted reserves are spend on restricted activities, whereas the allocation of unrestricted reserves will be reviewed on yearly basis.

Charity had no restricted funds at 31 march 2021.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity had an income of £6519 (2020: 7567) for the year ended 31 march 2021. Which was made up of £ 0.00 grant and £ 6519 donations.

The charity had an expenditure of £4511 (2020: 8166) on charitable activities. £1698 on support and governance .The trustees is trying to improve cost efficiency and value for money and increase spending on charitable activity .As a result they has achieved reduction on support cost and increased on charitable purpose compared to previous years .



The charity had an unrestricted cash reserve of £2193 (2020: £1884) at the end of financial year 2021

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Irfan Awan	Mr Usman Awan
Position (eg Secretary, Chair, etc)		
Date	17/01/22	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2020	To	Period end 31/03/2021
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
General Donation	6,519	-	-	6,519	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,519	-	-	6,519	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,519	-	-	6,519	-
A3 Payments					
Travelling & Subsistence	419	-	-	419	-
Telephone & Internet	251	-	-	251	-
Printing, Postage & Stationary	182	-	-	182	-
Consultation & Meeting	211	-	-	211	-
Charitable Activities	4,511	-	-	4,511	-
Professional fees	380	-	-	380	-
IT Cost	256	-	-	256	-
	-	-	-	-	-
Sub total	6,209	-	-	6,209	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,209	-	-	6,209	-
Net of receipts/(payments)	309	-	-	309	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,884	-	-	1,884	-
Cash funds this year end	2,193	-	-	2,193	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash	2,193	-	-
		-	-	-
		-	-	-
	Total cash funds	2,193	-	-

(agree balances with receipts and payments account(s))


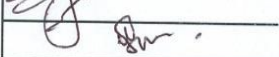
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Mr Irfan Awan	17/1/22
	Mr Usman Awan	17/1/22