

# GO DHARMIC

# ANNUAL REPORT

## AND FINANCIAL

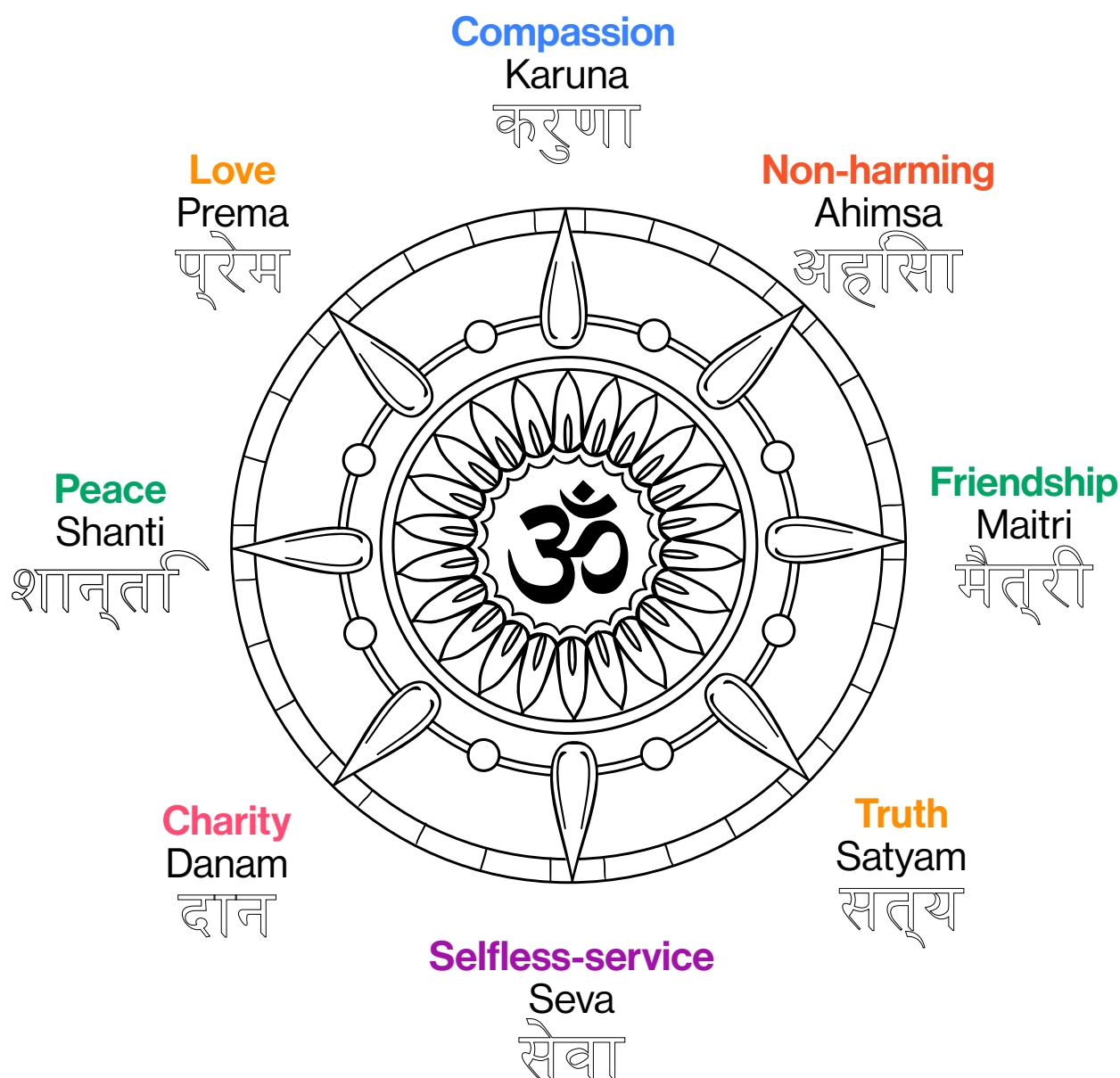
## STATEMENTS

01 April 2022 – 31 March 2023

England and Wales Charity Number: **1171619**

Scotland Charity Number: **SC050775**





## Reference and Administrative Information:

### REGISTERED OFFICE UK

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### CHARITY NUMBER

1171619, England and Wales.  
SC050775, Scotland.

### INDEPENDENT EXAMINERS

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The Charity Trustees for the purposes of the Charities Act 2011, present their Annual Report for the year ended 31 March 2023 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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# A MESSAGE FROM THE FOUNDER

As we gather to commemorate another fruitful year of our journey, I am overwhelmed with gratitude for what we have accomplished together. It feels like just yesterday that our organisation took its first steps in 2011, and now, we stand strong with 10,000 dedicated volunteers spread across the globe, united by our shared values and vision.

Our foundation is firmly rooted in the timeless principles of Sanatana Dharma, drawing inspiration from the profound teachings of Neem Karoli Baba. His wisdom echoes in our hearts, reminding us that love is the strongest medicine. This belief forms the very core of Go Dharmic, propelling us to spread love, charity, truth, service, peace, friendship, non-harming, and compassion in every corner we touch.

Our motto, **"Love All, Feed All, Serve All."** is not merely a slogan, but a way of life that we embody in every action we undertake. It is uplifting to witness our volunteers wholeheartedly embrace these values and make a positive impact in the lives of countless individuals and communities. Through selfless service and unwavering dedication, we have become beacons of hope for those in need. From providing nourishment to the hungry to extending a helping hand to the less fortunate, our collective efforts have brought comfort and relief to many souls in distress.

As we navigate the path of service, we remain guided by the spirit of unity and inclusivity. Our organisation stands as a testament to the power of coming together, transcending all boundaries, to work towards a better and more compassionate world. The progress we have made would not have been possible without the relentless commitment of our volunteers. Each one of you is a pillar of strength, driving Go Dharmic forward with passion and love. Together, we have demonstrated that by aligning our actions with our beliefs, we can be agents of positive change in society.

As we move forward, let us continue to honour the teachings of Neem Karoli Baba and the timeless wisdom of Sanatana Dharma. Let love be the foundation upon which we build a world that is kinder, more just, and filled with empathy.

With deep gratitude and boundless love,

**Hanuman Dass**

Founder





# A MESSAGE FROM THE CHAIR OF TRUSTEES

Namaste,

Go Dharmic's journey is a true testament to the power of empathy, love, and collective action. It is a great pleasure to share our inspiring story and how we're weaving compassion and responsibility into the fabric of our initiatives.

At Go Dharmic, our vision revolves around compassion, kindness, and social responsibility. These values are the driving force behind our every endeavour – from extending a helping hand to the marginalised, to championing education, healthcare, and environmental sustainability. We're not just executing projects. We're breathing life into our ideals.

One of the most heartwarming aspects of being part of Go Dharmic is witnessing the ripple effect of our actions. Each individual contribution, each act of kindness, merges into a collective force that brings about tangible change. The harmony we foster within our team and the broader community is a testament to the fact that positivity begets positivity.

In a world where compassion sometimes takes a backseat, our community stands as a beacon of hope. Let's continue to inspire, uplift, and pave the way for a kinder, more considerate world.

Sub Ek! All One!

**Sejal Patel**

Chair of Trustees



# ABOUT GO DHARMIC

Go Dharmic Welfare 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 unpaid 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. Go Dharmic is a digital-first charitable organisation that brings people from all walks of life together to **Love All, Feed All, Serve All**.

We, through online and offline campaigns, 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. Local groups will 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.



# PRINCIPLES

Go Dharmic's founder, Hanuman Dass, and Dr Nicholas Sutton, Professor at the Oxford Centre for Hindu Studies, formulated eight principles of Dharma grounded in sacred texts. They express the heart of Go Dharmic's mission and campaigns. These principles, as part of Sanatana Dharma,

are applicable for every one of us, regardless of caste, creed, colour, nation; regardless of belief. It is these principles that will enable the flourishing of our world and we should make them the foundation of our lives.

## Our Principles are our Call to Action:

### **Prema. Love Everyone:**

"Love is the most powerful force for good in the world. It reflects the universal unity and oneness of all living beings, and that's what we at Go Dharmic represent. Dharma is love for all beings."

### **Danam. Give Charity:**

"Giving your time and money to help others is to fulfil a higher purpose here on Earth. Charity is a real expression of compassion, not just in thoughts or words but in action."

### **Seva. Serve Everyone:**

"Selfless service for the community is a catalyst of change. We work at grass-roots level, supporting youth to help communities transform themselves into peace-ful and actively engaged societies."

### **Karuna. Be Compassionate:**

"To genuinely feel the suffering of other living beings is compassion. Our lives are filled with difficult choices and we have to look within our hearts. To choose Shreyas (good action) over Preyas (pleasurable action), and to recognise that we are all in this together, is compassion."

### **Satyam. Tell the Truth:**

"Truth is accepting reality as it is and acting with the highest level of accountability. Realising the truth that we are in a position to help and serve others is a step on the path of realising the love we have within us."

### **Shanti. Spread Peace:**

"If we cannot be peaceful, we cannot create the conditions for peace. We must have peace within ourselves as well as within our societies. Peace is cultivated through loving and caring for others."

