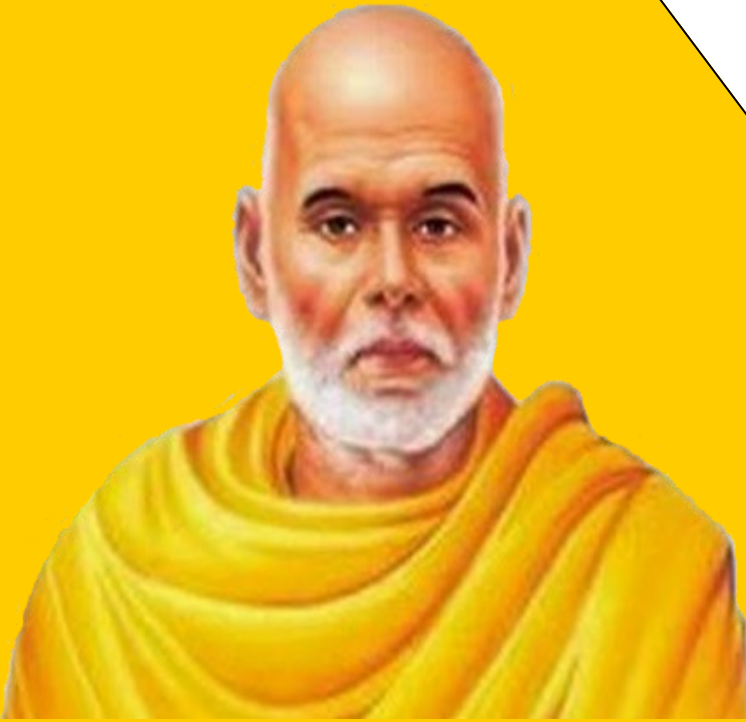


SREE NARAYANA GURU DHARMA SAMAJAM UK

Charity Reg No: 1184461

Trustees's Annual Report & Accounts for the period

01-08-2022 to 31-07-2023



www.sngdsuk.org

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Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	08	2022		31	07

Section A

Reference and administration details

Charity name

SREE NARAYANA GURU DHARMA SAMAJAM UK

Other names charity is known by

SNGDSUK

Registered charity number (if any)

1184461

Charity's principal address

40 Mayday Road

Thornton Heath

Surrey

Postcode

CR7 7HL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	SHAJI SREEDHARAN	Assistant Secretary		SNGDSUK AGM
2	SAJEEV SA-DASIVAN	Chair		SNGDSUK AGM
3	SURESHKUMAR KARUNAKARAN	Treasurer		SNGDSUK AGM
4	KUMAR SURANDRAN	Trustee		SNGDSUK AGM
5	Dr SURESH SREEDHARAN	Secretary		SNGDSUK AGM
6				
7				
8				

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

Name	Dates acted if not for whole year

	Names and addresses of advisers (Optional information)		
Type of adviser	Name	Address	
Name of chief executive or names of senior staff members (Optional information)			

Section B Structure, governance and management	
Description of the charity's trusts	
Type of governing document (eg. trust deed, constitution)	Constitution adopted at SNGDSUK's General body meeting held in Croydon on 08-07-2019
How the charity is constituted (eg. trust, association, company)	CIO Foundation
Trustee selection methods (eg. appointed by, elected by)	Elected by Annual General Meeting yearly.
Additional governance issues (Optional information)	
<p>You may choose to include additional information, where relevant, about:</p> <p>policies and procedures adopted for the induction and training of trustees;</p> <p>the charity's organisational structure and any wider network with which the charity works;</p> <p>relationship with any related parties;</p> <p>trustees' consideration of major risks and the system and procedures to manage them.</p>	NONE

