



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 02/06/2023 To 01/06/2024

Charity name: HRIDAYAM FOUNDATION

Charity registration number: 1195240

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<i>The relief of sickness and preservation of health of persons living in Southern Asia, by the provision of healthcare and equipment, particularly for those unable to afford such help, primarily, but not exclusively to prevent and treat heart disease. To advance the education of the public, in the UK and Southern Asia, primarily, but not exclusively, in the subject of heart disease.</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	<i>Provides services for:</i> <ol style="list-style-type: none"><li><i>1. Advancing health or the saving of lives</i></li><li><i>2. Health or treatment centre</i></li><li><i>3. Professional training</i></li></ol> <i>Makes grants to individuals and organisations</i>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<i>It is to confirm that the trustees have had regard to the guidance issued by the Charity Commission on 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>The trustees adhered to and followed the grant making policy of the charity for vaccination campaigns and medications provisions, as applicable.</i>
Policy on social investment including program related investment	Para 1.38	<i>Not applicable</i>
Contribution made by volunteers	Para 1.38	<i>The charity was able to recruit more volunteers for working across its varied scope of work this year with very satisfying outcomes for its objectives and purposes, aiming to deliver full range of activities, in the</i>

		<i>last phase of its recovery from the pandemic.</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>Overcoming previous challenges, In 2023-2024 year, the charity was able to get back on track resume its full scope of activities, in line with its objectives and purposes, and expanded some of its key services to build upon the successes and feedback from 2022-2023, especially remote consultations and advice to needy patients finding difficult to travel or with socio-cultural or language barriers.</i></p> <p><i>A range of educational / CPD events (mainly online were arranged with wide range of appreciation from attendees.</i></p> <p><i>Our key achievements during 2023-24 are:</i></p> <ol style="list-style-type: none"> <li><i>1. Connecting back with many patients who we had lost touch with during the pandemic, as part of our phased return to usual activities plans.</i></li> <li><i>2. Better financial management of free monthly medications and tests for the neediest patients.</i></li> <li><i>3. Regular running of weekly (ad hoc) and monthly programmed large events, entirely free of cost.</i></li> <li><i>4. Enhanced outreach into semiurban and rural areas, running screening programmes.</i></li> <li><i>5. Better and enhanced uptake of online services.</i></li> <li><i>6. Better adherence to policies and mandatory training.</i></li> <li><i>7. Installation of Automated External Defibrillator (via donation).</i></li> <li><i>8. Organising accredited Webinars and meetings for healthcare professionals, across UK and India, focussing on Cardiovascular diseases, Diabetes, Weight Management, Sudden Cardiac Death, and CPR awareness.</i></li> <li><i>9. Providing free evidence-based opinion and advice to other heart disease patients like 2022-2023.</i></li> <li><i>10. Flu vaccination campaign January 2024.</i></li> <li><i>11. Expanding teaching/training and overseas visiting volunteers' programme for Summer 2024 in UK and India.</i></li> <li><i>12. Further strengthening our policies on working with service providers in the region and India.</i></li> <li><i>13. Promoting Health education and public</i></li> </ol>

		<p>awareness campaigns.</p> <p>14. Addressing socio-cultural and mental health issues to help the patients under our care as holistically as possible.</p> <p>15. Applying the learnings from the Charity Commission January 2024 event for charities operating overseas, to further strengthen our understanding, position, reputation, financial management and overall operations, besides risk management.</p>
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#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<i>As per above details.</i>
Performance of fundraising activities against objectives set	Para 1.41	<i>Our total fundraising was £225 this year, in line with our policies and procedures and charity commission and UK fundraising regulator guidelines. We hope to increase this in the coming year.</i>
Investment performance against objectives	Para 1.41	<i>Like 2022-23, the charity did not make any investments during the year, except upgrading the necessary equipment and tools as per requirements, keeping the focus on our key objectives and varied scope of work.</i>
Other		<i>None.</i>