### **Maitri. Be Friendly:**

"Friendship is the ideal spiritual and humanitarian state. To be a friend to all living beings is like the sun shining brightly, warming all without discrimination."

### **Ahimsa. Embrace Non-violence:**

"Ahimsa (non-harming) is the highest Dharma (duty and responsibility). Through the practical application of non-harming, we can restore nature, end all war, respect all life and create the conditions for peace on Earth."



# MISSION

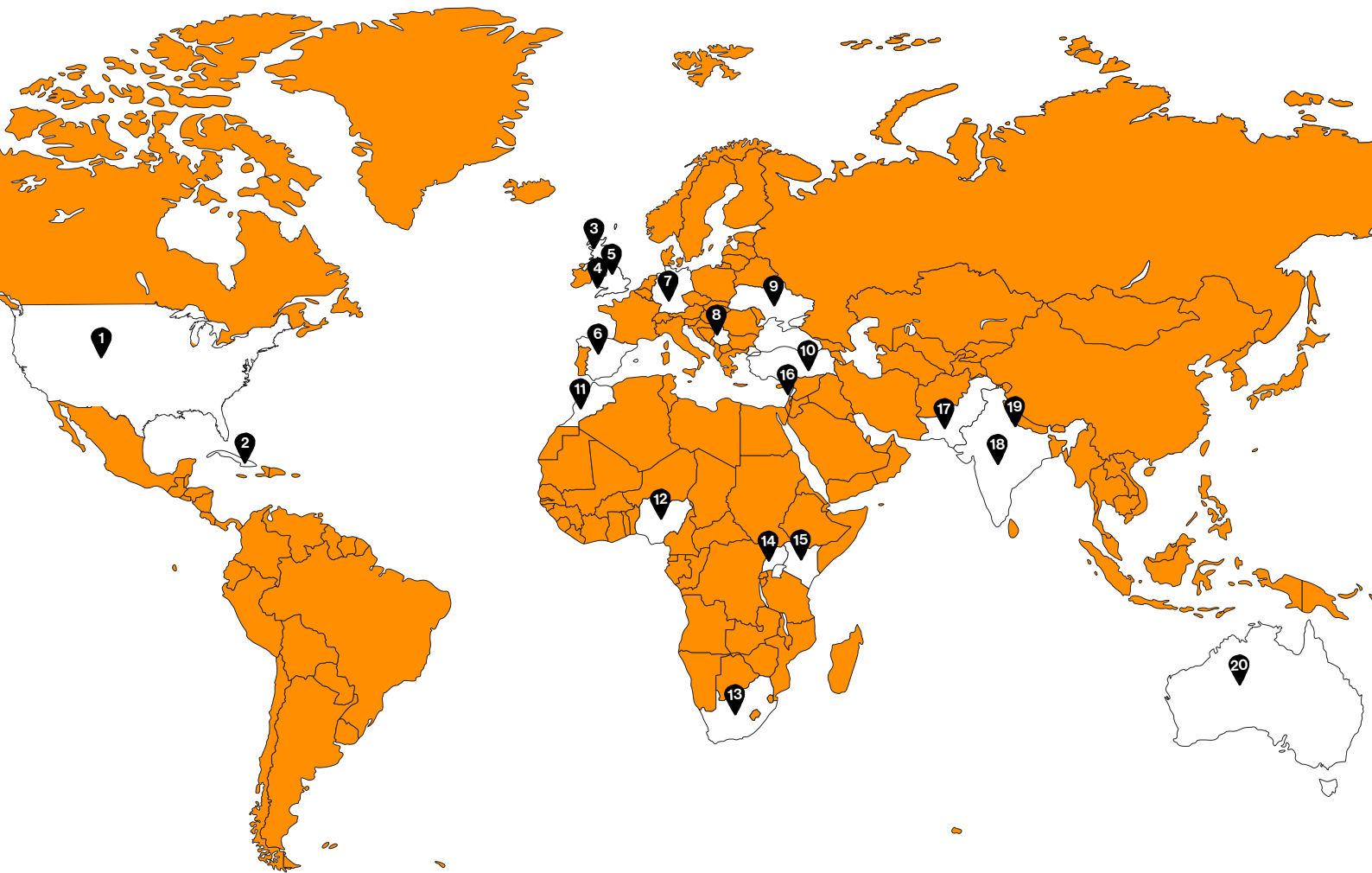
Our mission is love and compassion. The core of Sanatana Dharma is to Love all, serve all and feed all, and whether we are in a time of peace or great trauma, Go Dharmic is a call to help relieve suffering wherever it exists and in whatever form it takes. We are a grassroots community of people who selflessly serve to make this world a better place and work to relieve suffering wherever it exists. There are Go Dharmic communities throughout the country who come together in their local towns and cities to express Love and compassion. They work altruistically to help people in need, animals, and the environment through numerous social action campaigns.









- ↓ The Mahabharata shows us that we must perform our dharma, even over infinite pleasure. King Yudhisthira chose to look after a dog rather than enjoy the bliss of Heaven whilst having to leave it behind.







# GLOBAL FOOTPRINT











- 


1 USA
- 


2 Cuba
- 



3 Scotland
- 



4 Wales
- 



5 England
- 



6 Spain
- 


7 Germany
- 



8 Serbia
- 



9 Ukraine
- 



10 Turkey
- 



11 Morocco
- 







12 Nigeria
- 




13 South Africa
- 



14 Uganda
- 

15 Kenya
- 

16 Lebanon
- 

17 Pakistan
- 

18 India
- 

19 Nepal
- 

20 Australia

## IMPACT OF 2022 – 2023

Served more than

**6 MILLION MEALS** globally

Planted

**85 THOUSAND MANGROVE** saplings

Over

**100 HECTARES OF LAND** were transformed

Over **330 THOUSAND TONNES OF FOOD WASTE** was saved

Around

**20 THOUSAND TONNES OF CARBON** sequestered

Developed **7 LIBRARIES & 1 COMPUTER LAB** while supporting previously built libraries

Benefitted

**13,125 CHILDREN** while distributing **3,500 BOOKS**

Built

**15 MODULAR TOILETS** in schools

Conducted **6 HEALTH CAMPS** benefitting **726 POLICE PERSONNEL**

Over

**2 MILLION VOLUNTEER HOURS** given

Provided

**RELIEF ACROSS MAJOR DISASTERS** across the globe



# FOOD POVERTY

**Our food distributions are not just tackling food poverty: they address loneliness, mental health, environmental issues such as food waste, promoting friendship and ultimately love and care for each other.**

**To date, we have distributed over 16 million meals and meal kits at multiple locations across the world, including England, Wales, Scotland, India, and the United States.**



## The Challenge: Cost of Living

The cost of living crisis and Covid pandemic generated an economic downturn that led to hunger and an increased risk of food insecurity throughout the UK and 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.



GD's Central London distribution







## Our Intervention

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. The foods we distribute are selected to most efficiently tackle the physical and mental risks of food poverty. The choice is also consistent with our other campaign aims, to reduce negative climate effects through promoting animal-free living, or at the very least, reducing animal dependency and suffering.



## 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.**

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. 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.



GD volunteers collecting food from our partners



Our regular UK and USA distributions

UK

Central London	Bexley
Queensbury	Leicester
Wembley	Luton
Harrow	Birmingham
Northampton	Glasgow
Watford	Edinburgh

USA

Los Angeles	New York
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↓ GD London Volunteers



# ENVIRONMENT

## The Challenge: The Climate Crisis

The climate crisis is the greatest threat to our world of the 21st century. Earth's average temperature has increased by 1.2°C since 1880. Heating has accelerated since 1981 from 0.08°C to 0.18°C per decade. **Source: NOAA Climate.gov**

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### In 2022 alone:

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CO2 emissions increased by 0.9%, equivalent to 321 million metric tonnes.

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Total CO2 emissions reached a record high of over 36.8 gigatonnes.

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Emissions from energy combustion increased by 423 million tonnes.

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**Source: International Emergency Agency, "CO2 Emissions in 2022"**

## Mangrove Plantation

The Sundarban mangrove forest, nestled along the Bay of Bengal, is a biodiverse haven for tigers and sea turtles, crucial for our planet's future. Encompassing 10,000 square kilometres across West Bengal and Bangladesh, it acts as a vital carbon sink, storing millions of tons of CO2, essential in the battle against global warming. Despite its significance, the Sundarbans face imminent threats from climate chaos, eroding biodiversity and submerging coastal areas. Violent storms, floods, and rising sea levels intensify these challenges, impacting over four million residents in conditions of deep poverty. To address climate change and habitat destruction, strategic measures are imperative, such as planting and nurturing more mangroves. These resilient ecosystems serve as a natural coastal defence, protecting vulnerable settlements and the city of Kolkata. The intricate root systems act as barriers against storm surges, simultaneously preserving coral reefs and seagrass meadows. Mangrove ecosystems significantly contribute to biodiversity, creating nutrient-rich breeding grounds for various species and serving as habitats for millions of breeding and migratory birds.



