



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From: 01/01/2022 To: 31/12/2022

Charity name: Dhyan Foundation UK

Charity registration number: 1190502

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<i>To promote good health for the public benefit by teaching the yogic techniques of Sanatan Kriya Yoga for physical, mental, and spiritual health of the community in UK.</i> <i>To relieve the suffering of animals in the UK and other parts of the world as the Trustees decide.</i>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<ol style="list-style-type: none"><i>1. The foundation organises weekly Sanatan kriya yoga classes to educate people across the UK.</i><i>2. We also arrange weekly Satsang on Sunday afternoons which begins with a guided meditation and Q&A afterwards.</i> <i>Grants are made to organisations that further support the objectives of the foundation. All our charitable activities are volunteer based, thus ensuring our overheads are minimised.</i>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<i>The trustees confirm they have regard to the guidance issued by the charity commissions on the public benefit.</i>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<i>We have a draft grant making policy document which outlines our approach for risk, monitoring and details of our grant decision making policy. Periodically we issue grants. The grant decision making policy is available on our website.</i>
Policy on social investment	Para 1.38	

including program related investment		
Contribution made by volunteers	Para 1.38	<i>We rely 100% on our well-wishers, volunteers, supporters, and donors to achieve our charitable objects.</i>
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><i>We were able to continue running regular Online Zoom classes and broaden our reach across the whole of the UK.</i></p> <p><i>The regular online classes and have provided great mental and physical support to all attendees of our Sanatan Kriya classes during an unprecedented time of uncertainty.</i></p> <p><i>In addition, our teachers participated in public online seminars on the Journey of Shri Ram and the Vedic culture of the Cow.</i></p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<i>For the financial period Jan 2022 – December 2022, our total income was £100,543 and total expenditure £65,494.</i>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<i>Reserves to cover running costs and any grants for the following year.</i>
Amount of reserves held	Para 1.22	<i>£35,375</i>
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<i>Donations from volunteers, supporters, and donors.</i>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	<i>constitution</i>
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	<i>charitable incorporated organisation</i>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	<i>Dhyan Foundation UK</i>
Other name the charity uses	
Registered charity number	<i>1190502</i>
Charity's principal address	<i>Flat 7, 40 Carlton Drive, Putney, London, SW15 2DG</i>

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	<i>Suresh Kumar</i>			
2	<i>Rajendra Mistry</i>			
3	<i>Wai Ming Lam</i>			
4				
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14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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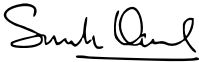

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Suresh Kumar	Rajendra Mistry
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	14 th October 2023	



Receipts and payments accounts

CC16a

For the period
from

01-Jan-22

To

31-Dec-22

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					
Donations	65,801	-	-	65,801	-
Gift Aid Repayment claim	34,743	-	-	34,743	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	100,543	-	-	100,543	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	100,543	-	-	100,543	-
A3 Payments					
Grants	64,805	-	-	64,805	-
Operating Expense (Website, Stripe, Insurance)	308	-	-	308	-
Stripe Charges	100	-	-	100	-
Bank Charges	281	-	-	281	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	65,494	-	-	65,494	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	65,494	-	-	65,494	-
Net of receipts/(payments)	35,050	-	-	35,050	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	325	-	-	325	-
Cash funds this year end	35,375	-	-	35,375	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds				
	cash balance	£35,375.00	-	-
		-	-	-
		-	-	-
	Total cash funds	35,375	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets				
	CCXX RT accounts (SS)	-	-	-
	1			14/10/2023

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

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

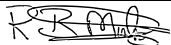
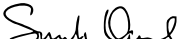
B4 Assets retained for the charity's own use

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
	Rajendra Mistry	14th Oct 2023
	Suresh Kumar	14th Oct 2023



Section A

Independent Examiner's Report

Report to the trustees/
members of

Dhyan Foundation UK

On accounts for the year
ended

2022

Charity no
(if any)

1190502

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above
charity ("the Trust") for the year ended 31 / 12 / 2022.

Responsibilities and
basis of report

As the charity's trustees, 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 2011 Act and in carrying out my examination, I
have followed all the applicable Directions given by the Charity Commission
under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my 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.

* Please delete the words in the brackets if they do not apply.

Signed:

B. Dhalwal

Date:

26 / 10 / 23

Name:

BUTA DHALWAL

Relevant professional
qualification(s) or body
(if any):

N/A.

Address:

18 CRYFIELD HEIGHTS
COVENTRY.
CV4 7LA

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern
(see CC32, Independent examination of charity accounts: directions and
guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A.