



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 02/06/2024 To 01/06/2025

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"><i>1. Advancing health or the saving of lives</i><i>2. Health or treatment centre</i><i>3. Professional training</i> <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>This 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 followed the grant making policy of the charity for a range of activities including clinical programmes, staff expenses, vaccination campaigns and medications provisions.</i> <i>It was much better compared with last few years due to a large donation made to the Charity in 2024-25, besides utilising Charity's own funds with a positive and high impact on its scope and range of services.</i>
Policy on social investment	Para 1.38	NA

including program related investment		
Contribution made by volunteers	Para 1.38	<i>The charity liaised with a range of multiskilled volunteers for focussed initiatives like: Visiting Students Programme, CPR awareness campaigns, medicines management, health education and promotion and educational activities, besides helping out with the core clinical programmes and remote consultations, I'm providing other help to patients and their families.</i>
Other		<i>The volunteers also included students visiting from Imperial College School of Medicine for a summer programme, undertaking a diverse range of activities and assisting with programmes and gaining valuable experience.</i>

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>This year the charity ran its full scope of activities, aiming to achieve its core objectives and purposes, and expanded over to providing overseas medical students volunteering experience, better remote consultations, and increased number of opinions to patients finding difficult to travel or with socio-cultural or language barriers.</i></p> <p><i>The services also expanded to include metabolic conditions, especially diabetes and weight management.</i></p> <p><i>There were highly successful educational / CPD events, including the ones involving medical students with excellent feedback.</i></p> <p><i>Our key achievements during 2024-25 include:</i></p> <ol style="list-style-type: none"> <i>1. Full return to usual range of activities.</i> <i>2. Cost effective utilisation of funds for charities services.</i> <i>3. Vaccination programmes.</i> <i>4. Hosting visiting medical students volunteering programme summer 2024.</i> <i>5. Expanding online services to rural areas.</i> <i>6. Trialling models of local CPR initiatives.</i> <i>7. Organising accredited Webinars and meetings for healthcare professionals, across UK and India, focussing on Cardiovascular diseases, Diabetes, Weight Management, Sudden Cardiac Death, CPR awareness.</i> <i>8. Promoting Health education and public awareness campaigns.</i>

		<p>9. Addressing wider needs like socio-cultural and mental health issues in cardiac patients as much as possible.</p> <p>10. Continue to applying the learnings from the Charity Commission good practice guidelines for operating overseas, to strengthen our understanding, position, reputation, financial management and overall operations, and 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 £113 this year, in line with our policies and procedures and charity commission and UK fundraising regulator guidelines.</i>
Investment performance against objectives	Para 1.41	<i>The charity did not make any investments during the year, except necessary service related costs.</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 2024-25, with a gross bank balance of £7371 as on 01/06/2025.</i> <i>Our activities are in a stable situation and we continue to review this 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 (20-30%) 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	11/03/2025	Chair/CEO
Smita Thakur	11/03/2025	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
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Name of chief executive or names of senior staff members (Optional information)

Ashish Kumar Thakur

Exemptions from disclosure

Reason for non-disclosure of key personnel details

NA



Other optional information

None

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

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For the period
from

6/2/2024

To

6/1/2025

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 to Bank Account	13,200	-	-	13,200	2,100
Charitable activities	100	-	-	100	100
Small Fundraising	113	-	-	113	225
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	13,413	-	-	13,413	2,425
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	13,413	-	-	13,413	2,425
A3 Payments					
IT Upgrades	-	-	-	-	250
Vaccination Campaign Grant	300	-	-	300	300
Medicines	4,700	-	-	4,700	1,400
Tests	300	-	-	300	260
Stationery	125	-	-	125	75
Telephone	100	-	-	100	100
Medical Meetings	50	-	-	50	250
Miscellaneous	-	-	-	-	152
Clinical Services and related expenses	10,000	-	-	10,000	-
Sub total	15,575	-	-	15,575	2,787
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,575	-	-	15,575	2,787
Net of receipts/(payments)	2,162	-	-	2,162	362
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,162	-	-	2,162	362

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	4,371	3,000	-
		-	-	-
		-	-	-
	Total cash funds	4,371	3,000	-
	(agree balances with receipts and payments account(s))	ok	ok	OK


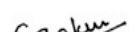
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	None	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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	3/31/2026
	Smita Thakur	3/31/2026