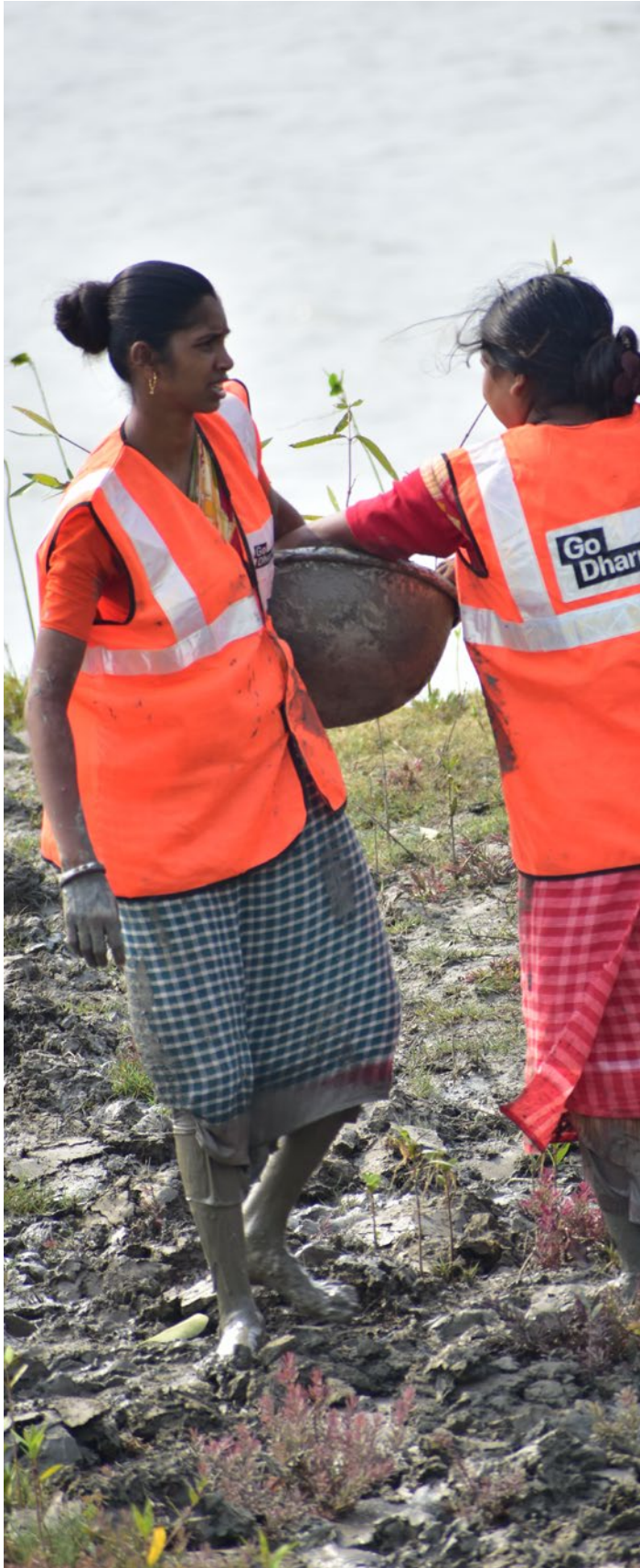


**"What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another."**

- Mahatma Gandhi



## Our Intervention



## The Dharma Forest

Go Dharmic takes concrete steps to restore habitats by collaborating with local villagers, aiming to plant 2 million mangroves by 2026. Currently, 180,000 mangroves are thriving, transforming 100 hectares of land, benefiting 15,000 people, and sequestering 100,000 tonnes of CO<sub>2</sub>. The process, from nurturing saplings in the Sundarbans to planting them in the Dharma Forest, involves active engagement with local families. Go Dharmic envisions this as a sustainable, long-term project, with founder Hanuman Dass setting a goal to plant a million mangroves by 2026. The Dharma Forest aims to be a model for climate change mitigation, offering educational resources for future generations.



Sundarban locals planting the Dharma Forest

## Pledges To Protect The Environment

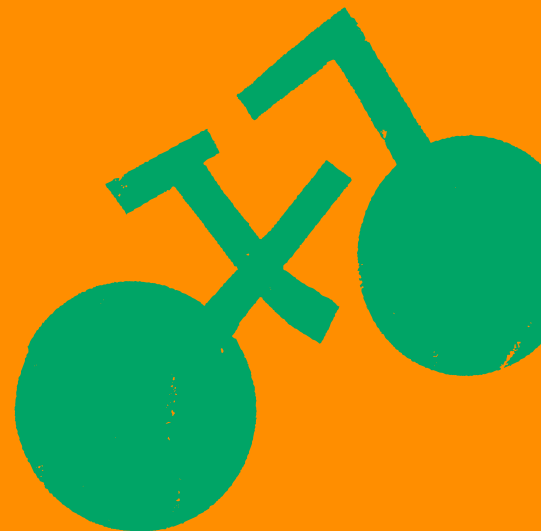
By embracing Go Dharmic's pledges, individuals, groups and companies contribute to the long-term positive impact we strive to achieve, fostering a collective movement towards turning the world from harm to healing. Pledges play a crucial role in sustaining and amplifying GD's core mission, becoming a tangible commitment towards sustainable change.

**Go Organic:** This was the first initiative of Go Dharmic, started in 2011. This aims in promoting organic foods without the use of fertilisers, which harm the environment. With this campaign we encourage people to pledge to choose only organic products and promote organic farming, while making people aware of the benefits of these practices. **More than 4,000 people and 26 organisations pledging themselves to Go Organic.**

**Go Plant-Based:** A powerful initiative by Go Dharmic empowers individuals to combat climate change and protect our planet. By pledging to adopt a plant-based diet, we can reduce our environmental footprint, alleviate world hunger, and promote compassion for animals. Choosing plant-based options can mitigate the devastating effects of animal agriculture on our environment, making a significant difference for a healthier planet. This will help combat climate change and protect our planet from the detrimental effects of animal agriculture.

**Go Fuel Free:** This campaign aims to combat the pressing issue of air pollution and global warming caused by the excessive use of personal vehicles. By promoting fuel-free transportation options, such as cycling, walking, and public transport, and incorporating electric cars, the campaign seeks to reduce carbon emissions and create a sustainable future.

**Save and Switch:** The campaign promotes energy conservation and the adoption of renewable energy sources. It addresses the costly and environmentally damaging habit of leaving devices on standby, leading to excessive electricity consumption and carbon emissions. By advocating and pledging for responsible energy use and renewables, we aim to combat climate change and reduce energy bills.









# EDUCATION AND SKILL DEVELOPMENT

## The Challenge: India's Digital Divide

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About 70% of India's population lacks reliable digital connectivity.

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Just 38% of households are digitally literate.

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Among the poorest 20%, only 2.7% have access to a computer and 8.9% to the internet.

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Rural population internet usage is just 31%, compared with urban population usage of 67%.

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**Source: The India Inequality Report 2022**

## Our Interventions

**Digitising Education:** In 2022, Go Dharmic partnered with Byju's Education for All, gaining three years of free access to its educational software. The success at Shahpur Primary School in Gandhinagar led to an expansion of licences, offering free access to Byju's Think and Learn Premium app, benefiting schools in Gujarat. This initiative integrates seamlessly into existing teaching methods, combining traditional and digital approaches to enhance students' tech exposure. We also collaborated with Klik2Learn, providing Ratanpur Primary School with licences for their Digital Learning Hub, offering English language courses and digital literacy and numeracy skills.

**Go Dharmic has provided over 67,500 books and 20 computers in schools, benefitting 85,000 children.**

**Shape A Future: Building Libraries:** In light of India's growing economy and its emergence as a global power, there is a heightened awareness regarding investments in public services. The push to create a 'knowledge society' has generated a surge in demand for new libraries. Our Shape a Future campaign is actively involved in establishing libraries and sanitation facilities in schools, focusing on providing underprivileged children with books and sports equipment.

Despite the progress, rural areas in India still grapple with learning outcomes among schoolchildren, who often lack even basic reading abilities compared to their urban counterparts. Libraries play a crucial role in addressing this disparity by empowering students to enhance their reading and writing skills. This equips them with the essential tools needed to make informed life decisions and seize better opportunities in the future.

We have developed 106 libraries, and 2 computer laboratories in schools. Each library is well-equipped with over 1,500 books spanning various genres, including fiction, non-fiction, and encyclopaedias. These learning spaces aim to provide less privileged children with the same resources for personal development as students attending private institutions.

**Education is the key to security and prosperity. Our education initiatives are giving children the chance of a better life.**

# Hands On learning Happens Here!



# DISASTER RELIEF

## The Challenge

In the past two decades, the world has witnessed over 2,500 disasters and 40 major conflicts impacting two billion people.\* To address these challenges, we have established trained relief teams globally, ready for immediate action.

Source: UN Environmental Program

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### Relief Activities in over 180 locations:

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India: 6.5 million relief kits.

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Ukraine: 100,000 relief kits.

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Nigeria: 50,000 relief kits.

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Lebanon: 40,000 relief kits.

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Uganda: 25,000 relief kits.

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Turkey - Syria: 15,000 relief kits.

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Pakistan: 10,000 relief kits.

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In times of crisis,  
Go Dharmic  
endeavours to  
help people who  
are suffering.



# Our Interventions

**Turkey - Syria:** The disaster presented a formidable challenge for local aid organisations and healthcare providers, causing them to grapple with the long-term needs of survivors whilst encountering difficulties in reaching numerous villages. The survivors were in need of various essential items, including tents, camping stoves, food parcels, clothes, and blankets.