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<i>The Charity is in a stable financial position at the end of FY 2023-24, with a similar gross bank balance of £9546.60 as on 01/06/2024.</i>  <i>Our activities will expand further in the coming year, and we are keeping a close eye on our finances and reviewing things on regular basis.</i>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<i>The Charity has an ongoing policy for holding reserves based on last one year's expenditures, held as a minimum of £3000 for exigencies in the Charity bank account as part (30%) of overall balance and is reviewed every year.</i>
Amount of reserves held	Para 1.22	£3000
Reasons for holding zero reserves	Para 1.22	NA
Details of fund materially in deficit	Para 1.24	NA
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No concerns.

### 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	
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>CIO Foundation Constitution</i>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<i>CIO, registered 21/07/2021</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	<i>As per Charity constitution clauses 9-13: (1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. (2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.</i>

### 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	<i>As per Constitution.</i>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<i>As per Constitution.</i>
Relationship with any related parties	Para 1.51	<i>MOU with Hridayam Foundation, India, registered NGO (218/2019-Muzaffarpur)</i>
Other		<i>None.</i>

## Reference and Administrative details

Charity name	<i>Hridayam Foundation</i>
Other name the charity uses	<i>x</i>
Registered charity number	<i>1195240</i>
Charity's principal address	<i>4 The Oval Wakefield West Yorkshire WF1 3QB, UK</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	Ashish Kumar Thakur	4 The Oval, Wakefield. WF1 3QB. UK	NA	<i>As per CIO Foundation Constitution clause 10 (New Trustee Appointment): Meeting of Charity Trustees</i>
2	Smita Thakur	4 The Oval, Wakefield. WF1 3QB. UK	NA	<i>As per CIO Foundation Constitution clause 10 (New Trustee Appointment): Meeting of Charity Trustees</i>
3	Mehala Kumar	X	NA	<i>As per CIO Foundation Constitution clause 10 (New Trustee Appointment): Meeting of Charity Trustees</i>
4	Sugandh Sarvpriya	X	NA	<i>As per CIO Foundation Constitution clause 10 (New Trustee Appointment): Meeting of Charity Trustees</i>
5				
6				
7				
8				
9				
10				

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

Director name		
Ashish Kumar Thakur	21/03/2025	Chair/CEO
Smita Thakur	21/03/2025	Trustee/Director

## Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
NA		

## Funds held as custodian trustees on behalf of others

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

from the charity's own assets	
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**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)**

Ashish Kumar Thakur
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**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

NA
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**Other optional information**



None
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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)	Ashish Kumar Thakur	Smita Thakur
Position (eg Secretary, Chair, etc)	Chair / CEO	Trustee/Director
Date	31/03/2025	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

VIDAYAM FOUNDATION

1195240

## Receipts and payments accounts

CC16a

For the period  
from

6/2/2023

To

6/1/2024

### 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 to Bank Account	2,100	-	-	2,100	2,400
Charitable activities	100	-	-	100	500
Small Fundraising	225	-	-	225	300
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	2,425	-	-	2,425	3,200
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	2,425	-	-	2,425	3,200
<b>A3 Payments</b>					
IT Upgrades	250	-	-	250	250
Vaccination campaign Grant	300	-	-	300	300
Medicines	1,400	-	-	1,400	1,200
Tests	260	-	-	260	250
Stationery	75	-	-	75	150
Telephone	100	-	-	100	100
Medical Meetings	250	-	-	250	250
Miscellaneous	152	-	-	152	140
	-	-	-	-	-
<b>Sub total</b>	2,787	-	-	2,787	2,640
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	2,787	-	-	2,787	2,640
<b>Net of receipts/(payments)</b>	362	-	-	362	560
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	362	-	-	362	560

## 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 Balance	6,906	3,000	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>6,546</b>	<b>3,000</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	ok	ok	OK

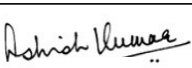

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	None		-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	None		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	None		-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Ashish Kumar Thakur	3/31/2025
	Smita Thakur	3/31/2025