



GO DHARMIC WELFARE UK

ANNUAL REPORT

1 April 2021 - 31 March 2022



England Charity Number: 1171619
Scotland Charity Number: SC050775

Reference and Administrative Information

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CHARITY NUMBER (England and Wales)

1171619

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This document reflects the annual report for Go Dharmic Welfare UK a registered charity in England and Wales. Some of the projects listed may be executed by international partners, associated organisations and communities inspired by Go Dharmic's mission.

The Charity Trustees for the purposes of the Charities Act 2011, present their Annual Report for the year ended 31 March 2022 under the Companies Act 2006 and the Charities Act 2011, together with their financial statements for the year.

The Trustees confirm that the latter comply with the requirements of the Charities Act 2011, the Companies Act 2006, the Company's Memorandum and Articles of Association and Accounting and Reporting by Charities; Statement of Recommended Practice applicable to charities preparing accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015).



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The World is One Family

Letter from Hanuman Dass

Neem Karoli Baba said, "Why do you want to get to Heaven? Can't you see? This is it. It is our job to make this a Heaven for everyone." Go Dharmic is a mission to realise the ancient Indian idea of Vasudhaiva Kutumbakam, ("We are all one family"). If we truly believe in this idea, we will work tirelessly to relieve the suffering of our fellow family members. The call to Go Dharmic is a call to act for the welfare of all living beings. To act for the welfare of our Earth. It is a call to make this world a better place through every means possible.

During the Covid period, I saw Go Dharmic members fulfilling the purpose of GD at its very finest. I want to thank our volunteers – both young and old – they found a calling to work to simply help others. I consider the expansion of that inner calling profound spiritual growth. Expanding our awareness of the divine existing in other living beings and in nature is the greatest social action. Operating in 50+ regions, the Go Dharmic family comes together with a basic but profound mission, to love all, feed all, serve all.

Many often ask me how and why do you run so many campaigns? Surely it would be better to focus on a few? This may be valid in one sense, but my answer is that dharma must be applied to every aspect of our lives: in what we eat, how we treat one another, how we treat nature, how we live, and even how we think. Wherever and whoever is suffering, it is our duty to try and help. A Dharmic disposition is one which applies the principles of **Love, compassion, friendship, non-harming, service, charity, peace and truth.**

I think that high minded philosophy, like the Upanishads, is useless unless we act upon it. We may read that we are all one sub ek, ("We are all one") but if our actions do not reflect that then we have not absorbed that teaching. In the Bhagavad Gita, Krishna says, *yada, yada hi dharmasya*, which means, "again and again for the sake of dharma". My appeal is that we all embrace that idea. Again and again for Dharma we must act. Making peace with nature, spreading the message of Ahimsa for our Environment, feeding the poor and vulnerable, developing education facilities. Regardless of the cause, if it is for good, again and again we must act.

All Love,
Hanuman Dass
Founder & Chairman




Messages From Trustees



Dr Nicholas Sutton

"Go Dharmic has continued to expand its work by providing assistance to those in need, particularly in the areas of education and food poverty. From small beginnings, we can see Go Dharmic growing year on year and emerging as a significant philanthropic organisation, always willing to help others wherever the need arises."



Korat Pulkit

"The sheer breadth of Go Dharmic's campaigns is testament to the boundless Love that serves as its core. From addressing poverty to offering shelter to refugees, from supporting education to protecting the environment, Go Dharmic works to solve all problems."



Sheena Randerwala

"Go Dharmic is an organisation that prioritises efficient and effective solutions to social and environmental issues. Inspired by the ancient idea of dharma, they serve all persons at all places. I am overwhelmed by Go Dharmic's energy and passion."



Swaminathan Vaidyanathan

"Go Dharmic is doing excellent work in reaching out to people in need. It gives me an immense sense of pride to see the pace of growth of this altruistic organisation. I am sure Go Dharmic has exciting times ahead, reaching greater heights in its journey of serving humanity and spreading the message of Love."



Highlights 21/22

GO DHARMIC AND PARTNERS

DISTRIBUTED LOVE AND SERVICE TO
5 MILLION
 PEOPLE VIA 180+ GD GROUPS



OPERATED MAJOR
 DISASTER RELIEF
 CAMPAIGNS

SERVED
4.5 MILLION
 MEALS GLOBALLY



OVER 10,000
 VOLUNTEERS
 MOBILISED

DIGITAL SOCIAL CAMPAIGNS REACHING
10 MILLION
 PEOPLE



ENVIRONMENTAL
 ACTIVISM REACHED
 250,000 PEOPLE

GO DHARMIC CONTINUES TO BE A LEADING PLATFORM FOR SERVING SOCIETY AND THE EARTH FOR BOTH INNER AND OUTER DEVELOPMENT. WE WORK TO DEVELOP OUR HEARTS AND MINDS AS WELL AS SERVING ACROSS ALL U.N. SUSTAINABLE DEVELOPMENT GOALS.



Developed **20** school
 toilets predominantly
 for girls



Continuing to service
 over **100**
 school libraries



Globally benefiting
75,000 children through
 education facilities



Alleviating food poverty
 and distributing meals in
 over **50** global locations



150,000 kilos of food
 saved from being wasted
 in the UK



45,000 trees planted
 in the Dharma Forest



25,000 items of
 clothing donated

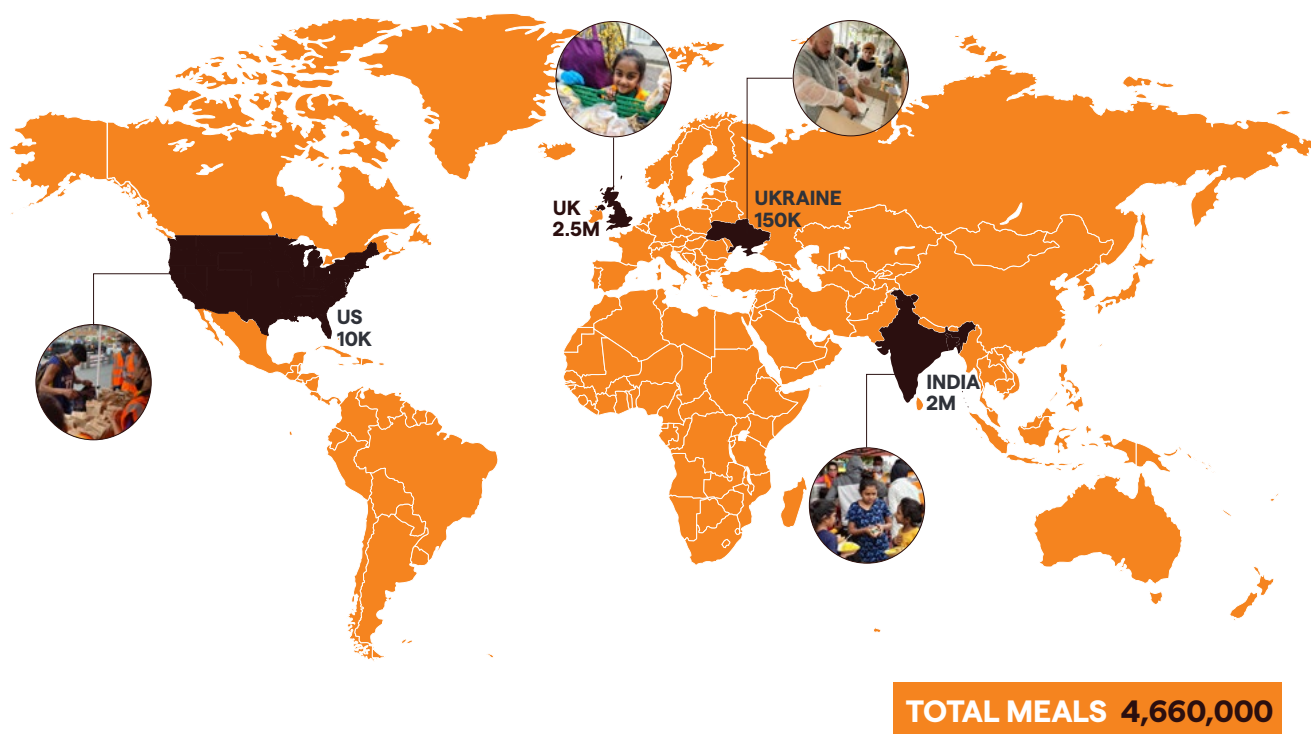


Raised over
£458,000



Carbon emissions curbed
 by **220 metric tonnes**

Significant Activities and Impact



UK

2.5 MILLION

Meals distributed

150K

Kg food saved from being wasted

15

Total locations

UKRAINE

150K

Meals distributed

500

Relief kits

INDIA

2 MILLION

Meals distributed

45K

Trees planted

20

Toilets built in sanitation projects

600+

Security personnel health checkups

500K

People served during Covid Relief

US

10K

Meals distributed

Vision and Mission

MISSION

Our mission is love and compassion. The core of Sanatana Dharma is to Love All. Feed All. Serve All. And whether we are in a time of peace or great trauma, Go Dharmic is a call to help relieve suffering wherever it exists and in whatever form it exists.

PRINCIPLES

Go Dharmic and its principles are universally applicable for all of us, regardless of belief or creed. Dharma is that which is best for the welfare of all living beings.

Love (Prema) स्नेहः

Compassion (Karuna) करुणा

Non-violence (Ahimsa) अहिंसा

Friendship (Maitri) मैत्रिता

Truth (Satyam) सत्यं

Selfless Service (Seva) सेवा

Charity (Danam) दान

Peace (Shanti) शान्तिः

WHAT WE DO

- Go Dharmic is a digital-first charitable organisation that brings people from all walks of life together to Love All. Feed All. Serve All. Through online and offline campaigns, we propagate the ideas of Sanatana Dharma for the welfare of all beings.
- We use the Go Dharmic app, local Whatsapp groups, social media, and other technological tools to connect people who want to make a difference and actively get involved with service-related projects, locally and internationally.
- Local groups are guided by local leads, who report to the trustees of the organisation and the Chair, Hanuman Dass. Local groups have the freedom to express their vision for local needs and, within the framework of the Go Dharmic principles, launch campaigns and initiatives to serve within their local communities.
- We seek to influence and educate wider society about the values of dharma in a progressive manner. Our principles are the cornerstones of our advocacy and we use modern digital tools to increase our reach and expand to new regional areas. We express deep concern for the environment, poverty, and education, and seek to operate social action service across all United Nations Sustainable Development Goals.
- Our local food distributions are the cornerstones of our outreach, where people come together to serve the vulnerable through street food distribution service. These distributions express and develop our principles of love and compassion for others.