Go Dharmic’s key volunteers in the region, such as Gökhan Sezer, a former volunteer in our London food distribution efforts, worked to secure these essential supplies. Leveraging networks comprising wholesalers, lorry suppliers, on-location volunteers, and researchers, the relief teams ensured the targeted delivery of care packages to the communities in most critical need. With our dedicated team, we distributed over 15,000 relief kits containing.

**Our food parcels for Turkey - Syria included 17 items:**

- 2 × 1 kg **Rice**
- 2 × 1 kg **Red Lentil**
- 2 × 1 kg **Bulgur Wheat**
- 1 × 2 kg **Grounded Sugar**
- 1 × 1 litre of **SunFlower Oil**
- 1 × 2 kg **Flour**
- 1 × 750 grams **Salt**
- 1 × 500 grams **Black Tea**
- 1 × 1 kg **Tomato Paste**
- 5 × 500 grams **Pasta**



Young Turkish beneficiary after GD’s intervention





## Ukraine

Utilising our extensive network of volunteers and community members worldwide, we swiftly mobilise disaster relief efforts. This includes providing essential supplies such as food, clean water, clothing, ration kits, generators, tents, portable stoves, emergency accommodation, travel assistance, and medical kits. Our crisis response teams conduct thorough evaluations, collaborating with affected communities to optimise the impact of our humanitarian aid.

In response to the crisis in Ukraine, Go Dharmic promptly initiated operations in Ukraine and neighbouring countries. Leveraging our contacts in the region, we coordinated the mobilisation and safe delivery of supplies, focusing efforts on Kyiv and the Polish and Romanian borders, including a donation of 250,000 bottles of L'Oreal hand sanitiser to hospitals in Ukraine.

In Kyiv, Go Dharmic funded local volunteers to supply food to those unable to evacuate. At the onset of the war, we provided 600 hot meals daily with the assistance of eight volunteers, rapidly increasing to 1,000 meals per day delivered by 17 volunteers within two weeks. The Kyiv team distributed meals to shelters, the elderly, hospitals, police, and army personnel with the support of local residents. Ensuring daily meals amid chaos emerged as one of the most valuable services provided by Go Dharmic.

From March 2022, we partnered with the Convivo Foundation to secure safe accommodation, regular hot meals, and schooling for 25 Ukrainian refugees, predominantly young families, in the border town of Jelenia Góra, Poland. We would assist with their accommodation there for over 3 months.

### ↓ Ukrainian refugees at their GD accommodation in Jelenia Góra, Poland



### Assam Floods

Following the catastrophic floods that swept through northeastern India and Bangladesh in May 2022, over 9 million people found themselves grappling with the devastating aftermath. Triggered by heavy monsoon rains, the floods resulted in the loss of roughly 300 lives and left millions in urgent need of essential supplies like food, clean water, and medicine. Assam, with 40% of its area being a floodplain, bore a significant brunt of the catastrophe.

Amidst this dire situation, Go Dharmic swiftly mobilised a disaster relief team to Assam and surrounding areas. Taking proactive measures, we distributed emergency relief kits containing vital resources such as food, clean water, and clothing. Our team's prompt and compassionate response played a crucial role in assisting thousands of individuals affected by the floods.

↓ GD Disaster Relief volunteers delivering emergency supplies in North India





# HEALTH AND SANITATION

## The Challenge

The lack of consistent handwashing practices and microbial contamination of water in homes and communities exacerbates the risk of spreading diarrhoeal and waterborne diseases.

While there have been improvements in sanitation access in rural India, these gains are far from equitable.

Among the poorest 20% of the population, open defecation is nearly universal. This situation places women and girls in a deeply challenging predicament, as the absence of a toilet at home results in shame, loss of personal dignity and safety risks. To avoid being observed by others, they often find themselves compelled to wait until night-time to relieve themselves.

Source: Unicef India  
[unicef.org/india/campaigns/take-poo-loo](https://www.unicef.org/india/campaigns/take-poo-loo)

**This campaign supports mental and physical wellbeing. We look to heal the sick and maintain the health of the well.**

## Our Interventions

### Sanitation

At Go Dharmic, we firmly assert that hygiene is a fundamental human need, akin to eating or breathing, and must be secured to preserve human dignity.

To address the issue of girls dropping out of schools due to concerns related to embarrassment and inadequate cleanliness, Go Dharmic collaborated with ONGC to establish and maintain 50 Modular toilets in government schools across Assam. Our initiative specifically targeted girls' schools, aiming to eliminate the necessity for students to venture into fields, railways, garbage dumps, parks, and roadside ditches. Such practices not only expose the girls to potential risks from strangers but also fail to provide adequate sanitary facilities, leading to situations that can be humiliating and degrading for the girls.

The provision of these new facilities is a proactive measure to ensure the long-term safety and dignity of these girls, eliminating a significant factor that might otherwise compel them to drop out of education. Through these efforts, we are actively contributing to fostering a conducive environment for education, prioritising the well-being and dignity of every girl in the community.



## Mission Health

Go Dharmic collaborated with Marico Ltd to launch the Mission Health initiative, aiming to conduct medical check-ups and provide prescriptions for frontline police officers and their families. This project was executed in over five locations across India, including: Guwahati, Pondicherry, Perundurai, Jalgaon, and Sanand. The primary objective was to ensure the well-being of these essential workers and their families, expressing our gratitude for their dedicated efforts during a global crisis. A total of 708 tests were conducted this year, with our total impact to date being 1326 tests.

The medical check-ups encompassed tests for thyroid function, vitamin B12 and D levels, liver, kidney, and heart function, diabetes, iron deficiency, and CBC (complete blood count), along with lipid and testosterone levels. Additionally, an ENT specialist conducted tests to diagnose hearing problems.

↓ Police personnel receiving their health checkups and blood tests





# ADVOCACY

## The Need: Transforming Hearts

Advocacy and outreach are the keystones of meaningful, long-term social change. At Go Dharmic's charity advocacy, we are fervently committed to driving high-impact, profound, and meaningful transformations within our communities. Our outreach serves as a catalyst, empowering and enabling individuals to find their voices and embrace their purpose in life.

Our advocacy is a beacon of hope for those who might otherwise be drowned out in the cacophony of bureaucracy and indifference. Our work is not confined to any single demographic; we are inclusive, working with individuals of every ethnicity, class, country, caste, creed, or religion. The impact of our advocacy services extends far beyond the immediate present; it is a ripple effect that creates lasting change.

Advocacy and outreach, when executed with dedication and purpose, have the power to transform lives and communities. Go Dharmic's advocacy is not merely a service; it is a commitment to fostering a society where everyone has the opportunity to flourish and contribute. It is about creating a world where voices are amplified, rights are protected, and the path to meaningful, long-term social change is illuminated.



**Essential concepts such as Dharma, Ahimsa, Seva, and Prema are vital for the world, and Go Dharmic's advocacy efforts contribute to fostering a global appreciation of these universal Indian ideals.**

## Mumbai City Dinner

The 2022 Mumbai City Dinner, held on 13th September at the Mumbai Cricket Association Club, marked a significant event in Go Dharmic's annual calendar. Sponsored by Futures First, Estee Advisors, TMX Group, and Bombay Stock Exchange, the dinner served as a unique platform for professionals in the financial markets to come together, fostering collaboration and discussion of Go Dharmic's charitable projects and future development.

With over 85 companies participating, including major players like Marex Spectron, Hong Kong Exchange, and London Metal Exchange, the Mumbai City Dinner 2022 showcased the commitment of the financial sector to promoting Go Dharmic's advocacy work and making a meaningful difference in the lives of those affected by global crises.





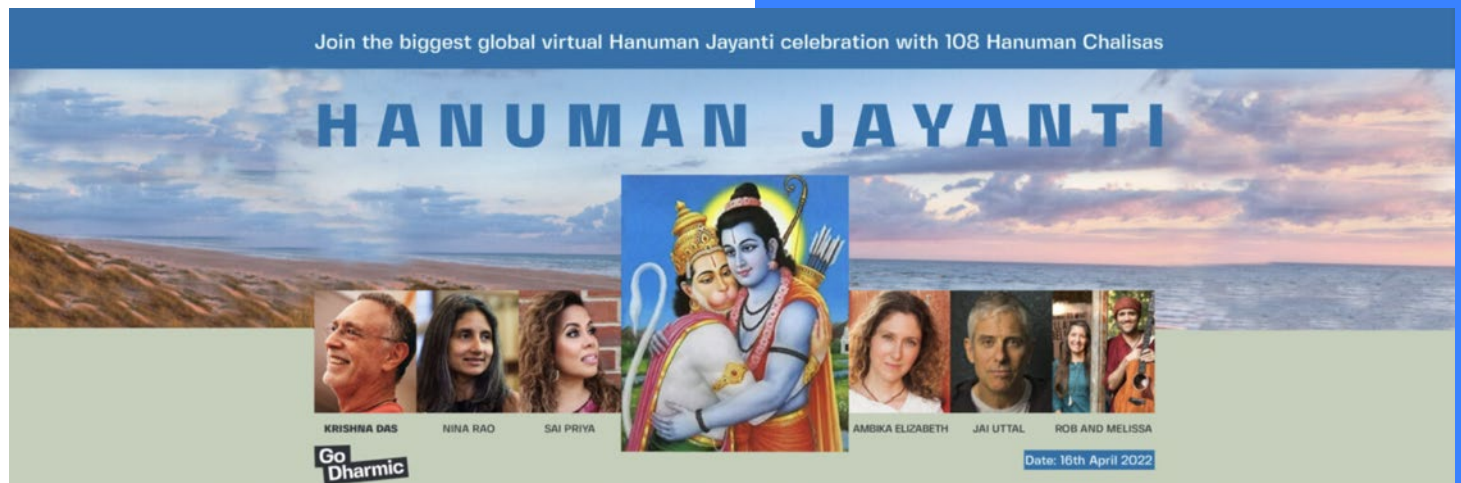
## Hanuman Jayanti

Go Dharmic hosted the world's largest Hanuman Jayanti event on Saturday, 16th April 2022, featuring Krishna Das, Nina Rao, Sai Priya, Ambika Elizabeth, Kai Uttal, and Rob and Melissa, leading the chanting of 108 Hanuman Chalisas. Building on the success of the previous year, where the event was streamed to over 200,000 viewers, this year's goal was to reach an even broader audience and share the beauty of this spiritual gathering. The event attracted participants globally.

