



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	07	2022		30	06	2023

Section A Reference and administration details

Charity name	Save Your Soul Society
Other names charity is known by	The Yoga Centre
Registered charity number (if any)	1193564
Charity's principal address	97 Walbrook Road
	Derby
Postcode	DE23 8SF

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	Abdus-Samad Rana			
2	Malik Tahir Saleem Awan			
3	Rizwana Shabbir			
4	Umar Butt			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year

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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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Unincorporated Association
Trustee selection methods (eg. appointed by, elected by)	Appointment by existing trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To encourage and help all persons to a greater knowledge and understanding of all aspects of Yoga and its practice by provision of study, education and training. To set up and operate Meditation and Yoga clubs with a view to manage spiritual, mental and body fitness-problems and diseases especially tension, anxiety, hopelessness, blood pressure, diabetes, overweight etc. through spiritual, mental, physical and breathing exercises.

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)

Providing yoga classes for individuals from all walks of life.

We have provided ladies only classes so that ladies are able to do yoga in a safe and comfortable environment.

We provided yoga classes for individuals with mental and physical disabilities.

We provided group classes and 1-to-1 sessions.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

The charity has completed another successful year of work, and our activities in the above areas shall continue along these lines.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity is operated by volunteers and instructors who take a fee for providing their services.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

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)

Abdus-Samad Rana

Position (eg Secretary, Chair, etc)

Treasurer

Date

12/07/2024

Receipts and payments accounts

CC16a

 For the period
from

 Period start date
01-Jul-22

To

 Period end date
30-Jun-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 £
A1 Receipts					
Grants	-	-	-	-	25,500
Class Membership Fees	53,640	-	-	53,640	51,330
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	53,640	-	-	53,640	76,830
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	53,640	-	-	53,640	76,830
A3 Payments					
Loan repayments	12,000	-	-	12,000	22,417
Business Rates	957	-	-	957	140
Rent (including utilities)	-	-	-	-	9,777
Instructor fees	22,350	-	-	22,350	21,141
Volunteer expenses	4,110	-	-	4,110	4,640
Consumables	2,025	-	-	2,025	1,770
Website	-	-	-	-	37
Repairs	1,555	-	-	1,555	4,026
Outdoor events and seminars	7,100	-	-	7,100	6,700
Accountancy fees	1,000	-	-	1,000	1,000
Sub total	51,097	-	-	51,097	71,648
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	51,097	-	-	51,097	71,648
Net of receipts/(payments)	2,544	-	-	2,544	5,182
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	13,066	-	-	13,066	7,884
Cash funds this year end	15,610	-	-	15,610	13,066

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 account	1	-	-
		-	-	-
		-	-	-
	Total cash funds	1	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
	Equipment		2,500	-
	Furniture		1,500	-
	Sign Boards		1,500	-
	Other miscellaneous		1,300	-
			-	-
			-	-
			-	-
			-	-
			-	-
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
		Abdus-Samad Rana	12/07/2024



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Save Your Soul Society

On accounts for the year
ended

30th June 2023

Charity no
(if any)

1193564

Set out on pages

1 & 2 of CC16a

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30/06/2022**.

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 confirm that no material matters have come to my attention in connection with the examination 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.

Signed:

Z Imteyaz

Date:

12/07/2024

Name:

Zain Imteyaz MAAT

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

Association of Accounting Technicians (AAT)

Address:

97 Walbrook Road, Derby, DE23 8SF

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.