OBJECTIVES AND ACTIVITIES

Go Dharmic UK is a registered CIO. Go Dharmic has a strong culture of serving the benefit of all living beings and our planet through honest acts of kindness, compassion, and love. The charity embraces the concept of *vasudhaiva kutumbakam*, meaning “the world is one family”, and dharma, meaning “the cosmic law underlying right behaviour and social order”. Go Dharmic strives to reduce global injustice through social action, establishing a more dharmic world. Go Dharmic does not recognise international borders, operating instead as a universal charity that aims to relieve suffering unconditionally. Through the deployment of volunteers and staff for disaster relief support, educational projects, and other humanitarian action campaigns, the charity covers action across all 17 United Nations global goals. This, alongside the charity’s culture of empathy, brings about compassion, and an indomitable willingness to help others among its volunteers, team, and those surrounding the charity.



The Trustees have given due regard to the Charity Commission’s guidance on public benefits when considering the Trust’s objectives and activities.



CAMPAIGNS



Feed Everyone: End hunger initiatives

Our flagship project, Feed Everyone, aims to tackle food poverty in congruence with the United Nations Sustainable Development Goals: No Poverty, Zero Hunger, Good Health and Wellbeing, Quality Education, Gender Equality, Clean Water and Sanitation, Affordable and Clean Energy, Decent Work and Economic Growth, Industry, Innovation and Infrastructure, Reduced Inequalities, Sustainable Cities and Communities, Responsible Consumption and Production, Climate Action, Life Below Water, Life on Land, Peace, Justice and Strong Institutions and Partnerships for the Goals.

Through Feed Everyone, we have delivered over 4.5 million meals and meal kits at multiple locations across the world, including England, Scotland, India, and the United States.

The Covid pandemic generated an economic downturn that led to hunger and an increased risk of food insecurity throughout the world. We have long known that the effects of food poverty are multiple and not always obvious – more than just a physical problem, food poverty leaves many families and individuals socially isolated, suffering from severe anxiety, and puts them at greater risk of domestic abuse, theft, and drug or alcohol dependency.

It is well known that malnourishment has a permanent impact on the growth and development of children, both psychologically and physiologically, and many struggling parents will skip multiple meals themselves in order to feed their children. This is clearly not a tolerable or sustainable solution.

The problem of poverty and food insecurity is further compounded by a perceived social stigma, where many will try to hide their poverty and its effects from friends or relatives – those who could potentially offer support. This results in those who are suffering being further cut off and forced to rely on charity, or food banks.

To meet these multiple threats, we provide regular hot meals, home grocery kits, and food essentials to the homeless and to vulnerable families at our distributions. In some circumstances, we deliver to beneficiaries who are unable to attend our main distribution centres, or during our distribution hours.

Our hot meals and grocery kits are focused around nutritionally dense vegetarian foods and, when possible, vegan and organic foods. Fruit, nuts, seeds, and vegetables have been consistently shown to support mental health and brain function and ease digestive stress. Nuts and seeds are among the most calorie-dense foods available, being composed mostly of healthy fats.



In the UK

Among our food essentials, we provide the means for beneficiaries to home-cook our nutritious ingredients in grocery kits, preserving their confidence, self-worth, and dignity by giving them a measure of independence and self-reliance. While we provide solutions for those who are totally reliant, we also offer the resources and encouragement for beneficiaries to assist themselves.

As our service is easy to access and available at the point of use, our distribution locations serve as hotspots for communities to form and develop. We allow this to occur organically, merely providing a public space and safe atmosphere for people with a shared struggle. Our charity is volunteer-powered, so we encourage local people to participate in our projects; this empowers our service users by blending the roles of giver and beneficiary. Our wonderful volunteer community has welcomed **more than 650 new members** in the past year.

Our work highlights the many advantages communities gain from having net-zero hunger: food security positively impacts economies, reduces the burden on health systems, facilitates education, decreases inequality and increases social development. Ending hunger is a keystone to building a better future for everyone, not just those directly suffering from food insecurity. With the help of Feed Everyone, we at Go Dharmic have been making progress towards eliminating hunger and achieving food security in crucial spots around the UK and beyond.

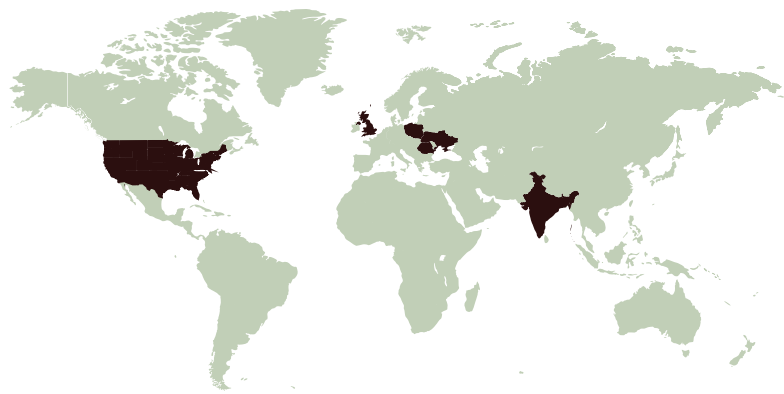
In the UK, food poverty and insecurity increased by 14% in 2021/22 when compared with 2019/20*, increasing demand for Go Dharmic services.

***Food poverty: Households, food banks and free school meals. Research Briefing. House of Commons Library**



Expanding into the United States

In our efforts to resolve global hunger, we have actively expanded our reach this year, opening several new distributions, including our first New York distribution in December 2021 .



UK

2.5 MILLION

Meals provided

150K

Kg food saved from being wasted

17

Total locations

INDIA

150K

Meals provided

US

10K

Meals provided



17 active locations around the world



Since starting Feed Everyone we have delivered 10 million meals globally

LOCATIONS ACTIVE:

- 01 . Gujarat , **India**
- 02 . Uttarakhand , **India**
- 03 . West Bengal , **India**
- 04 . Assam , **India**
- 05 . Kyiv , **Ukraine**
- 06 . Medyka , **Poland**
- 07 . Krakow , **Poland**
- 08 . Siret , **Romania**
- 09 . Luton , **UK**
- 10 . Central London , **UK**
- 11 . Glasgow , **UK**
- 12 . Watford , **UK**
- 13 . Wembley , **UK**
- 14 . Bexley , **UK**
- 15 . Edinburgh , **UK**
- 16 . Queensbury , **UK**
- 17 . New York , **US**

Impact Stories

Throughout the Covid-19 pandemic, the Feed Everyone campaign provided a vital lifeline to vulnerable people, such as the elderly, low-income families and the homeless. Now, looking ahead as the cost of living increases, Go Dharmic's work will prove more necessary than ever.



Mukish Dhanbir,
Go Dharmic Luton Volunteer
and Former Beneficiary

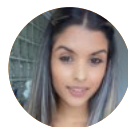
Having been a beneficiary of Go Dharmic's food distributions during the Covid pandemic, Mukish Dhanbir became a permanent volunteer for the Luton distribution as part of the Shared Learning Trust.

Mukish's son went to school at Stockwood Park Academy in Luton. Mukish found it hard as a single parent. His finances were stretched and he felt a great pressure to hide and protect his son from these financial difficulties.

In early March 2020, Mukish received a text message from Stockwood Park Academy to go and collect a food parcel, which had been donated by Go Dharmic for families struggling in the lockdown. Mukish and his son would rely on these food parcels throughout Covid, until over a year later, when they would both join Go Dharmic as volunteers, spreading the same love and care that they had received.

"They assisted me immensely, as things were tough – barely manageable," Mukish recalls. "It was some time in mid-2021 that Go Dharmic asked for volunteers, and I thought that since GD helped me so much in my time of need, I could give back by serving those in need now."

"I have been volunteering ever since with my son, who takes great pleasure in helping. I have to say that Go Dharmic has been an inspiration to all. They make volunteers and beneficiaries feel great pride, that we're all respected individuals in society. Meeting different people every time I volunteer, and seeing how happy the meals and parcels make them, gives me a sense of greatness and belonging. For both my son and I, I feel very privileged to have found a sense of happiness and fulfilment in being part of the Go Dharmic family and I will continue to volunteer for as long as I can."



Shivani Patel,
Volunteer,
Queensbury Go Dharmic

Having seen Go Dharmic's work on social media, Shivani Patel volunteered during the pandemic and now heads the Queensbury food distribution in London.

"A group of us from the youth at our local temple (SKSS Temple, Kenton) wanted to start up a food distribution to serve those in our local area who may need some assistance with food," Shivani explains. "To this end, we approached and collaborated with Go Dharmic. We have been running our distribution every Sunday in Queensbury for the past year and have had the same beneficiaries returning every week to collect food items to help ease any economic pressure they may be under, especially given today's changing prices."

"Our beneficiaries range from young families, to individuals who have come to work in the UK from abroad, to elders in the community living on their own. Our Sunday food distribution often involves volunteers bringing their young children along to teach them the life lesson of serving others. These young children come back regularly with their parents to help us serve our local community."

"Through our distributions, we have met people from all walks of life. It has been humbling to know that we have made a difference in people's lives as they come out week-on-week to collect some food items, which are assisting them with their household finances. The food we provide helps them to avoid the harsh dilemma so many people are facing: whether to sacrifice a few meals to pay for their heating bills."

"We are also working to break the widely-held misconception that people who have a roof over their head do not need any assistance with food, or that they are all being served by food banks – this is not the case at all."

