



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From: 01/01/2023 To: 31/12/2023

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"><li><i>1. The foundation organises weekly Sanatan kriya yoga classes to educate people across the UK.</i></li><li><i>2. We also arrange weekly Satsang on Sunday afternoons which begins with a guided meditation and Q&amp;A afterwards.</i></li><li><i>3. Weekly in person classes at Kings College London and at Fitzrovia Centre London</i></li></ol> <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.</i>

		<b><i>The grant decision making policy is available on our website.</i></b>
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<b><i>We rely 100% on our well-wishers, volunteers, supporters, and donors to achieve our charitable objects.</i></b>
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><b><i>We were able to continue running regular Online Zoom classes and broaden our reach across the whole of the UK.</i></b></p> <p><b><i>In addition, we ran in-person classes at Kings College London and at the Fitzrovia Community Centre.</i></b></p> <p><b><i>In the public realm we also had a public stall at the Lord mayors Diwali 2023 event in Trafalgar Square.</i></b></p> <p><b><i>The regular online classes and in-person classes have provided great mental and physical support to all attendees of our Sanatan Kriya classes during an unprecedented time of uncertainty.</i></b></p> <p><b><i>In addition, we have started supporting the feeding and well-being of UK's only Vedic Brahman cows at Yogashram Wales and have issued a grant for local charity in Wales who are rehabilitate stray dogs.</i></b></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	<b><i>For the financial period Jan 2023 – December 2023, our total income was £62617 and total expenditure £97683.</i></b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b><i>xxxxx</i></b>
Amount of reserves held	Para 1.22	<b><i>xxxxx</i></b>
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	<b><i>Donations from volunteers, supporters, and donors. We also rely on Gift Aid repayment claim</i></b>
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 ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b><i>constitution</i></b>
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	<b><i>charitable incorporated organisation</i></b>
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	<b><i>Dhyan Foundation UK</i></b>
Other name the charity uses	
Registered charity number	<b><i>1190502</i></b>
Charity's principal address	<b><i>Flat 7, 40 Carlton Drive, Putney, London, SW15 2DG</i></b>

### 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>Vaibhav Kalra</i>			
	3	<i>Wai Ming Lam</i>			
	4				
	5				
	6				
	7				
	8				
	9				
	10				
	11				
	12				
	13				
	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	

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## 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)		

## 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	Vaibhav Kalra
	Position (eg	Chair	Treasurer
	Secretary, Chair, etc)		
	Date	06 October 2024	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Dhyan Foundation UK

1190502

## Receipts and payments accounts

CC16a

For the period  
from

1-Jan-23

To

31-Dec-23

### 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 £
<b>A1 Receipts</b>					
Donations	48,222	-	-	48,222	-
Gift Aid Repayment claim	14,395	-	-	14,395	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>62,617</b>	<b>-</b>	<b>-</b>	<b>62,617</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>62,617</b>	<b>-</b>	<b>-</b>	<b>62,617</b>	<b>-</b>
<b>A3 Payments</b>					
Grants	93,744	-	-	93,744	-
Operating Expense (General expense, operating costs, Insurance, events)	2,972	-	-	2,972	-
Stripe Charges	651	-	-	651	-

Bank Charges	240	-	-	240	-
Returned Donations	75	-	-	75	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>97,683</b>	<b>-</b>	<b>-</b>	<b>97,683</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	
<b>Total payments</b>	<b>97,683</b>	<b>-</b>	<b>-</b>	<b>97,683</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 35,066</b>	<b>-</b>	<b>-</b>	<b>- 35,066</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>325</b>	<b>-</b>	<b>-</b>	<b>325</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>- 34,741</b>	<b>-</b>	<b>-</b>	<b>- 34,741</b>	<b>-</b>

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>		- 34,741	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>- 34,741</b>	<b>-</b>	<b>-</b>

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

OK	OK	OK
Unrestricted funds	Restricted funds	Endowment funds
to nearest £	to nearest £	to nearest £
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-

**B2 Other monetary assets**

**Details**


**B3 Investment assets**

**Details**


Fund to which asset belongs

Cost (optional)

Current value (optional)

-	-
-	-
-	-
-	-
-	-

**B4 Assets retained for the charity's own use**

**Details**


Fund to which asset belongs

Cost (optional)

Current value (optional)


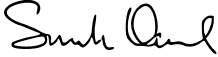
-	-
-	-
-	-
-	-
-	-
-	-

		-	-
		-	-
		-	-

## B5 Liabilities

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

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

Signature	Print Name	Date of approval
	Vaibhav Kalra	6 October 2024
	Suresh Kumar	6/9/2024



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name

Dhyan Foundation UK

On accounts for the year  
ended

31/12/23

Charity no  
(if any)

119 0502

Set out on pages

I report to the trustees on my examination of the accounts of the above  
charity ("the Trust") for the year ended

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

[The charity's gross income exceeded £250,000 and I am qualified to  
~~undertake the examination by being a qualified member of [insert name of~~  
applicable listed body]]. ~~Delete [ ] if not applicable.~~

I have completed my examination. I confirm that no material matters have  
come to my attention in connection with the examination (other than that  
disclosed below \*) which gives me cause to believe that in, any material  
respect:

- the accounting records were not kept in accordance with section 130  
of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

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

Signed:

B. S. Dhaliwal

Date:

16/10/24

Name:

BUTA SINGH DHALIWAL

Relevant professional  
qualification(s) or body

NONE

(if any):

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.