The event's purpose extended beyond the spiritual realm, as all proceeds were dedicated to Go Dharmic's global food distributions for homeless and vulnerable populations. The Hanuman Jayanti event furthered Go Dharmic's network and global footprint, whilst contributing to the wellbeing of communities in need around the world. As Neem Karoli Baba said, **"Every line of the Hanuman Chalisa is a Mahamantra."**

**"The spirit of Hanumanji gives us the energy, motivation, and inspiration to make a difference in times of disaster, to relieve poverty, support education, and much more. Profound thanks to everyone who makes this event so special."**

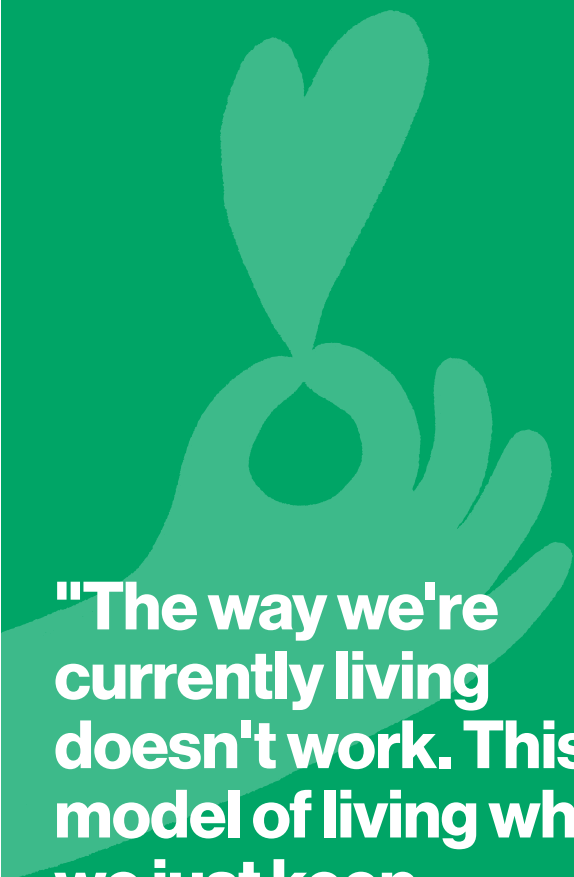
- Hanuman Dass



## Ahimsa and The Environment Documentary

**"Ahimsa and the Environment"** is a Go Dharmic produced documentary spotlighting the ancient concept of Ahimsa (non-harming) as a compelling strategy to combat climate change and environmental disasters. Throughout the documentary, eminent speakers delved into various ethical challenges, including humanitarian crises, animal welfare, freedom of choice, and world hunger. "Ahimsa and the Environment" illuminated the profound truth that minimal changes rooted in principles like Ahimsa could yield maximal positive effects across a spectrum of global concerns.

**An example of Ahimsa in action: Plant-based diets.** We will on average, reduce the amount of water needed for food production, use land more efficiently, grow more nutritious dense food, reduce harm to animals through mass farming and slaughter, and have a net-negative carbon impact. Through one action we simultaneously reduce food insecurity, malnourishment and health problems, reverse gas-based climate change, promote animal welfare, and support biodiversity – applying Ahimsa will reduce the impact of animal agriculture on the planet.



**"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, Executive Producer  
& GD Founder





# AHIMSA

## AND THE ENVIRONMENT

A Go Dharmic  
Production

## FEATURING



### Satish Kumar

Founder, Schumacher College & The Small School,  
Editor Emeritus of Resurgence & Ecologist



### Dr. Nicholas Sutton

Go Dharmic Trustee  
Director of Continuing Education,  
Oxford Centre for Hindu Studies



### Smt. Ela Gandhi

South-African Peace Activist,  
Mahatma Gandhi's grand-daughter



### H.H Puja Swami Chidanand Saraswatiji

President and Spiritual Head, Parmarth Niketan Ashram



### Sister Jayanti

European Director, Brahma Kumaris  
Regional NGO Representative to the United Nations, Geneva



### Dr. Iyad Abumoghli

Founder and Director of UNEP's Faith for Earth Initiative



### Sadhvi Bhagawati Saraswatiji

President and Spiritual Divine Shakti Foundation



### Krishna Das

Internationally renowned Sacred Chant Musician



### Arun Gandhi

Socio-Political Activist,  
Mahatma Gandhi's grandson



### Sadhguru

Yogi, Mystic & Visionary  
Founder, Isha Foundation



### Claudia Van Zuiden

Life Coach  
Yoga Teacher



### Smt. Maneka Gandhi

Hon'ble Minister  
Environmentalism and Member of Lok Sabha, India

## Peace Letters

We firmly believe that world peace starts with our leaders, and far too many innocent lives suffer due to their decisions. Across the globe, thousands of individuals wield the influence and power to alleviate people's struggles and mitigate pain. Our Peace Letters campaign was initiated with the aim of inspiring global influencers to consider the well-being of the world's citizens in their decision-making processes, fostering the pursuit of world peace. We draw inspiration from influential figures such as Greta Thunberg, who significantly impact matters of profound importance. We encourage you to compose peace letters addressed to world leaders and influential individuals, addressing topics such as poverty, climate change, education, or any other pertinent issue.

Recipients of our peace letters have included notable figures such as UK Prime Minister Rishi Sunak, US President Joe Biden, former Prime Minister of Pakistan Imran Khan, HRH Queen Elizabeth II, and His Holiness the Dalai Lama.

## Salt Ride

Thirty-five years before Dr. Martin Luther King marched from Selma to Montgomery in the US, 60-year-old Mahatma Gandhi led dozens of followers on a 384 km journey in India from Sabarmati Ashram to Dandi—a peaceful protest against an archaic British 'salt tax' law.

Gandhi, leaning on a long walking stick and clad in modest homespun clothes, aimed to draw global attention to the Indian independence movement by spotlighting the injustice of Britain's colonial salt laws, which prohibited Indians from producing or selling their own salt.

The Salt March, also known as the Dandi March or the Salt Satyagraha, commenced on March 12, 1930, near Gandhi's religious retreat at Sabarmati Ashram, proceeding southward over 24 days toward the coastal village of Dandi. Along the final stretch, crowds of thousands gathered to witness Gandhi and his followers intentionally breaking the law by evaporating seawater to produce their own salt.

The Salt Ride is Go Dharmic's 21st-century version of Gandhi's iconic march, conducted annually when possible, to raise funds for GD and generate awareness of our environmental advocacy work. It follows the same route as the original Salt March, connecting Gandhi's philosophy of Ahimsa (non-violence) with our environment. More than 1000 individuals have participated to raise awareness and campaign for climate action.

**Over the last year, Hanuman Dass has relentlessly shared awareness of love, compassion, and ahimsa for the environment with over 100 Dharma talks and events.**



# IMPACT STORIES



Jashina is one of 35 women who Go Dharmic has employed to help plant and tend the Dharma Forest in West Bengal. Prior to working with GD, she was finding it very difficult to earn a living. Her husband was a fisherman and she had few contacts and little way of living a fulfilled life. Since working with GD, Jashina has gained new confidence. She now dedicates her spare time to advocating the tremendous environmental benefits of mangroves and has found a new passion through serving others.

**Jashi Pali,**  
Beneficiary of the Environment and Skill Development Campaigns



Masutha, one of the police personnel who underwent the Mission Health camp for the second year in a row. She has a hectic work schedule and often would not get time for herself in the process of serving the public. She has expressed the gratitude and the need to have organisations like GD to focus on the health and wellbeing of civil servants.

**A Masutha Begum,**  
Beneficiary of the Health Campaign

# IMPACT STORIES



Arti, a 13 year old, studying in Ratanpur Primary School. She had never worked with a computer before. But, thanks to Go Dharmic's computer lab in Ratanpur, India, she has now been introduced to this life changing technology. She was so excited to see this new technology, and since then has taken every opportunity to gain valuable tech skills and create in a digital space.