Give it a Grow: Environmental initiatives

The Dharma Forest – Mangrove Plantation

The Sundarbans region is renowned as a refuge for a variety of animal, bird, and plant species, many of which are believed to be on the verge of extinction. Human activities and natural calamities, such as deforestation, cyclones, high winds, rain storms, and tidal waves, have profoundly altered the landscape – most notably through forest destruction. Reports have shown that the loss of mangrove forests will weaken the protective biological shield that reduces the impact of weather disasters; this will put surrounding coastal communities at high risk and endanger hundreds of species of plant and animal life, further weakening the environment.

Climate change is worsening the impact of these environmental disasters. To protect fragile habitats from destruction, we must employ natural defences, such as the mangrove forest. Mangroves not only protect coastlines and local wildlife, but also filter water and act as carbon sinks: a single square mile of mangrove forest holds as much climate-warming carbon as the annual emissions of **90,000 cars – 1,000 metric tonnes**.

We are on a mission to plant and manage two million mangroves across the Sundarbans by 2026. This will reduce soil erosion, shield millions of people from flooding disasters, provide safer water, remove carbon from the atmosphere, protect species at risk, and promote biodiversity, strengthening our planet's ecosystems.

We have established a mangrove nursery at Matla in West Bengal, where we raise 1000 saplings at a time and then replant them across the Gosaba, Canning, and Basunti regions of the Sundarbans. We produce 4000 new mangrove plants every year, which are then replanted at strategic locations to replace destroyed natural mangroves, or at flood-prone areas as a preventive measure. So far, **we have planted 120,000 mangroves** around Nikarighata, Pakhiralay, Gosaba, and Canning coastal villages, **which will remove approximately 40 tonnes of carbon from the atmosphere** in their lifetime.



What mangroves do:

Act as natural flood barriers for the coastline and river banks

Act as a natural filter, protecting water safety and mineral quality

Encourage and protect habitat and ecological systems

Contribute an estimated \$8 billion annually to the global economy



Our mangrove forest will protect villages in the region from flooding and other adverse weather events. In addition, it will re-establish much of the biodiversity lost in the area due to harmful greenhouse gases. I'm particularly proud of this ongoing project because its effects should only compound over time, and it will make a profound positive climate difference. These beautiful forests are one of the finest investments we can make for the future of our planet.

– Hanuman Dass,
Go Dharmic's Founder and Chairman

Shape a Future: Education initiatives

Go Dharmic's Shape a Future campaign was launched in 2017 to help the younger generation flourish by supporting children's health, education, and growth globally. Our work has extended from the UK and India to Africa and Central Europe.

Winter Feeding Barnet

In December 2021, we partnered for the fourth consecutive year with the London Borough of Barnet's 0-19 Early Help Service to provide meals for disadvantaged children in London over the school holidays. We had a team of four drivers deliver regularly to schools and community centres over the winter period, providing more than 10,000 meals across the project. The meals were given at sport and play activity days for children from low-income families, and socially underprivileged backgrounds, who were eligible for free school meals during term time. In school vacations, these children struggle to develop mentally and physically at home, so providing resources for their growth and development is a profoundly worthwhile action that we are very proud of at Go Dharmic. We believe feeding Barnet's underprivileged children is imperative, and we will continue to do so in the future.

>10,000
Meals to children in Barnet



Libraries

India's growing economy and status as an emerging world power has led to a new consciousness in the country about investment in public services. With India's push to create a 'knowledge society', which will benefit the world as a social model for development in the 21st century, the topic of libraries has been gaining momentum in the country. India's vast civil society sector, represented by an array of NGOs, and social advocacy movements, has been trying to meet this momentum.

Our Shape a Future campaign is contributing to these efforts by setting up libraries, as well as sanitation facilities in schools that lack such necessities. We have also been providing underprivileged children with books and sports equipment to improve their literacy levels, physical health, mental wellbeing, and social skills.

Our libraries enable students to develop their reading and writing ability, as well as gaining the wisdom, knowledge, and creativity to make positive life decisions. By enabling and encouraging widespread reading, we can create better opportunities for these children in the future.

Between April 2021 and March 2022, we achieved our target of establishing 100 libraries in one year across India and Nepal. This would not have been possible without the determination and dedication of the Go Dharmic Operations team.

Each library has over 1,500 books that include fiction, non-fiction, encyclopaedias, graphic novels, and many other genres. We intend these learning spaces to equip less privileged children with the same tools for personal development as students of private institutions.

Rural India is still struggling with learning outcomes among school children, who typically lack even elementary reading ability compared to their urban counterparts. We have had a huge opportunity to shape the future of these children by providing them with library facilities. Go Dharmic will remain committed to eradicating illiteracy, building diverse frameworks of knowledge for children, and ensuring that future generations flourish.

On average, we develop two libraries a month. To date, we have helped over 75,000 children through our various education and sanitation projects and are on target to help 100,000 children before 2023



Digitising Education

The Covid pandemic exacerbated the divide in education for learners across the globe, but in rural India this education disparity ballooned through declining attendance in schools, lack of teaching staff, a breakdown in infrastructure, and pupils abandoning the school progression system altogether. Through the use of computers and mobiles, students are more likely to enjoy studying. This results in better academic performance, while also developing their familiarity with technology. Introducing computers and mobile devices in schools has been shown to aid children's holistic development and harness their attention through audio and visuals, creating an immersive, interactive learning environment. Since Covid, digital learning has become a necessity for both teachers and students.

Klik2Learn

By partnering with Klik2Learn, we provided school teachers and the children of Ratanpur primary school in Gandhinagar, India, with licences for Klik2Learn's Digital Learning Hub. The Hub provides education collaboration tools, and resources, as well as a full English language course. It also includes Journey 2 Basic Skills, under which students can learn basic literacy and numeracy skills using smartphones and other digital devices. Journey 2 Basic Skills was launched specifically to meet the needs of education beginners. The Digital English Language Programme provides proof of concept in its potential to unlock learning for millions in impoverished communities.

Our goal has been to ensure these children have a solid foundation for their future education, and to improve their chances of continuing in the school system. In Klik2Learn, we found a digital education partner that shares our compassionate vision to change children's lives, with high quality English language courses that put teachers at the heart of the learning process.



BYJU'S Think and Learn

In early 2022, we partnered with Byju's 'Education for All', India's largest EdTech company, which gave us free access to its education software licences for three years. It has proved to be an excellent partner, sharing our passion for the growth of the next generation and being dedicated to empowering 10 million underprivileged children with a firm all-round education by 2025.

The fruits of our partnership began in Gujarat, where more than 100 licences were distributed to pupils at Shahpur Primary School in Gandhinagar. This move proved to be hugely successful within the first few weeks, with attendance rising and increased pupil interaction – so much so that Byju's provided us with a further 200 licences.

The licences grant the users free access to the Byju's Think and Learn Premium education app for students. The app hosts comprehensive mathematics and science study programmes for students between grades 4 and 12, with material available in regional languages and dialects (including English, Gujarati, and Hindi), making comprehension and retention easier. The app also includes test preparation content for competitive exams, such as JEE, NEET and IAS. Additionally, it grants access to lessons from India's top teachers, providing a focused platform for high-quality education.

The expanded distribution of these licences went to Sughad Primary School, Nabhoi Primary School, Amiyapur Primary School, Ratanpur School, and Al Hira Public School. We have seen similar great success with the app at these schools, where it has been integrated into the existing teaching framework, mixing traditional forms of learning with digital and online pedagogical methods. This has had the additional benefit of increasing the children's experience with tech and digital devices.





- Sughad Primary School (Ahmedabad, Gujarat)
- Nabhoi Primary School (Ahmedabad, Gujarat)
- Shahpur Primary School (Gandhinagar, Gujarat)
- Amiyapur Primary School (Gandhinagar, Gujarat)
- Ratanpur Primary School (Gandhinagar, Gujarat)
- Al Hira Public School (Indore, Madhya Pradesh)

*Locations of schools where Go Dharmic has established digital education services

Sakhi

A crucial component of young people's education is digital fluency. Research indicates that mobile devices are a key gateway to this tech sphere. For pupils to engage in the workforce and the wider world more effectively, it is crucial that they learn to use contemporary technologies. In February 2022, we collaborated with The Unconnected, Klik2Learn, the Sakhi Foundation, and 48 Percent Mumbai to carry out a project in the Mulund West area of Mumbai, India. We distributed 94 Redmi mobile phones to the young girls of the region. Our volunteers conducted a workshop for these young learners on cybersecurity, social media training, and digital education apps and resources to help them navigate the technology.



Impact Stories

Maitri, parent of library beneficiary student

"My children are in class 6 and 7 respectively. I am sure the facility you have provided will make a huge difference in their lives. I am very happy today that my children will get an opportunity to study extra books and learn how to use computers."

Aarti, Sakhi Foundation

"This is an excellent beginning of the new year for girls' education in my slum areas. All credit goes to you and the collective leadership of everyone who worked hard to make this happen. This is a great educational resource to create safe, high-quality learning resources for girls in slum areas, especially during the Covid-19 crisis."



Acts of Kindness

The need to give back to society is a fundamental predisposition of human beings. Concepts such as seva, karuna, prema, and danam underlie this powerful categorical imperative. One of our core principles, "compassion in action", inspired our Acts of Kindness campaign. It encourages us to perform unique considerate actions and to advocate others do so as well. These acts can be as simple as helping an elderly person to cross the road, or as complex as donating thousands of books to support a school. Whether it's making someone smile, helping a stranger out, campaigning for an issue that moves you, or giving some of what you have to those in need, every act of generosity counts and everyone has something to give.

We are reminded of the story of Sudama, who gave the little he had (a few grains of rice) to Krishna as an offering. Though it was a small donation, Krishna accepted it with tears of joy. We at Go Dharmic hold that we are each lamps of love and even the smallest gifts performed out of kindness can change the world.

Recently, one of our team members, Sahil Jackson, donated his laptop, desktop computer, and printer to one of our libraries in Rajasthan, in an endeavour to connect more people to the internet, and support education and job aspirations. With an uncertain 2021-2022 school year and mass job insecurity, these laptops and other devices were needed more than ever. The donated technology has become an important lifeline to local students and potential workers. It is through acts of kindness like Sahil's that we serve the global community on a professional and personal level, and help bridge the digital divide to improve lives.

Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects.

– Dalai Lama



Mobile Connectivity

In early 2022, we partnered with the voluntary body The Unconnected (unconnected.org.uk), which provided us with over 1,000 SIM cards from Vodafone, containing six months' worth of data and several emergency contacts. The SIM cards were primarily distributed to individuals and families in London at our food distributions.

Beneficiaries told us that having a functioning mobile phone is taken for granted in the UK today. Parents without mobiles were criticised by schools, which insisted they should have a phone so that they could be contacted in case of an emergency concerning their children. The parents who spoke to us agreed this was necessary but pointed out that running a mobile was a considerable financial burden for those who were already struggling.

Beneficiaries who were looking for employment told us that entry-level jobs, internships, and even voluntary work required them to have a mobile phone. Without access to one, they would be rejected for jobs and essential work experience.

This act of kindness in partnership with The Unconnected gave beneficiaries six months' worth of support, aiding job security, community expectations, relations with schools and child safety. Having mobile access supported the recipients' mental and social wellbeing, enabling them to take part in our tech-driven age.

A second distribution of SIM cards was carried out at the Polish and Romanian borders to Ukraine. This was intended to help establish channels of communication between Ukrainian refugees who had become separated, or who had insecure contact in the chaos of the war and evacuation effort. We saw that the SIM cards helped to prevent families from breaking apart over the course of further travel towards central and western Europe – if they fell out of contact, they would have the means to re-establish communication.

The SIM cards each contained six months' worth of data. This was one of the more straightforward partnerships to establish and manage, and one of the most rewarding in a time of crisis.



Global Disaster Relief

Ukraine

The Ukraine crisis has called us to express our humanity and show solidarity for peace and the wellbeing of those who have been caught up in the conflict. To that end, Go Dharmic quickly implemented operations in Ukraine and neighbouring countries, using contacts and resources in the region to mobilise essential supplies and safeguard their delivery. The three-pronged response focuses on Kyiv, Ukraine, and neighbouring Poland and Romania.

Kyiv

We are based at Kyiv in the heart of Ukraine, funding the efforts of local volunteers, who are providing food on a regular basis to those unable to evacuate. At the beginning of the war, we served 500-600 hot meals a day with the help of eight volunteers. In under two weeks, this increased to 900-1,000 meals a day delivered by 17 volunteers. The Kyiv team distributes these meals to shelters, the elderly, hospitals, the police and the army. We were unable to send foreign volunteers into Ukraine for safety reasons, but local residents who wanted to support their community came forward to volunteer. Through the chaos and uncertainty, being able to ensure daily meals is one of the most valuable services Go Dharmic could have provided.

Go Dharmic funds also enabled the Kyiv team to buy and distribute 30 bulletproof vests, 50 first aid kits, thermo-vision cameras and nutrition packs for babies. These were sent to shelters, hospitals, and the local armed resistance, assisting young and old, and saving lives.

- Total raised for Ukraine appeal: **£57,840**
- Hot meals distributed: **25,000**
- Fruits distributed: **12,000 kg**
- Nuts distributed: **455 kg**
- Accommodation: **25 people for two months**
- Power generator provided
- First aid kits and protective equipment provided: **80**
- Lives impacted: **Over 47,000**
- Volunteers: **52 from seven countries**

Polish and Romanian Borders

We held multiple daily food and toiletry distributions at key locations in Poland and Romania, as well as helping with communication, accommodation and travel options. At border locations, our volunteers served refugees directly upon crossing. We also performed a one-off distribution at Krakow railway station, where five volunteers distributed food to more than 1,000 displaced Ukrainians.

Along the Siret border in Romania, we set up dedicated communication and tech posts, where we distributed SIM cards from our partner, The Unconnected, as well as chargers, adapters and battery packs. Our volunteers reported a marked improvement in the confidence and mental wellbeing of those who had been able to hear a relative's voice and establish that they were safe. We also distributed emergency packages containing blankets, clothing, food, PPE, sanitary products and medical aid to groups along the border.



Jelenia Góra Accommodation

In March 2022, by partnering with The CONVIVO Foundation, we arranged accommodation for 25 Ukrainian refugees in Jelenia Góra, Poland, in a hotel near the border with the Czech Republic. This group of refugees consists mostly of young families. The CONVIVO Foundation is a local Polish organisation with a mission to support young people working in various fields of art and science. As Ukrainian refugees began to enter Poland, the organisation shifted focus to supporting refugee families. Through this partnership, we have been able to accommodate families in safe, warm and well-furnished housing, guarantee three meals a day, schooling and activities for the children, and arrange jobs and social roles for the Ukrainian adults in the local community. This provides purpose, education and social connection, and a semblance of normal life in these devastating times.

“

By providing a SIM card, charger, cable, adapter, power bank to charge their phones, and access to the internet as the refugees enter a new country, we give these families a better chance to stay together. Connectivity also means they can stay in touch with the ones left behind; they can process visas, follow the news and get to their next destination.

– Emily Malkin,
Go Dharmic Operations Executive



Impact Stories

Tyler Roy-Hampton

Tyler Roy-Hampton is a volunteer from Canada, who served with Go Dharmic for 11 days at the Medyka border of Poland with Ukraine.

"Everyone is raving about Go Dharmic and we have by far the most appreciated tent. We provide a healthy addition to all the other amazing supplies offered by the other organisations and greet everyone warmly. It is so lovely to see the faces of the people when they see the fruit. It's as if they haven't seen fruit in months. Some ladies began crying when they saw the bananas."

Denis Yurych

Go Dharmic volunteer Denis Yurych is leading a team of volunteers in Kyiv, who are providing essential humanitarian relief for Ukrainian residents. The team are working tirelessly to serve elderly civilians who have been camped in bomb shelters, unable to escape to safer regions. His team have been trying to re-establish electricity supplies through the purchase of a generator, as well as obtaining bullet-proof vests and medical kits. The volunteers are ensuring hot food, hygiene facilities and medical supplies are being distributed to those trapped in the siege. As the conflict leaves the Ukrainian city of Chernihiv devastated by bombings, the trapped civilians are also suffering from the lack of gas, electricity and water supplies.

Denis explains:

"Alleviating the suffering in the disputed areas is our highest priority at this moment. Becoming a frontline volunteer wasn't something that I was expecting... It is something that has been forced upon me by the situation. I have to do it. My family is safe now as they are in the southern part of the country. They asked me to join them, but I decided to stay back, as Kyiv is my city – if we all protect it then we can win!"



Covid-19

Oxygen Relief

When the second wave of the Covid pandemic hit, we partnered with Uber to transport our volunteers and oxygen cylinders, PPE, and other medical essentials to hospitals and medical centres in 9 cities across India. Since May 2021, we have provided 1,400+ free rides to individuals and families in need through Uber.

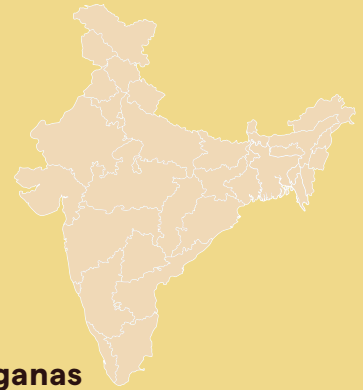
We also collaborated with Safe Express & Transport Company of India (TCI) who helped us build an all-India connection that can swiftly deliver and receive aid for communities. This network has been leveraged for the benefit of our beneficiaries to provide oxygen support, medical supplies, and other critical needs requirements.

Go Dharmic established various care centres across West Bengal in order to provide proper facilities to battle Covid.

1. Canning Go Dharmic Covid Care Centre, Asha Complex
2. East Midnapore Go Dharmic Covid Care Centre, Paushi
3. Sundarban Go Dharmic Covid Care Centre, Chota Mollah Khali, South 24 Parganas.
4. Murshidabad, Dhuliyan, Go Dharmic Covid Care Centre, At JDJ Institute, Kanchantala

Oxygen relief in 9 cities:

- Delhi NCR
- Mumbai
- Ahmedabad
- Vadodara
- Lucknow
- Jaipur
- Kolkata
- South 24 Parganas
- Indore



Amid challenging times, the commendable services rendered by Go Dharmic, dropping and picking up O2 cylinders, enabled the WWF to reduce the critical response time and helped save many lives. Keep going Go Dharmic.

– Prashob Saini,
Founder of WWF Frontline workers

Uber is delighted to partner with Go Dharmic to support emergency relief efforts and overcome the deadly second wave of Covid. We remain committed to supporting our communities by offering free rides to #MoveWhatMatters, including life-saving oxygen cylinders, oxygen concentrators, and medical supplies to strengthen our healthcare system and build hope in India's hour of need.

– Prabhjeet Singh,
President, Uber India and South Asia

Cyclone Yaas

On 25 May 2021, the severe cyclonic storm Yaas hit the west-central bay of Bengal and then moved north-westward and intensified. The storm continued to move and crossed the north Odisha coast, about 20km south of Balasore. The storm generated heavy rainfall in Balasore, Bhadrak, Jagatsinghpur, and Kendrapara districts in Odisha and Medinipur of South 24 Parganas in West Bengal, resulting in village-devastating floods.

Our Go Dharmic disaster response team promptly launched into action, providing disaster relief kits, including food, waterproof clothing, and clean water to 1,000 families across the Pakhirwala, Gosaba, Rajat Jubilee, and Doyapur regions of the South 24 Parganas of West Bengal. The flash campaign lasted two weeks, with Go Dharmic volunteers offering reassurance and mental support throughout.

Cyclone Yaas relief:

- **West Bengal medical and ration kits: 550**
- **Clean drinking water: 3,000 litres**
- **Beneficiaries: 4,500+**



Afghanistan

In April 2021, the US military was announced to be leaving Afghanistan following prolonged fighting with the Taliban. In response to this, the Taliban increased the rate and size of its attacks on territories in Afghanistan. By the summer of 2021, the Taliban had seized several border crossings and threatened central government positions. By 15 August they had entered the capital city. The aftermath of this fighting and chaos saw thousands of Afghan refugees fleeing – seeking asylum around the world.