Objectives and activities

<p>Summary of the objects of the charity set out in its governing document</p>	<p>FOR THE PUBLIC BENEFIT THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE RESIDING PERMANENTLY OR TEMPORARILY IN CROYDON AND THE SURROUNDING AREAS THROUGH THE PROVISION OF MEDICAL AWARENESS TALKS (MATS), YOGA CLASSES AND ANY OTHER WAYS IN WHICH THE TRUSTEES SEE FIT.</p>
<p>Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)</p>	<p>As a charity, trustees of SNGDSUK recognises the requirements to clearly demonstrate the objects of the charity which are for the public benefit.</p> <p>In summary, the benefits to the public identified are as follows:</p> <p>Increased Health Awareness: Communities in the Croydon borough benefit from monthly drop-in sessions that include medical awareness talks. These sessions are held at the West Thornton Community Hall in Croydon and are funded by the National Lottery.</p> <p>Stress Reduction and Physical Fitness: To help reduce stress and anxiety while improving balance, flexibility, and strength, we have organized social cohesion events and yoga sessions. Social cohesion events include Christmas celebrations and inviting guests for yoga demonstrations.</p> <p>Regular Yoga Sessions: Yoga sessions are held twice a week, funded by the Community Fund. They take place at Haslemere Hall in Croydon every Saturday from 8:30 AM to 9:30 AM and at Queens Community Centre Hall in Croydon every Tuesday from 7:00 PM to 8:00 PM. Additionally, we have conducted online yoga sessions alongside our in-person classes.</p> <p>The community-funded project "Recovery" ran from April 2022 to March 2023. This project succeeded in bringing people together, fostering improved relationships within our BAME communities.</p>
<p>Additional details of objectives and activities (Optional information)</p>	
<p>You may choose to include further statements, where relevant, about:</p> <p>policy on grantmaking;</p> <p>policy programme related investment;</p> <p>contribution made by volunteers.</p>	<p>None</p>

Achievements and performance

Summary of the main achievements of the charity during the year	<p>Enhanced health awareness among the communities in our borough.</p> <p>Higher participation in yoga classes, leading to significant improvements in attendees' physical and mental health.</p> <p>Greater public engagement and community cohesion through our drop-in sessions.</p>
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Financial review

Brief statement of the charity's policy on reserves	<p>Cash at bank at 31-07-2023 was £13400.63 and cash in hand £31. The main risk to charity is the loss of funding from Community Fund and volunteers' donations. The funds in the bank will cover one year hiring of hall, Yearly charity insurance and any other small unforeseen expenditure.</p>
Details of any funds materially in deficit	
Further financial review details (Optional information)	
<p>You may choose to include additional information, where relevant about:</p> <p>the charity's principal sources of funds (including any fundraising);</p> <p>how expenditure has supported the key objectives of the charity;</p> <p>investment policy and objectives including any ethical investment policy adopted.</p>	<p>The main source of income was the grant from Community fund and general donations. The funds have been used for Medical awareness talks, Yoga classes and drop-in sessions in our hired hall.</p>

Section F

Other optional information

Future Plans <ul style="list-style-type: none"> Engage with more communities in our public events. Expand our current activities to reach a broader audience. Investigate additional services that align with our objectives to benefit the public.

Declaration

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

Signed on behalf of the charity’s trustees

Signature(s)



Full name(s)

SHAJI SREEDHARAN

Position (eg Secretary, Chair, etc)

Secretary

Date

28-05-2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name SNGDSUK	No (if any)
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Receipts and payments accounts

CC16a

For the period from	Period start date 01/08/2022	To	Period end date 31/07/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Communityuy fund 2023-2024	0	9887.00	-	9887.00	9275
Standing Order	475.00	0	-	430.00	720.08
General Donation	540.00	0	-	540.00	
Interest	3.45	0	-	3.45	50.00
	0	0	-	0	
	0	-	-	0	
	-	-	-	-	
	-	-	-	-	
Sub total (Gross income for AR)	1018.45	9887.00	0	10860.45	10045.08
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total receipts	1018.45	9887.00	-	10860.45	10045.08 -

A3 Payments

Liability insurance renewable cost	0	0	-		101.00
Other expenses	533.80	0	-	533.80	548.00
Community Fund 2021-22	0	0	-		
Community Fund 2022-2023	0	6565.88	-	6565.88	2576.00
Hall Rent	237.00	0	-	237.00	
	0	0	-		
	0	-	-		
Venue	0	0	0		
Drop in sesion	-	-	-	-	
Sub total	770.80	6565.88	-	7099.88	3268.85

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
<i>Sub total</i>		-	-	-	-
<i>Total payments</i>	770.80	9887.00	-	10657.80	166.80
<i>Net of receipts/(payments)</i>	247.65	3321.00	-	3502.77	6933.00
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3133.00	6699.00	-	9832.00	3055.00
<i>Cash funds this year end</i>	3380.65	10020.20	-	10034.65	3086.63

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	3380.65	10020.20	-
	Cash	31.00	-	-
		-	-	-
	Total cash funds	3411.65	10020.20	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
Shaji Sreedharan	Shaji Sreedharan	28/05/2024
Suresh Kumar Karunakaran	Suresh Kumar Karunakaran	28/05/2024

SNGDSUK

Trustees of SNGDSUK 2022-23

Mr. Shaji Sreedharan

Mr Kumar Surandran

Mr Sajeey Sadasivan

Dr. Suresh Sreedharan

Mr Sureshkumar Karunakaran