**Arti Thakor,**  
Beneficiary of the Education Campaign





## VOLUNTEER TESTIMONIALS

”

“I feel privileged to be able to help distribute hot food to those in need during the winter months. What may seem like such a small act of service to yourself can mean so much to someone else.”

- **Amber**, Volunteer for GD London and Birmingham



”

“I’ve volunteered at the GD London distribution for over three years now, and it is such a privilege to have helped feed thousands of persons. We all need help sometimes. We all struggle. This distribution exists to support anyone and everyone. It is wonderful. I am immensely proud to have helped so many and to be part of a wonderful team.”

- **Sacha**, Volunteer for GD London



## VOLUNTEER TESTIMONIALS

”

“Volunteering to me means selfless-service for the sake of others. Most of all, volunteering means serving with an open heart. I am pleased to be associated with Go Dharmic, whose values include love, compassion, peace, and also enrichment through the act of volunteering. Go Dharmic increases kindness to others and also builds self-confidence in volunteers”

- **Savan**, Lead Volunteer for GD Northampton



”

“I've worked closely with GD's founder, who's dedicated to spreading compassion globally. Volunteering with GD has not only helped me grow in terms of emotional intelligence, but also made me more aware of my actions and impact on the planet. It's been an eye-opening experience, showing me the lasting power of kindness and compassion, benefiting everyone involved.”

- **Nikolay**, Volunteer for GD





# CONTRIBUTION TO U.N. SUSTAINABLE DEVELOPMENT GOALS (SDGs)

Go Dharmic has played a pivotal role in advancing the United Nations Sustainable Development Goals (SDGs) through our concerted efforts across six key campaign areas. Our commitment to addressing societal challenges aligns seamlessly with the broader global agenda for sustainable development. An overview of the significant impact generated by each of our campaigns in contributing to specific SDGs:

Providing nutritious meals and relief kits during disaster relief promotes healthy lives. Organising health camps, cataract operations, and constructing toilets ensure access to medical services and sanitation facilities. Pledges encourage individuals to make healthier lifestyle choices, such as opting for organic and plant-based alternatives. Documentaries like Ahimsa and the Environment and other events serve a space to advocate for the same.



Our initiatives address hunger relief and food security, support communities during disasters, and advocate for awareness, substantively contributing to the goal of ending all forms of poverty. Simultaneously, we empower the younger generation, breaking the poverty cycle through essential skills for future employment and fostering sustainable economic independence and prosperity.



Libraries, computer labs, and skill programs in schools promote literacy and inclusive education, contributing to equitable education for all. Provision of toilets in schools ensures that girls have access to safe and private sanitation facilities, fostering quality education. In addition, events serve as spaces to advocate for increased inclusive education provisions.



Our food distributions play a fundamental role in combating hunger through grocery kits and surplus food redistribution, aligning seamlessly with achieving food security and improved nutrition. Relief kits prevent immediate hunger and strategically respond to nutritional needs during crises. Advocacy events raise awareness, fostering a comprehensive approach to address food-related challenges.



In addition to providing facilities for teenage girls, our initiatives promote gender equality by building libraries and computer labs, fostering inclusive education. The skill development of women in mangrove plantation empowers them as breadwinners, catalysing family prosperity. Dharma talks and events create a space for gender inclusion while advocating for the cause.



Disaster Relief



Advocacy



Education & Skill Development



Food Poverty



Environment



Health & Sanitation

Efforts to construct toilets and provide sanitation facilities, particularly for teenage girls, significantly contribute to ensuring clean water and sanitation for all. Our food distribution and relief kits not only include provisions for drinking water but also hygiene products for sanitation. Mangrove plantation further filters water, making it safe for the community. We advocate for these initiatives to promote clean water and sanitation.



By creating facilities for education, using different methodologies to plant mangroves, using alternative transport modes, building modular toilets, and advocating for sustainable living, technology is promoted in communities.



By pledging for sustainable practices and environmental protection, adoption of clean energy sources is promoted. Through advocacy efforts, awareness is raised about the importance of transitioning towards affordable and clean energy solutions, aligning with the goal of ensuring access to reliable, and sustainable energy for all.



Providing quality education and vocational training to marginalised communities reduces inequality. Food distribution and relief support in times of crisis along with advocacy for social change across diverse communities, bridges the gap of inequalities.



Facilities for better education and upskilling empowers individuals for local job markets, fostering economic growth, decent work, and reducing unemployment.



Advocating for environmental protection, sustainable practices, and disaster relief efforts contribute significantly to creating inclusive, safe, resilient, and sustainable cities and communities. Our environment pledges, mangrove plantation, libraries, computer labs, health check-ups, and modular toilets further enhance this commitment, fostering holistic development for thriving and sustainable urban areas.





Surplus food redistribution and plant-based food distribution align with promoting sustainable consumption and production patterns. Similarly, our pledges further reinforce this commitment and are amplified through our advocacy interventions, creating a comprehensive impact on sustainable practices.



Engaging in mangrove plantation, pledging for go organic, save fuel, and plant-based living, as well as our food distribution initiatives and advocacy efforts, collectively contribute to protecting life on land. This comprehensive approach reflects our commitment to sustainable practices, ensuring a positive impact on terrestrial ecosystems and biodiversity.



The Dharma Forest initiative, along with our pledges, plant-based food initiatives, surplus food redistribution, and advocacy events, actively contributes to the global effort of combating climate change. Our comprehensive approach directly promotes sustainable practices for a meaningful impact on climate action.



The Disaster Relief campaign seeks to provide support and resources in times of humanitarian emergencies, contributing by promoting peaceful and just societies with strong institutions. Similarly the Advocacy campaign promotes peaceful and inclusive societies for sustainable development.



Actively engaging in mangrove plantation, plant-based pledging, and food distribution, alongside our advocacy efforts, contributes significantly to protecting life below water.



All Go Dharic campaigns embody collaboration and partnerships, ensuring tailored responses. They actively foster strategic partnerships, maximising impact through collaboration with sponsors, influencers, and organisations.







Hanuman Dass, GD founder, speaking on Loss and Damage Day



## 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 employ 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 take every effort to train each new volunteer with our Safeguarding Policy and perform a DBS check for lead Volunteers operating within the UK.

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

We believe that this acting structure 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.

## 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

## Purpose

**The purpose of this policy is to:**

- Help protect people that interact with, or are affected by Go Dharmic Welfare.
- Define the key terms we use when talking about protecting people or safeguarding.
- Set out and develop the way Go Dharmic Welfare manages safeguarding risks.
- Facilitate the safe management of incidents.
- To support a positive and effective internal culture towards safeguarding.

**This policy does not cover:**

- Sexual harassment in the workplace – this is dealt with under Go Dharmic Welfare’s Anti Bullying and Harassment Policy.
- Safeguarding concerns in the wider community not perpetrated by Go Dharmic Welfare or associated personnel.

## What is safeguarding?

In the UK, safeguarding means protecting peoples' health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect. In our sector, we understand it to mean protecting people, including children and at-risk adults, from harm that arises from coming into contact with our staff or programmes. Safeguarding means taking all reasonable steps to prevent harm, particularly sexual exploitation, abuse and harassment from occurring; to protect people, especially vulnerable adults and children, from that harm; and to respond appropriately when harm does occur. This definition draws from our values and principles and shapes our culture. It pays specific attention to preventing and responding to harm from any potential, actual or attempted abuse of power, trust, or vulnerability, especially for sexual purposes.

Safeguarding applies consistently and without exception across our programmes, partners and staff. It requires proactively identifying, preventing and guarding against all risks of harm, exploitation and abuse and having mature, accountable and transparent systems for response, reporting and learning when risks materialise. Those systems must be survivor-centred and also protect those accused until proven guilty. Safeguarding puts beneficiaries and affected persons at the centre of all we do.

## Scope

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All staff contracted by Go Dharmic Welfare.

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Associated personnel whilst engaged with work or visits related to Go Dharmic Welfare, including but not limited to the following: consultants; volunteers; contractors; programme visitors including journalists, celebrities and politicians.

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## Go Dharmic Welfare Responsibilities

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**Go Dharmic Welfare will:**

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Ensure all staff have access to, are familiar with, and know their responsibilities within this policy.

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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.

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Implement stringent safeguarding reporting procedures when recruiting, managing and deploying staff and associated personnel.

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Ensure staff receive training on safeguarding at a level commensurate with their role in the organisation.

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Follow up on reports of safeguarding concerns promptly and according to due process.

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## Policy Statement

Go Dharmic Welfare 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 whilst they are engaged in GD activities. GD must ensure that its policy and any associated procedures and training comply with statutory requirements and reflect available guidance on good practice in safeguarding children, young people and vulnerable adults, and that safeguarding arrangements are proportionate to the risks involved.



# Staff Responsibilities

<b>Adult Safeguarding</b>
<b>Go Dharmic Welfare staff and associated personnel must not:</b>
Sexually abuse or exploit at risk individuals.
Subject an at risk individual to physical, emotional or psychological abuse, or neglect.