While the UK government would only formally begin an Afghan resettlement scheme in January 2021, we at Go Dharmic had extended our food distributions for refugees to become hubs for basic essentials, clothes, and hot meals. Scared and traumatised, most of these refugees arrived in the UK with only the shirt on their back. We partnered with Bushey's Jewish community to provide all we could to assist the newly arrived Afghan refugees in the UK.

We set up clothing collections and distributions in parallel with our food distributions.

We had whole families come to our distribution to donate items of clothing so that these could be redistributed. We collected and distributed over 25,000 items of clothing, and gave out more than 10,000 meals over the course of our efforts. We also ensured that the new refugees had access to basic hygiene and sanitation products. It was clear that being clean and fresh was a small but powerful way of maintaining their wellbeing. Many were already struggling psychologically after months of strain, having had to abandon their homes. Some had lost contact with friends and family, and most had to come to terms with having to rebuild their lives from scratch. Being able to wash properly and perform basic ablutions helped the refugees retain a sense of dignity and self-worth.



Give Vision

Around the world, individuals are living with impaired vision simply because they cannot afford the medical bills for corrective treatments. Their disability often means they cannot work, which has a financial impact on their family.

In India, cataracts are reported to be responsible for 50-80% of bilateral blindness. Out of India's population of 13 billion, an estimated 5 million people are blind.

A report published by the All India Institute of Medical Sciences and the Ministry of Health and Family Welfare* revealed that after examining 85,135 people aged over 50 between 2015 and 2019, 1.99% were found to be medically blind, 12.92% had a severe visual impairment and 9.81% had a moderate visual impairment. Untreated cataracts were the leading cause of blindness in 66.2% of cases.

The operation to remove cataracts is relatively simple and has a very high success rate – around 95% of operations are successful, making it one of the safest and most effective operations performed. Yet the average cost per eye, in the UK, is typically £3,000-£4,000, and in India the fees of respected doctors are about the same.

Give Vision (cataract operations) is one of our more intimately-scaled but most enduring campaigns, running for over five years so far. This year, we funded and organised two cataract operations, taking the total number since launching Give Vision to 16. While this is one of our smaller campaigns, it is a life-changing event for those undergoing the operation. To be able to restore someone's sight is a unique and special opportunity, and one of our proudest efforts.

*Blindness and visual impairment and their causes in India: Results of a nationally representative survey



Impact Stories

Ushaben

Ushaben is 43 years old and lives in Baroda, Ahmedabad. She works as a housemaid and earns up to Rs 4,000 a month. She is married and has a 17-year-old son studying commerce. Her husband works as a security guard and earns up to Rs 9,000 a month. Ushaben was having gradually worsening problems with her eyesight until one day she found herself functionally blind. Everything seemed to be blurred and she was unable to distinguish objects. We stepped in and were able to help organise a cataract operation so that Ushaben could resume her job and support her family.

Govind Parthe

Govind, aged 60, became the sole breadwinner for his family after his son was killed in a road accident. Govind started to develop a partial cataract in his left eye and was having difficulty performing his work, threatening his family's financial security. It was difficult for him to undergo cataract surgery owing to his work commitments and financial pressures. Go Dharmic arranged for an excellent local doctor, Dr Prachi Patil, to perform intracapsular surgery on Govind outside his working hours to restore his sight, protecting his family's financial security.



Global projects

Mission Health

Go Dharmic UK joined with Go Dharmic India and Marico Ltd to launch the Mission Health initiative, to perform medical checks and offer prescriptions for frontline police officers and their families. The project was carried out in five locations across India: Guwahati, Pondicherry, Perundurai, Jalgaon, and Sanand. Its aim was to ensure the wellbeing of these essential workers and their families as a way to show our respect for their efforts in a time of multinational crisis. A total of 606 tests were performed, and the success of this initiative means we are in talks to perform it again in 2023.

The medical included tests for thyroid function, vitamin B12 and D levels, liver, kidney and heart function, diabetes, iron deficiency and CBC (complete blood count), as well as lipid and testosterone levels. In addition to this, an ENT specialist conducted tests to diagnose hearing problems.



Sanitation

Lack of access to clean toilets and sanitary products poses a barrier to education. It is a significant impediment to social equality and the safety of adolescent girls in India. We hold that hygiene is a basic human need – as basic as eating or breathing – and must be secured for the sake of human dignity.

To reduce the number of girls dropping out of schools due to fears around embarrassment and cleanliness, Go Dharmic UK and India partnered with the Oil and Natural Gas Corporation to establish 20 Tata Steel Nest-In Ezynest Modular toilets in government schools across the Nazira and Jorhat regions of Assam. We specifically targeted all-girls' schools to prevent students from needing to go out into fields, railways, garbage dumps, parks and roadside ditches. This puts the girls at risk from strangers, certainly fails to provide adequate sanitary equipment, and can be humiliating and degrading to the girls. In providing these new facilities, we have provided for the long term safety and dignity of these girls, and have removed a significant reason they would have to drop out of education.



EVENT HIGHLIGHTS



108 Chalisas With Krishna Das for Covid Relief

On 27 April 2021, we invited over 30 singers and chanters to perform 108 Hanuman Chalisas to raise funds for our India Covid Relief initiative. The virtual event was live streamed on Facebook, with thousands watching during the nine-hour performance and many more seeing the recording, reaching a total of 200,000 people.

We were delighted to partner with Jalaram TV, Jalaram Mandir Greenford and Shree Sanatan Mandir Luton, who helped to spread dharmic action and the significance of Hanuman Jayanti to a wider audience.

We were fortunate to have Krishna Das, who has been named yoga's "rock star", sing with us for the event. He has moved chanting out of yoga centres and into concert halls, becoming a worldwide icon and the best-selling western chant artist of all time. Krishna Das is a great supporter of our work and has opened up his network to Go Dharmic.

We also had Nina Rao, who was taught traditional chants (bhajans) by her grandfather in a village in south India when she was just nine years old. These chants "marinated" in her, Nina recalls, until she heard the chanting of Krishna Das in New York in 1996 and embraced a dharmic-centred way of life. She is a powerful example of how ideas such as ahimsa and seva can change how someone lives their life.

The event radiated joy and energy and raised vital funds for those suffering during the pandemic. The Hanuman Chalisa is a prayer that provides strength and love. To have so many phenomenal people singing and chanting was a spiritual and communal earthquake. As well as raising £2,064, the event helped to centre and comfort people in a time of worldwide crisis.

Featuring:



Krishna Das



Nina Rao



Tim Chalice



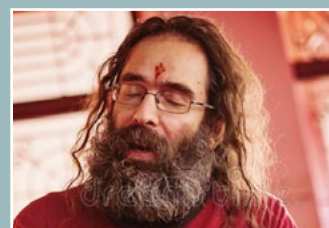
Sivani Mata



Shyama Chapin



Sai Priya



Jaya Deva

Mount Snowdon

The Go Dharmic 2021 Challenge was to climb Mount Snowdon (Yr Wyddfa in Welsh), the highest peak in Wales. At an elevation of 1,085 metres above sea level, Snowdon is one of the highest points in the British Isles. An estimated 600,000 people attempt to scale it every year.

We had 33 adventurers sign up for the challenge. Between 3 and 5 September, the group braved difficult conditions to scale Mount Snowdon. Everyone completed the climb safely and spoke warmly of the sense of camaraderie and family they had built up on the journey.

Go Dharmic's central team carefully arranged travel plans and essentials for each mountaineer, providing meals, accommodation at YHA Idwal Cottage and spare emergency apparel.

We raised over £10,000. The funds went to Feed Everyone and Shape a Future. The challenge also extended Go Dharmic's profile, reaching an estimated 1,000 people.

A physical and mental challenge such as scaling a mountain provides fertile ground for personal growth. Our fundraisers aim to give participants a sense of accomplishment as well as raising funds for our causes.

Dharma concerns everyone, so we encourage all our volunteers and beneficiaries to flourish, just as they help Go Dharmic to grow. In a deep sense, the roles of giver and beneficiary are blurred – we all give and we all receive – so we work hard to raise the wellbeing of our team and volunteers through our campaigns and events.



The challenge raised
over £10,000
#CharityChallenge2021



Ahimsa and the Environment

Ahimsa and the Environment was a global awareness event hosted by Go Dharmic on 31 October 2021, ahead of COP26. Its purpose was to champion the ancient Vedic concept of Ahimsa (non-harming) as an effective strategy to - counteract climate change and environmental disasters. Go Dharmic provided a platform for the voices of eminent environmental supporters to be heard by people around the globe.

Hanuman Dass wrote an open letter to the heads of state attending COP26, calling on them to make personal changes, such as going vegan, to lead by example and inspire others to take up the principles of Ahimsa. He made an impassioned plea to governments worldwide to recognise the critical need to restore and protect our planet and respect all living beings.

Ahimsa and the Environment took place online over seven hours in the lead-up to COP26. A host of eminent speakers considered the many ethical problems we face, such as humanitarian crises caused by rising global temperatures, animal welfare, freedom of choice and world hunger. They explained how Ahimsa can be applied to these issues as a simple and effective multi-purpose solution.

For example, widespread adoption of a plant-based diet would drastically reduce the amount of water needed for food production, enable more efficient land use to grow nutritionally high-quality foods, reduce the suffering of animals through mass farming and slaughter, and reduce atmospheric carbon because plants absorb and store huge quantities of CO₂. It would also reduce food insecurity, malnourishment and health problems, reverse gas-based climate change, promote animal welfare and support biodiversity. Ahimsa shows us how minimal changes can have maximal effects.

The Ahimsa and the Environment event reached more than 2 million people online, with many organisations watching and partnering for Climate Action in a united effort to reduce and reverse the damage done to our planet.



I strongly believe that if Ahimsa is applied to all aspects of global society, we can reduce the harm we cause to our planet and its inhabitants.

**– Hanuman Dass,
Founder and Chairman, Go Dharmic**

Non-violence (Ahimsa) is an active force of the highest order. It is soul force or the power of Godhead within us... even an infinitesimal fraction of it, when it becomes active within us, can work wonders.

– Mahatma Gandhi

Voices for Ahimsa

Invitees and speakers included:

1. **Alok Sharma MP**, COP26 President
2. **Satish Kumar**, Ecologist, founder of Schumacher College and The Small School, Editor Emeritus of Resurgence
3. **Dr Nicholas Sutton**, Director of Continuing Education, Oxford Centre for Hindu Studies
4. **Supreme Master Ching Hai**, World-renowned spiritual leader, philanthropist, humanitarian, artist and bestselling author
5. **Krishna Das**, Sacred chant musician
6. **Sadhvi Bhagwati Saraswati**, President and spiritual leader of the Divine Shakti Foundation
7. **Maneka Gandhi**, Environmentalist and member of Lok Sabha India
8. **Swami Chidanand Saraswati**, President and spiritual head of Parmarth Niketan Ashram
9. **Sailesh Krisha Rao**, Founder and Executive Director of Climate Healers
10. **Ela Gandhi**, South African peace activist
11. **Iyad Abumoghli**, Founder and Director of UNEP's Faith for Earth Initiative
12. **Hanuman Dass**, Founder and Chairman, Go Dharmic
13. **Sister Jayanti**, European Director, Brahma Kumaris and Regional NGO Representative to the United Nations, Geneva



Alok Sharma



Ela Gandhi



Maneka Gandhi

COP26

The Conference of Parties 26th global environment meeting (COP26) took place in Glasgow from 31 October to 12 November 2021. Representatives from countries that are part of the agreement assembled to discuss worldwide climate danger and United Nations Framework Convention on Climate Change (UNFCCC) related policies. Four overarching goals had been set for COP26, which guided the course of negotiations and drove the key outcomes:

- **Secure global net zero by mid-century and keep warming of no more than 1.5°C within reach**
- **Adapt to protect communities and natural habitats**
- **Mobilise finance**
- **Work together to deliver the goals**

These goals would have hard implications for industry and business. A focused Go Dharmic team was present throughout COP26. We worked closely with Alok Sharma MP and the leading COP team, participating in a variety of discussions and providing the leading voice of Ahimsa as an actionable climate principle.



We have already seen the power of a concept like ahimsa, avoiding the harm of any living thing, which has inspired profound political change. And, today, such faith could guide us to live in peace with our planet. Faith communities can and have enabled change, because when you speak, you influence, and when you act, you inspire.

– Alok Sharma MP,
President of COP26



Go Dharmic's aim for COP26

While COP26 promised to create pivotal momentum towards the success of climate objectives, we aimed to be part of this message by promoting peace, compassion and non-violence through serving the poorest members of society and the environment.

To us, the principle of Ahimsa (non-violence) is key to the restoration of planet Earth and to encourage respect for all living beings. We seek to educate society to embrace a conscious effort, a positive action, of non-violence – not a lack or absence of action – as a practical means of achieving climate change objectives and directing people towards a kinder and more symbiotic relationship with nature.

Our principal goal was to ensure the participants of COP26 were aware that Ahimsa is an actionable and effective guiding light to support and fulfil the COP26 objectives.

The way we're currently living doesn't work. This model of living, where we just keep producing more and more, is a model for an infinite world... We need to find a new and sustainable way of living, and I believe that way is by incorporating the idea of Ahimsa into our lives. I wanted to bring together voices who are keen to promote love for our planet.

– Hanuman Dass,
Founder and Chairman, Go Dharmic



Go Dharmic's impact

We made the case that there can be no peace, no environmental justice, no true sustainability without Ahimsa. We educated and inspired individuals and groups to seriously consider the merits of this most important of social principles.

In under 48 hours, we spoke to over 1,000 people about Ahimsa, and interacted with groups and corporations including Esso and BP. Few of them had prior acquaintance with the concept of Ahimsa or how it could be applied to the climate crisis. Some were guarded against the idea because it was unfamiliar and from a cultural tradition they knew little about, but many found it a unique and stimulating approach to addressing climate change.

The power of Ahimsa is that it can be applied on both the micro and macro level. It maximises results. It allows everyone to take part in resolving the greatest crisis of our century. Our efforts helped to progress the climate discussion at COP26 and deepened the way in which many attendees conceptually framed the issues and policy options.

WHY GO PLANT-BASED?

Applying Ahimsa would help to implement the stated goals of COP26:

- Drastic reduction in water use
- More efficient use of farmland, producing more nutritious food
- Less suffering to animals through mass farming and slaughter
- Plants absorb huge volumes of atmospheric carbon, counteracting CO2-driven climate change
- Protects biodiversity and fragile habitats

Over 1,000 people were introduced to Ahimsa as a climate solution in under 48 hours.

At COP26, I was dismayed by the lack of awareness of Ahimsa. It was disappointing to see the lack of representation of ancient Indian ideas such as dharma, which are crucial to our survival and have so much to add to the discussion. COP and the climate discussion are suffering from a huge intellectual void by overlooking these powerful ideas.

– Hanuman Dass,
Founder and Chairman, Go Dharmic



MOVING FORWARD 2022-2023

Looking to the year ahead, Go Dharmic will continue to build the beloved community. It will cross into new locations to raise wellbeing and fulfil the promise for a better future. The Go Dharmic of the future will be a platform that exalts and supports people from all walks of life: all creeds, all nationalities, all ethnicities, all people will be welcomed with open arms and hearts. Through the non-harming principle, Ahimsa, Go Dharmic will go on working to bring about peace between people and peace with the environment.

In 2022-23, Go Dharmic aims to:

- Set up five new food distributions globally
- Expand 10 existing food distributions
- Deliver 5 million meals globally
- Plant over 75,000 mangroves for the Dharma Forest
- Develop two new Good Karma charity stores
- Create a documentary demonstrating how ahimsa can reverse environmental damage
- Reinstitute the annual "Salt Ride" event that will retrace Gandhi's historical Salt March route: where he walked for social justice, we shall cycle for the environment
- Provide over 1,000 online education licences for children
- Perform 1,000 medical checks for essential workers
- Service and develop over 100 libraries
- Service and develop 50 sanitation facilities ensuring appropriate hygiene for school attendees
- Reach new audiences for climate security and climate justice
- Globally benefit over 500,000 children through feeding and education initiatives



Staffing, volunteers and organisation

Go Dharmic is a volunteer-based organisation, with over 10,000 volunteers globally. We operate through a small team, which allows us to deploy the vast majority of the donations we receive in our numerous campaigns. The majority of our distributions are set up, led, and coordinated entirely by volunteers, including: food collection, meal preparation, marquee and table setup, communication, and distribution. We make every effort to train each new volunteer with our Safeguarding Policy and perform a DBS check for those operating within the UK.

For the campaigns and projects that operate outside the UK – such as Global Disaster Relief – we principally utilise volunteer teams that are composed of locals, or staff from our various partners. In certain instances we will send a member of our UK staff to coordinate a project, as we have done in our relief efforts on the Romanian and Polish borders with Ukraine.

We believe that this strategy maximises our flexibility, permitting us to act and mobilise quickly and perform campaigns in locations where it may be impractical or costly to send UK staff. As our volunteers are typically composed of locals, this also ensures that the communities where the charitable impact is taking place are consulted and closely involved. We do not believe in simply imposing what we may believe to be a benefit, when the local beneficiaries do not. This is avoided by involving locals in the planning, organisation, and execution of projects. It is, however, a structure that we carefully monitor and review annually with the Board of Trustees.

Chair:

Hemal Randerwala (Hanuman Dass)

Board of Trustees:

Swaminathan Vaidyanathan

Dr Nicholas Sutton

Korat Pulkit

Sheena Randerwala



Youth empowerment

Go Dharmic has run a dedicated mentorship and youth empowerment programme, taking on many dedicated young adults as core staff and lead volunteers. Go Dharmic's Founder and Chairman has offered guidance and inspiration to the younger generation, instilling a healthy work ethos, as well as a positive mental attitude, demonstrating that individuals can achieve far more than they may believe if they apply themselves and are self-aware.

Taking inspirational young people such as Vanessa Nakate, Malala Yousafzai, and Greta Thunberg as role models, Go Dharmic exalts the power and influence of the younger generation and believes that they can offer a unique insight, energy, and compassion in the execution of campaigns.



Thomas Greengrass,
Go Dharmic's Head Copywriter, Editor,
Press and Communications Executive

"I work closely with GD's chairman, whose indomitable drive to spread compassion across the world has been an inspiration. I have gained incredible experience in writing, editing, press, communications, social media and logistics, as well as local and international operations. Beyond forging and honing new skill sets, being part of GD has raised my consciousness, making me more aware of my actions and the consequences they have on others and on the planet. It has given me insight into the charity sector and has been a profoundly moving experience. GD shows that kindness and compassion really are insuppressible forces and through them everyone is better off."



Kashmea Wahi,
Head of Go Dharmic's
Harrow distribution

"I joined GD in 2018 because I wanted to help a charity which served everyone, regardless of who they are. Since then, I've volunteered at the Wembley and Charing Cross distributions and helped Go Dharmic set up the Harrow food distribution. I've gained a lot of experience in social outreach and the recruitment process, especially in how to build and maintain connections with students. Being part of GD has helped me gain a new perspective on the modern world and showed me how every person can make society better. They have given me the faith and confidence to stand up and take action. I know that when you have a passion, a vision, and a desire to help, you can change lives. This lesson is something I hope to carry with me into the future."



Martin Dover



Sacha Voynot

Good Karma stores

Unlike other charity shops, which tend to be eclectic stores of goods that rarely reflect the campaigns of the core charity, the Good Karma stores are designed to be outlets that adhere to and express Go Dharmic's campaigns. The stores prioritise and promote animal-free products that are sustainable and affordable. The products sold must be affordable for buyers, in line with our poverty alleviation initiatives, while also being environmentally friendly. The stores must also be staffed by those familiar with Go Dharmic's wider work and campaigns.

We see these stores as fertile ground for the setting up and expansion of food distributions, partnerships, and campaigns. There were two stores open during this report period. The first was in Slough, in the Queensmere Observatory shopping centre, which stocked traditional Indian clothing and accessories. The second was on Hampstead High Street, which stocked a variety of clothes, furniture, and books. This proved to be especially popular because of its prime location and diversity of affordable furniture, including tables, chairs, and wardrobes.