<b>Protection from Sexual Exploitation and Abuse</b>
<b>Go Dharmic Welfare staff and associated personnel must not:</b>
Exchange money, employment, goods or services for sexual activity. This includes any exchange of assistance that is due to beneficiaries of assistance
Engage in any sexual relationships with beneficiaries of assistance, since they are based on inherently unequal power dynamics.
<b>Additionally, Go Dharmic Welfare staff and associated personnel are obliged to:</b>
Contribute to creating and maintaining an environment that prevents safeguarding violations and promotes the implementation of the Safeguarding Policy.
Report any concerns or suspicions regarding safeguarding violations by an Go Dharmic Welfare staff member or associated personnel to the appropriate staff member.



## Enabling Reports

Go Dharmic Welfare will ensure that safe, appropriate, accessible means of reporting safeguarding concerns are made available to staff and the communities we work with. Any staff reporting concerns or complaints through formal whistleblowing channels (or if they request it) will be protected by Go Dharmic Welfare's Disclosure of Malpractice in the Workplace (Whistleblowing) Policy. Go Dharmic Welfare will also accept complaints from external sources such as members of the public, partners and official bodies.

## How to report a safeguarding concern

Staff members who have a complaint or concern relating to safeguarding should report it immediately to their Designated Safeguarding Lead 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 the Trustee Designated Safeguarding Lead.

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### Interim Designated Safeguarding Lead (DSL)

Nish Tailor

0786 708 1129

Email: [nish@godharmic.com](mailto:nish@godharmic.com)

The Interim DSL will receive and deal with any complaints made against GD staff and volunteers in terms of safeguarding.

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### Trustee Designated Safeguarding Lead

Dimple Mistry

07771900208

Email: [dimple@godharmic.com](mailto:dimple@godharmic.com)

The Trustee DSL monitors and acts as a secondary safeguard should the Interim DSL be unavailable.



## Response

Go Dharmic Welfare will follow up safeguarding reports and concerns according to policy and procedure, and legal and statutory obligations. Go Dharmic Welfare will apply appropriate disciplinary measures to staff found in breach of policy. Go Dharmic Welfare will offer support to survivors of harm caused by staff or associated personnel, regardless of whether a formal internal response is carried out (such as an internal investigation). Decisions regarding support will be led by the survivor.

## Confidentiality

It is essential that confidentiality is maintained at all stages of the process when dealing with safeguarding concerns. Information relating to the concern and subsequent case management should be shared on a need to know basis only, and should be kept secure at all times.



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## Important Information For Go Dharmic Staff If You Have A Safeguarding Concern

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### Write down notes:

Dates, times, facts, observations (verbatim if possible).  
Try to ensure that you have all relevant details recorded.

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At the same time or as soon as possible afterwards you must contact GD's Designated Safeguarding Lead or Deputy: 07867081129.  
To report and log a concern has been raised.

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The GD's Designated Safeguarding Lead will revert if further information/ involvement is required from you.

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## Important Information For Gd Volunteers If You Have A Safeguarding Concern

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### Write down notes:

Dates, times, facts, observations (verbatim if possible).  
Try to ensure that you have all relevant details recorded.

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Contact your local Young Enterprise Manager at the same time or as soon as possible thereafter.

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At the same time or as soon as possible afterwards you must contact GD's Designated Safeguarding Lead or Deputy: 07867081129.  
To report and log a concern has been raised.

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### Review

This policy is due for review every year or following any significant organisational changes.  
Next review date: 31st December 2023.

### Document Owner and Approval

Document owner: Hemal Randerwala.  
Final policy sign-off by: Trustee Board.

### Associated policies

Code of Conduct  
Anti Bullying and Harassment policy  
Whistleblower policy  
Complaints Policy  
Procedures for reporting and response to safeguarding concerns  
Procedures for safeguarding in staff recruitment  
Other policies as appropriate





GD volunteer planting mangroves for the Dharma Forest



## Glossary of Terms

### Beneficiary of Assistance

Someone who directly receives goods or services from Go Dharmic's programme. Note that misuse of power can also apply to the wider community that the Go Dharmic Welfare serves, and also can include exploitation by giving the perception of being in a position of power.

### Child

A person below the age of 18. In this document, as in the Children Act 1989 and 2004, a Child is anyone who has not yet reached their 18th birthday. 'Children' therefore means 'Children and Young People' throughout. The fact that a Child has reached 16 years of age, is living independently, is in further education, is a member of the armed forces, is in hospital, in prison or in a Young Offenders' Institution, does not change his or her status or entitlement to services or protection under the Children Act 1989 and 2004.

### Harm

Psychological, physical and any other infringement of an individual's rights.

### Psychological Harm

Emotional or psychological abuse, including (but not limited to) humiliating and degrading treatment such as bad name calling, constant criticism, belittling, persistent shaming, solitary confinement and isolation.

### Abuse

A form of maltreatment of a child. Somebody may abuse or neglect a child by inflicting harm or by failing to act to prevent harm. Children may be abused in a family or in an institutional or community setting by those known to them or, more rarely, by others (e.g. via the internet). They may be abused by an adult or adults or another child or children.

### Physical Abuse

A form of abuse which may involve hitting, shaking, throwing, poisoning, burning or scalding, drowning, suffocating or otherwise causing physical harm to a child. Physical harm may also be caused when a parent or carer fabricates the symptoms of, or deliberately induces, illness in a child.

### Emotional Abuse

The persistent emotional maltreatment of a child such as to cause severe and adverse effects on the child's emotional development. It may involve conveying to a child that they are worthless or unloved, inadequate, or valued only insofar as they meet the needs of another person. It may include not giving the child opportunities to express their views, deliberately silencing them or 'making fun' of what they say or how they communicate. It may feature age or developmentally inappropriate expectations being imposed on children. These may include interactions that are beyond a child's developmental capability as well as overprotection and limitation of exploration and learning, or preventing the child participating in normal social interaction. It may involve seeing or hearing the ill treatment of another. It may involve serious bullying (including cyber bullying), causing children frequently to feel frightened or in danger, or the exploitation or corruption of children. Some level of emotional abuse is involved in all types of maltreatment of a child, although it may occur alone.

## Sexual Abuse

The term 'sexual abuse' means the actual or threatened physical intrusion of a sexual nature, whether by force or under unequal or coercive conditions, involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening. The activities may involve physical contact, including assault by penetration (for example rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing. They may also include non-contact activities, such as involving children in looking at, or in the production of, sexual images, watching sexual activities, encouraging children to behave in sexually inappropriate ways, or grooming a child in preparation for abuse (including via the internet). Sexual abuse is not solely perpetrated by adult males. Women can also commit acts of sexual abuse, as can other children.

## Sexual Exploitation

The term 'sexual exploitation' means any actual or attempted abuse of a position of vulnerability, differential power, or trust, for sexual purposes, including, but not limited to, profiting monetarily, socially or politically from the sexual exploitation of another. This definition includes human trafficking and modern slavery.

## Child Sexual Exploitation

A type of sexual abuse. Children in exploitative situations and relationships may receive gifts, money or affection in return for performing sexual activities. Children or young people may be tricked into believing they are in a loving, consensual relationship. They might be invited to parties and given drugs and alcohol. They may also be groomed online.

## Neglect

The persistent failure to meet a child's basic physical and/or psychological needs, likely to result in the serious impairment of the child's health or development. Once a child is born, neglect may involve a parent or carer failing to: provide adequate food, clothing and shelter (including exclusion from home or abandonment); protect a child from physical and emotional harm or danger; ensure adequate supervision (including the use of inadequate care-givers); or ensure access to appropriate medical care or treatment. It may also include neglect of, or unresponsiveness to, a child's basic emotional needs.

## Survivor

The person who has been abused or exploited. The term 'survivor' is often used in preference to 'victim' as it implies strength, resilience and the capacity to survive, however it is the individual's choice how they wish to identify themselves.

## Recognising Types of Abuse and Neglect

Abuse can take a number of forms including physical, emotional or sexual abuse, child sexual exploitation and neglect. Examples of such abuse (as noted in the Department of Education publication "Working Together to Safeguard Children 2015") are contained in Appendix 4. All GD staff and volunteers should be aware that abuse, neglect and safeguarding issues are rarely standalone events that can be covered by one definition or label. In most cases multiple issues will overlap with one another.

### **Protection from Sexual Exploitation and Abuse (PSEA)**

The term is used by the humanitarian and development community to refer to the prevention of sexual exploitation and abuse of affected populations by staff or associated personnel. The term derives from the United Nations Secretary General's Bulletin on Special Measures for Protection from Sexual Exploitation and Abuse (ST/SGB/2003/13).

### **Safeguarding**

Safeguarding means taking all reasonable steps to prevent harm, particularly sexual exploitation, abuse and harassment from occurring; to protect people, especially vulnerable adults and children, from that harm; and to respond appropriately when harm does occur. This definition draws from our values and principles and shapes our culture. It pays specific attention to preventing and responding to harm from any potential, actual or attempted abuse of power, trust, or vulnerability, especially for sexual purposes. Safeguarding applies consistently and without exception across our programmes, partners and staff. It requires proactively identifying, preventing and guarding against all risks of harm, exploitation and abuse and having mature, accountable and transparent systems for response, reporting and learning when risks materialise. Those systems must be survivor-centred and also protect those accused until proven guilty. Safeguarding puts beneficiaries and affected persons at the centre of all we do.

### **At Risk Adult / Vulnerable Adult**

Sometimes also referred to as a vulnerable adult, a person who is or may be in need of care by reason of mental or other disability, age or illness; and who is or may be unable to take care of him or herself, or unable to protect him or herself against significant harm or exploitation. The definition of vulnerable adult in "Who Decides?" (Lord Chancellor's Office 1997)" and as used in this document is anyone who is over 18 who:

- Is or may be in need of community care services by reason of mental or other disability, age or illness; and
- Is or may be unable to take care of himself or herself; or
- Is unable to protect themselves against significant harm or serious exploitation.

### **Volunteer**

In this document, as in the Disclosure and Barring Service (DBS) Glossary of Terms 2012, a Volunteer is a person who is engaged in any activity which involves spending time, unpaid (except for travelling and other approved out-of-pocket expenses), doing something which aims to benefit some third party other than or in addition to a close relative. For the purposes of this policy this encompasses but is not limited to Company Based Volunteers, Class Based Volunteers, Local Volunteer Board (LVB) Members and GD Trustees.

### **Staff Member**

A Staff Member is anyone employed by GD. For the purposes of this policy this encompasses, but is not limited to, permanent staff, casual staff, Associates and Consultants as well as Seconded/ Interns.

### **Position of Trust**

Any person connected with GD who comes into contact with children or vulnerable adults in the performance of their role is in a position of trust and subject to this policy.



# 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

# FINANCIALS

Charity Registration No. 1171619

REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023  
FOR  
GO DHARMIC WELFARE UK



**GO DHARMIC WELFARE UK****CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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**GO DHARMIC WELFARE UK****REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2023**

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The trustees present their report with the financial statements of the charity for the year ended

31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**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**

Registered Charity number  
1171619

**Principal address**

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

**Trustees**

Claire Missingham  
Ram Goyal  
Dimple Mistry  
Joshua Fields  
Sejal Patel  
Shivani Deepti Patel  
Dr. Nicholas Sutton  
Swaminathan Vaidyanathan  
Sheena Randerwala

Approved by order of the board of trustees on 30/01/2024 and signed on its behalf by:

**Sejal Patel**

Chair of Go Dharmic

## **GO DHARMIC WELFARE UK**

### **Accountants' Report**

#### **Accountants' report to the directors of GO DHARMIC WELFARE UK**

You consider that the charity is exempt from an audit for the year ended 31 March 2023. You have acknowledged, on the balance sheet, your responsibilities for complying in accordance with the requirements of the Charities Act 2011 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its statement of income and expenditure for the financial year.

In accordance with your instructions, we have prepared the charity accounts which comprise the Statement of financial activity, the Balance Sheet and the related notes from the accounting records of the charity and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

*Rshah Accounting Services*

#### **RSHAH ACCOUNTING SERVICES LTD**

Accountants & Tax Advisers

33 The Bramblings

Amersham

England

HP6 6FN

Date: 31/01/2024



## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF GO DHARMIC WELFARE UK

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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 2023.

### 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(5)(b) of the Act.

### Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Chartered Certified Accountants.

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
  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.

*Charanjiv Dhawan*

Charanjiv Dhawan, FCCA

**Dawn & Co Ltd**

Chartered Certified Accountants

35A High Street

Ruislip, Middlesex

HA4 7AU

Date: 31/01/2024

**GO DHARMIC WELFARE UK****STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2023**

		<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	394,710	64,278	458,988	590,197
		<u>394,710</u>	<u>64,278</u>	<u>458,988</u>	<u>590,197</u>
<b>EXPENDITURE ON</b>					
Charitable Giving:	4				
UK Food Poverty Alleviation		170,268	14,009	184,277	115,321
International Social Development Programs		39,418	90,371	129,789	152,927
Advocacy Campaign		45,657	22,338	67,995	8,650
Cost of Raising Funds:					
Wages and Salaries		97,021	-	97,021	38,971
Fundraiser Platform Subscription		1,575	-	1,575	4,168
Other Admin Expenses		68,609	-	68,609	108,434
Total resources expended		<u>422,548</u>	<u>126,718</u>	<u>549,266</u>	<u>428,471</u>
<b>Net (expenditure) / Income for the year</b>					
<b>Net movement in funds</b>		(27,838)	(62,440)	(90,278)	161,726
<b>Total funds brought forward</b>		84,669	193,869	278,538	116,812
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>56,831</u></u>	<u><u>131,429</u></u>	<u><u>188,260</u></u>	<u><u>278,538</u></u>

## GO DHARMIC WELFARE UK

BALANCE SHEET  
AS AT 31 MARCH 2023

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	6	32,189	28,117
<b>Current assets</b>			
Cash at bank		162,554	253,855
<b>Creditors: amounts falling due within one year</b>	7	(6,483)	(3,434)
<b>Net current assets</b>		<u>156,071</u>	<u>250,421</u>
<b>Net assets</b>	8	<u><u>188,260</u></u>	<u><u>278,538</u></u>
<b>Income funds</b>			
Restricted funds		131,429	84,669
Unrestricted funds		56,831	193,869
<b>Total funds</b>		<u><u>188,260</u></u>	<u><u>278,538</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on 30/01/2024 and were signed on its behalf by:



**Sejal Patel**  
Chair of Go Dharmic



**GO DHARMIC WELFARE UK****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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**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.

**GO DHARMIC WELFARE UK****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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**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 Liabilities**

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

**1.9 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.

**GO DHARMIC WELFARE UK****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023****1.10 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.

**1.11 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.

**1.12 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**

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>2023 £</b>	<b>2022 £</b>
Income from donations and legacies	<u>394,710</u>	<u>64,278</u>	<u>458,988</u>	<u>590,197</u>
Included within income relating to Income donations and legacies				
Donations	250,174	26,878	277,052	441,856
Gift Aid	5,659	-	5,659	16,104
In-kind Donations	113,927	-	113,927	57,980
Other Grants	-	37,400	37,400	25,700
Good Karma Sales	-	-	-	16,242
Other Donations	24,950	-	24,950	32,315
	<u>394,710</u>	<u>64,278</u>	<u>458,988</u>	<u>590,197</u>

**3 RAISING FUNDS**

	<b>2023 £</b>	<b>2022 £</b>
Raising donations and legacies		
Support costs	<u>549,266</u>	<u>428,471</u>



**GO DHARMIC WELFARE UK****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

<b>4 Activities undertaken directly</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Advertising & Marketing	-	4,446
Fundraiser Platform Subscription	1,575	4,168
Website & Software expenses	16,371	4,188
Direct Expenses	-	5,790
Rent	30,450	15,050
UK Food Poverty Alleviation	184,277	115,321
International Social Development Programs	129,789	152,927
Environmental Awareness	-	9,120
Digital Social Action Campaigns	-	24,124
Advocacy Campaign	67,995	8,650
Good Karma Project	-	24,333
Travel for Feeding Project	-	6,902
Telephone expenses	481	716
Printing cost	-	302
Accountancy Fees	1,000	1,200
Depreciation	10,459	7,523
General Expenses	946	-
Bank Charges	230	148
Repairs & Maintenance	29	-
Insurance	8,643	3,803
Wages and Salaries	97,021	38,971
Pension Cost	-	789
	<u>549,266</u>	<u>428,471</u>

**5 Trustees' remuneration and benefits**

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

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the period ended 31 March 2022.

## GO DHARMIC WELFARE UK

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**6 Tangible fixed assets****Land and  
buildings  
£****Cost**

At 1 April 2022	37,613
Additions	14,530
At 31 March 2023	52,143

**Depreciation**

At 1 April 2022	9,496
Charge for the year	10,458
At 31 March 2023	19,954

**Net book value**

At 31 March 2023	32,189
At 31 March 2022	28,117

**7 Creditors: amounts falling due within one year**

2023	2022
£	£

Accruals	1,200	1,200
Other creditors	5,283	2,234
	6,483	3,434

**8 Analysis of net assets between funds**

	Unrestricted funds £	Restricted funds £	2023 £	2022 £
Fund balances at 31 March 2023 are represented by:				
Tangible fixed assets	32,189		32,189	28,117
Current assets	6,981	155,573	162,554	253,855
Creditors: amounts falling due within one year	(6,483)		(6,483)	(3,434)
	<b>32,687</b>	<b>155,573</b>	<b>188,260</b>	<b>278,538</b>

**GO DHARMIC WELFARE UK****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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**9 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.

**10 Related party disclosure**

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



**GO DHARMIC WELFARE UK**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2023**

*This schedule does not form part of the statutory accounts*

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>INCOME AND ENDOWMENTS</b>		
Donations	277,052	441,856
Gift Aid	5,659	16,104
In-kind Donations	113,927	57,980
Other Donations	24,950	32,315
Good Karma Sales	-	16,242
Other Grants	37,400	25,700
	<u>458,988</u>	<u>590,197</u>
<b>EXPENDITURE</b>		
Advertising & Marketing	-	4,446
Fundraiser Platform Subscription	1,575	4,168
Website & Software expenses	16,371	4,188
Direct Expenses	-	5,790
Rent	30,450	15,050
UK Food Poverty Alleviation	184,277	115,321
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Accountancy Fees	1,000	1,200
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Wages and Salaries	97,021	38,971
Pension Cost	-	789
	<u>549,266</u>	<u>428,471</u>



## Go Dharmic

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