We intend to grow the Good Karma stores, with plans to revitalise and expand the initiative in the first quarter of 2023.



Reserves policy

Go Dharmic's free reserves are held in order to manage the risks to which the charity is exposed in the course of its activities. The Trustees ensure that the charity is in a responsible and secure financial position to provide services, to absorb unforeseen setbacks and to take advantage of opportunities that are in line with our charitable mission.

The reserves policy is reviewed annually by the Trustees, to take account of changes to the situation, and any other internal or external risk factors that might impact on the level of reserves required.

The reserves policy is based on the level of free reserves.



Safeguarding

Policy statement

Go Dharmic recognises that the welfare of children, young people and vulnerable adults is paramount and that they all, regardless of ability or culture, have equal rights of protection. GD has a duty of care and will do everything it can to provide a safe, caring and secure environment for them while they are engaged in GD activities.

Go Dharmic ensures that its safeguarding policy and any associated procedures and training comply with the Charity Commission's guidance on good practice in safeguarding children, young people and vulnerable adults, and that safeguarding arrangements are proportionate to the risks involved.

Go Dharmic will:

- **Ensure all staff have access to, are familiar with, and know their responsibilities within this policy**
- **Design and undertake all its programmes and activities in a way that protects people from any risk of harm that may arise from their coming into contact with Go Dharmic Welfare. This includes the way in which information about individuals in our programmes is gathered and communicated**
- **Implement stringent safeguarding reporting procedures when recruiting, managing and deploying staff and associated personnel**
- **Ensure staff receive training on safeguarding at a level commensurate with their role in the organisation**
- **Follow up on reports of safeguarding concerns promptly and according to due process**

Staff members who have a complaint or concern relating to safeguarding should report it immediately to their Designated Safeguarding Lead (DSL) or immediate manager. If the staff member does not feel comfortable reporting to their Designated Safeguarding Lead or immediate manager (for example if they feel that the report will not be taken seriously, or if that person is implicated in the concern) they may report to any other appropriate staff member.

Go Dharmic will accept complaints from external sources such as members of the public, partners and official bodies. The DSL will receive and deal with any complaints made against GD staff and volunteers in terms of safeguarding.



Risk management

Our approach to risk management is organised around a potential cost-benefit analysis, composed of staff, volunteer, and beneficiary safety. Our central staff judiciously consider the likelihood and gravity of any negative consequences that could take place from any and all of our campaigns and projects, and weigh these against the potential benefits. The team performs this calculation, giving greater weight to potential risks, prioritising safety.

To illustrate with an example of this process, for our Kyiv relief efforts, we concluded that we could not send a disaster relief team, nor send any staff from the UK, as even if a team could enter Ukraine the danger the team would be placed in would be too high, as well as disproportionate to the aid that they could provide; instead, we worked out that we could make a more substantial impact and minimise risk by supporting volunteers that were already in Kyiv.

For our distributions, we have a dedicated risk assessment guide and response sheet, divided between 11 Hazard criteria, with categories for:

- **Type of risk (falls, cuts, loss of property, food poisoning, mental harm, etc.)**
- **To who (volunteer, staff, beneficiary)**
- **Likelihood (low-high)**
- **Magnitude of risk (low-high)**
- **Mitigation**
- **Review period**

Covid-19 pandemic

In the UK, we adhered to Government guidelines, with the staff observing the Lockdowns, and working remotely when possible. Across the globe, we worked to ensure all of our volunteers and staff had PPE, observed 2 metre distancing and regularly washed or sanitised their hands to minimise the risk of infection or of spreading Covid-19. These measures were taken to protect our staff, volunteers, and beneficiaries alike.

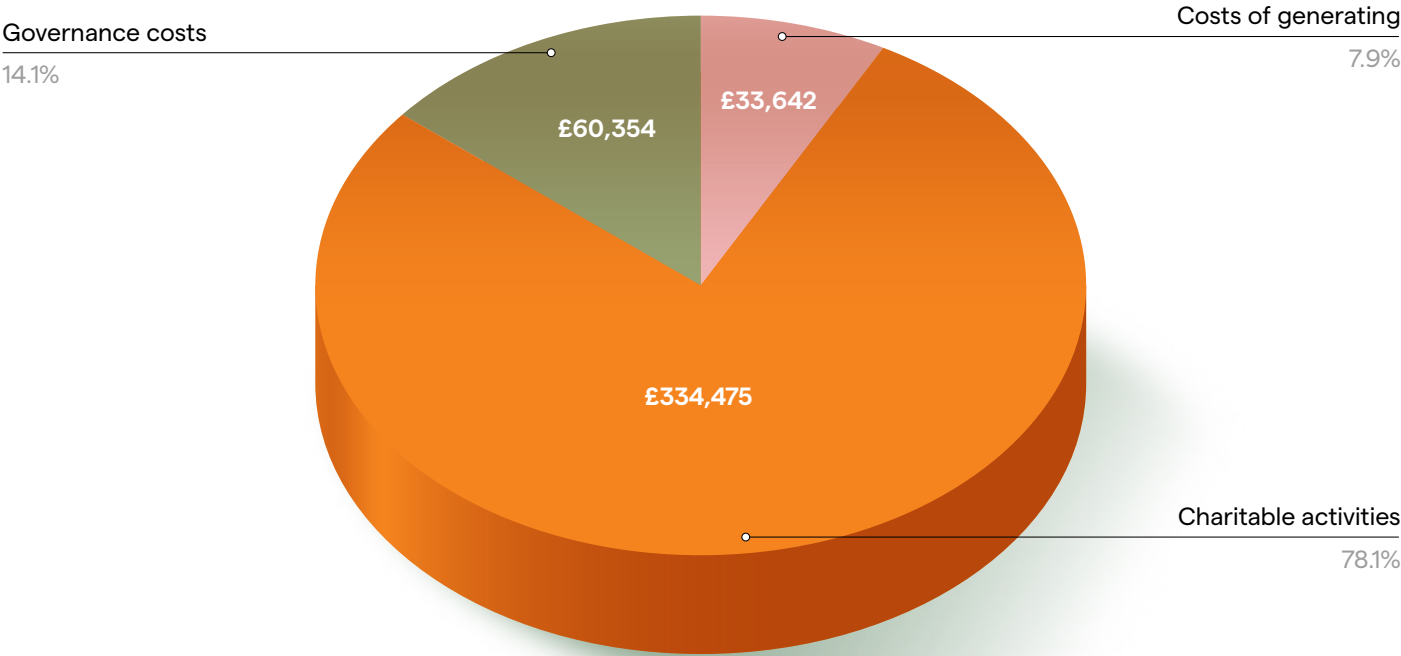


Statement of financial activities

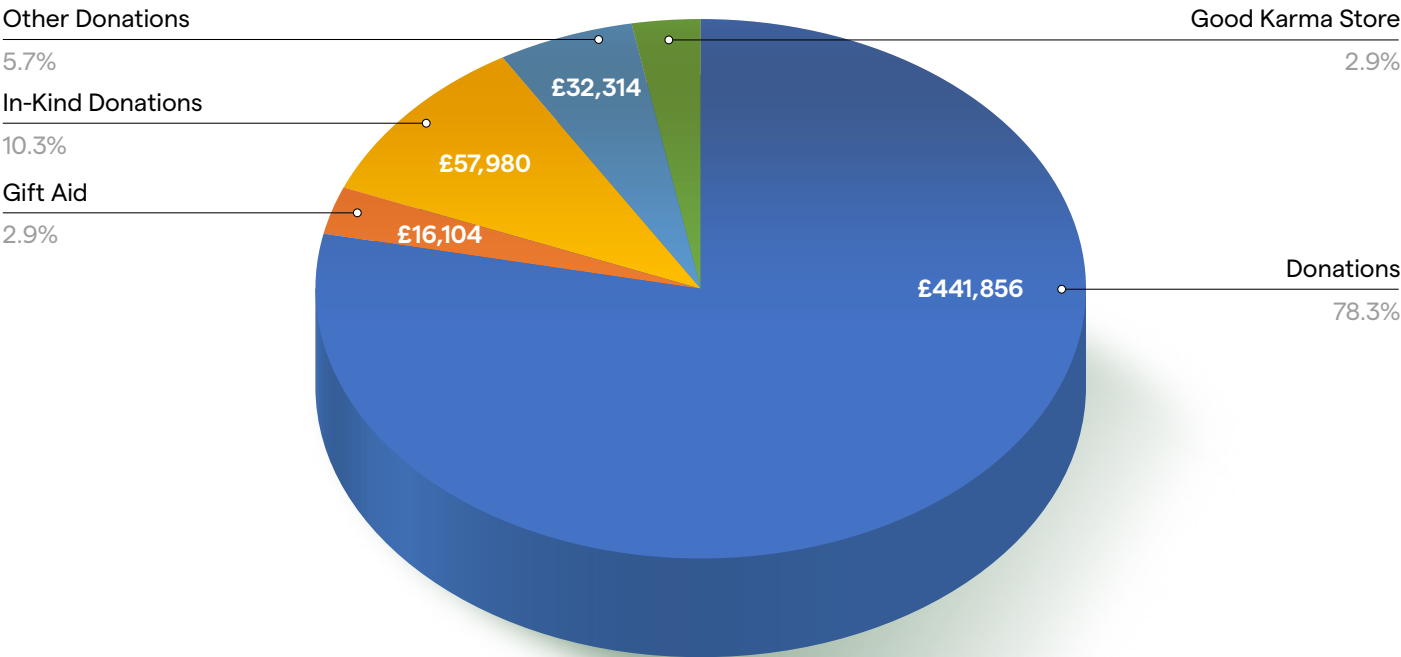
For the Year Ended 31 March 2022

Analysis of incoming resources	2022	2021
Voluntary income	£	£
Donations	441,856	77,847
Gift Aid	16,104	2,654
Covid-19 Food Support	-	16,990
In-kind Donations	57,980	63,441
Other Donations	32,314	107,798
Good Karma Sales	16,242	-
Sub-total	564,496	268,730
Activities for generating funds		
DEFRA Grant - Food Distribution	-	99,999
Other Grants	25,700	29,700
Sub-total	25,700	129,699
Total incoming resources	590,196	398,430
Analysis of resources expended	2022	2021
Costs of generating voluntary income	£	£
Subcontractor costs	4,446	19,923
Subscription (Advert)	4,168	2,393
Website & Software expenses	4,188	17,045
Direct Expenses	5,790	2,572
Rent	15,050	5,190
Sub-total	33,642	47,123
Charitable activities		
UK Feeding Projects	115,321	85,798
International Welfare Activities	152,927	18,635
DEFRA Food Distribution	-	99,999
The Waste and Reso Wrap	-	16,030
Environmental Awareness	9,120	2,969
Digital Social Action Campaigns	24,124	-
Go Dharmic Events	8,650	-
Good Karma Project	24,333	-
Sub-total	334,475	223,431
Governance costs		
Travel for Feeding Project	6,902	1,881
Telephone expenses	716	352
Printing cost	302	1,947
Accountancy Fees	1,200	1,200
Depreciation	7,523	1,973
General Expenses	-	2,598
Bank Charges	148	-
Repairs & Maintenance	-	488
Insurance	3,803	-
Wages and Salaries	38,971	11,330
Pension Cost	789	-
Sub-total	60,354	21,769
Total resources expended	428,471	292,323
Net incoming/(outgoing) resources	161,725	106,107

Total Payments (£428,471)



Total Receipts (£590,196)



Report of the Trustees and Unaudited Financial Statements for the Year Ended 31 March 2022 for Go Dharmic Welfare UK

- Report of the Trustees
- Independent Examiner's Report
- Statement of Financial Activities
- Balance Sheet
- Notes to the Financial Statements
- Detailed Statement of Financial Activities

Report of the Trustees

The trustees present their report with the financial statements of the charity for the year ended 31 March 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

1171619

Principal address

Suite 119C, Business Design Centre 52 Upper Street
Islington
London
N1 0QH

Trustees

H Randerwala
Ms S Randerwala
K Pulkit
Dr N Sutton
S Vaudyanathan

Approved by order of the board of trustees on 31st January 2023 and signed on its behalf by:



Hanuman Dass
(Hemal Randerwala - Chairman of Go Dharmic)

Independent Examiner's Report

Independent examiner's report to the trustees of Go Dharmic Welfare UK I report to the charity trustees on my examination of the accounts of Go Dharmic Welfare UK (the Trust) for the year ended 31 March 2022.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145©(b) of the 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 registered member of Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Dharmendra Jeshani, FCCA
Association of Chartered Certified Accountants
Alpha House
296 Kenton Road
Harrow
HA3 8DD
Date: 31/01/2023

Statement of Financial Activities

As at 31st March 22

		Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	425,850	164,348	590,197	398,429
		425,850	164,348	590,197	398,429
EXPENDITURE ON					
Raising funds	3	419,351	9,120	428,471	292,323
Total resources expended		419,351	9,120	428,471	292,323
Net (expenditure) / Income for the year					
Net movement in funds		6,499	155,227	161,726	106,106
Total funds brought forward		78,170	38,642	116,812	10,706
TOTAL FUNDS CARRIED FORWARD		84,669	193,869	278,538	116,812

Balance Sheet

As at 31st March 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	6	28,117	7,892
CURRENT ASSETS			
Cash at bank		253,855	111,419
		253,855	111,419
Creditors: amounts falling due within one year	7	(3,434)	(2,499)
Net current assets		250,421	108,920
Net assets	8	278,538	116,812
Income funds			
Restricted funds		193,869	78,170
Unrestricted funds		84,669	38,642
SHAREHOLDERS' FUNDS		278,538	116,812

Notes to the Financial Statements

1 Accounting policies

1.1 Basis of preparation

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The accounts have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

The GO DHARMIC WELFARE UK Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2 Critical accounting judgements and key sources of estimation uncertainty

In the application of the charity's accounting policies the Trustees are required to make judgements, estimates and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimation and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of revision and future periods if the revision affects the current and future periods.

In the view of the Trustees, no assumptions concerning the future or estimation uncertainty affecting the assets and liabilities at the balance sheet date are likely to result in a material adjustment to their carrying amounts in the next financial year.

1.3 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.

1.4 Income

Voluntary income is included in the Statement of Financial Activities (SoFA) when Go Dharmic is legally entitled to the income, receipt is probable and the amount can be quantified with reasonable certainty.

Services donated by GO DHARMIC WELFARE UK International plc are included within incoming resources and resources expended at an estimate of their value to the Trust.

1.5 Expenditure

Expenditure is recognised on an accrual basis as each liability is incurred. Charitable activities include grants awarded and associated support costs.

Services donated by GO DHARMIC WELFARE UK International plc are included as above and relate to the provision of staff time absorbed by the charity. The Trustees received no remuneration or expenses during the current or preceding period. Currently no Trustees are employees of GO DHARMIC WELFARE UK.

1.6 Tangible fixed assets

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

1.7 Foreign currencies

Transactions in foreign currencies are translated into sterling at the prevailing rate of exchange on the date of the transaction.

1.8 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.

1.9 Liabilities

Liabilities are recognised when Go Dharmic has a constructive or legal obligation to make a payment to a third party.

1.10 Taxation

No provision is made for corporation tax, as Go Dharmic is able to claim full statutory exemption subject to the proper application of all its charitable resources.

1.11 Fund accounting

Unrestricted funds held by the charity are those which can be used in accordance with the charitable objectives at the discretion of the Trustees

Restricted funds are where specific conditions are imposed by the donor which restricts the use of unspent funds. The income is taken directly to the relevant restricted funds.

1.12 Investments

Investment funds are held at Barclays Bank in an interest-bearing bank account.

1.13 Foreign currency

Transactions in foreign currencies are translated into sterling at the prevailing rate of exchange on the date of the transaction.

1.14 Debtors

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

1.15 Creditors and provisions

Creditors and provisions are recognised when 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.

1.16 Cash and cash equivalents

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

2 Incoming resources from charitable activities

	Unrestricted funds £	Restricted funds £	2022 £	2021 £
INCOME FROM DONATIONS AND LEGACIES	425,850	164,348	590,197	398,429

Included within income relating to Income donations and legacies

Donations	321,478	120,378	441,856	77,847
Gift Aid	16,104	–	16,104	2,654
In-kind Donations	57,980	–	57,980	63,441
DEFRA Grant Food Distribution	–	–	–	99,999
Other Grants	–	25,700	25,700	29,700
Good Karma sales	16,242	–	16,242	–
Covid-19 Food Support	–	–	–	16,990
Other Donations	14,045	18,270	32,315	107,798
TOTAL	425,850	164,348	590,197	398,429

3 Raising Funds

	2022 £	2021 £
Raising donations and legacies		
Support costs	418,562	292,323

4 Activities undertaken directly

	2022	2021
	£	£
Other costs relating to comprise:		
Subcontractor costs	4,446	19,923
Subscription (Advert)	4,168	2,393
Website & Software expenses	4,188	17,045
Direct Expenses	5,790	2,572
Rent	15,050	5,190
UK Feeding Projects	115,321	85,798
International Welfare Activities	152,927	18,635
DEFRA Food Distribution	–	99,999
The Waste and Reso Wrap	–	16,030
Environmental Awareness	9,120	2,969
Digital Social Action Campaigns	24,124	–
Go Dharmic Events	8,650	–
Good Karma Project	24,333	–
Travel for Feeding Project	6,902	1,881
Telephone expenses	716	352
Printing cost	302	1,947
Accountancy Fees Depreciation	1,200	1,200
General Expenses	7,523	1,973
Bank Charges	–	2,598
Repairs & Maintenance	148	–
Insurance	–	488
Wages and Salaries	3,803	–
Pension Cost	38,971	11,330
	789	–
TOTAL	428,471	292,323

5 Trustees' remuneration and benefits

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

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the period ended 31 March 2021

6 Tangible fixed assets

	Plant, machinery and motor vehicles £
Cost	
At 1 April 2021	9,865
Additions	27,748
At 31 March 2022	37,613
Depreciation	
At 1 April 2021	1,973
Charge for the year	7,523
At 31 March 2022	9,496
Net book value	
At 31 March 2022	28,117
At 31 March 2021	7,892

7 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals	1,200	-
Other creditors	2,234	2,499
TOTAL	3,434	2,499

8 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	2022 £	2021 £
Fund balances at 31 March 2022 are represented by:				
Tangible fixed assets	28,117		28,117	7,892
Current assets	59,986	193,869	253,855	111,419
Creditors: amounts falling due within one year	(3,434)		(3,434)	(2,499)
TOTAL	84,669	193,869	278,538	116,812

9 Related party disclosure

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

Detailed Statement of Financial Activities

For the year ended 31st March 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations	441,856	77,847
Gift Aid	16,104	2,654
Covid-19 Food Support	–	16,990
In-kind Donations	57,980	63,441
Other Donations	32,314	107,798
Good Karma Sales	16,242	–
DEFRA Grant - Food Distribution	–	99,999
Other Grants	25,700	29,700
TOTAL	590,196	398,429
EXPENDITURE		
Subcontractor costs	4,446	19,923
Subscription (Advert)	4,168	2,393
Website & Software expenses	4,188	17,045
Direct Expenses	5,790	2,572
Rent	15,050	5,190
UK Feeding Projects	115,321	85,798
International Welfare Activities	152,927	18,635
DEFRA Food Distribution	–	99,999
The Waste and Reso Wrap	–	16,030
Environmental Awareness	9,120	2,969
Digital Social Action Campaigns	24,124	–
Go Dharmic Events	8,650	–
Good Karma Project	24,333	–
Travel for Feeding Project	6,902	1,881
Telephone expenses	716	352
Printing cost	302	1,947
Accountancy Fees	1,200	1,200
Depreciation	7,523	1,973
General Expenses	–	2,598
Bank Charges	148	–
Repairs & Maintenance	–	488
Insurance	3,803	–
Wages and Salaries	38,971	11,330
Pension Cost	789	–
TOTAL	428,471	292,323





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