

24 GURUS - MENTAL HEALTH

England & Wales · Charity number 1195580

Details

Status Registered

Legal form CIO

Registered 2021-08-20

Register [View on the Charity Commission register](#)

Contact

Address 430 London Road
Stretton on Dunsmore
Rugby
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Activities

Objects: THE OBJECT OF THE CIO IS: TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF THE CAUSES OF AND POSSIBLE SOLUTIONS TO MENTAL HEALTH ISSUES AND TO PROVIDE ADVICE, INFORMATION AND GUIDANCE IN THAT TOPIC.

Activities: Mental health awareness and support

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, Disability
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£15,450	£15,384	-	-
2024-03-31	£38,280	£37,902	-	-
2023-03-31	£0	£0	-	-
2022-03-31	£0	£0	-	-

Trustees

Name	Role	Appointed
Jay Punjani	Chair	2021-08-20
Priti Bhogaita		2021-08-20
Ramchandra Shukla		2021-08-20

24 GURUS - MENTAL HEALTH

England & Wales - Charity number 1195580

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Trustees Annual Report – 24 GURUS – MENTAL HEALTH

For the Year Ended 31 March 2025

Introduction

The trustees present their Annual Report for 24 Gurus – Mental Health for the financial year ended 31 March 2025. During this year, the charity has continued to focus on maintaining its mission to support mental health and well-being within the community, while navigating a more challenging funding environment compared to the previous year.

Although grant income has reduced significantly during the year, the trustees remain committed to sustaining the charity's purpose and ensuring prudent financial management while exploring future funding opportunities.

Objectives and Activities

The charity's primary objective continues to be the promotion and improvement of mental health and emotional well-being within the community. The trustees remain focused on delivering supportive, preventative, and wellbeing-focused activities, subject to available funding.

During the year, activities were necessarily more limited due to reduced grant income. However, the charity continued to prioritise planning, engagement, and readiness to deliver mental health support services when funding allows. Key focus areas included:

- Maintaining the charity's operational readiness and governance framework
- Planning future mental health support initiatives, including mindfulness, meditation, and wellbeing programmes
- Engaging with potential partners and grant providers
- Ensuring responsible use of funds in line with charitable objectives

Achievements and Performance

The year saw a reduction in overall activity compared to the previous period, primarily due to a decline in grant funding. A number of previous donors chose not to continue their support, and despite ongoing efforts, new donors have not yet been secured.

Key highlights include:

- **Grant Income Management:** All grant income received during the year was managed carefully and applied towards essential operational and charitable costs.
- **Cost Control:** Trustees took a cautious and responsible approach to expenditure, ensuring costs were tightly controlled and aligned with the charity's objectives.
- **Governance and Compliance:** The trustees continued to meet regularly and ensured that governance, financial oversight, and regulatory responsibilities were upheld.
- **Future Readiness:** Despite reduced activity, the charity remains well-positioned to scale its programmes once funding improves.

Financial Review

The trustees report a modest surplus for the year, reflecting careful financial stewardship in a period of reduced income.

Key financial highlights for the year ended 31 March 2025:

- **Total Income:** £15,450
- **Total Expenditure:** £15,384
- **Retained Surplus for the Year:** £66

The decrease in income compared to the previous year (2023–2024) reflects a reduction in grant funding. Several past donors did not continue their support, and the charity has not yet been successful in securing replacement donors or new grant streams. As a result, overall income and expenditure both reduced significantly during the year.

Expenditure primarily related to essential administrative and consultancy costs required to maintain the charity’s operations and future programme planning.

Plans for the Future

Looking ahead, the trustees are focused on:

- Actively seeking new grant funding and donor opportunities
- Re-engaging with funding bodies and building new partnerships
- Gradually restarting and expanding mental health support activities as funding allows
- Continuing to operate with strong financial discipline and governance
- Developing sustainable funding strategies to reduce reliance on a small number of donors

The trustees strongly believe that securing new grants will be critical to the charity’s growth and long-term sustainability.

Conclusion

The trustees acknowledge that 2024–2025 has been a challenging year financially for 24 Gurus – Mental Health. However, the charity remains resilient, well-governed, and committed to its mission. With continued effort, strategic planning, and the pursuit of new funding opportunities, the trustees are confident that the charity can rebuild momentum and expand its impact in future years.

The trustees would like to thank all supporters, donors, and volunteers who continue to believe in the charity’s vision and purpose.

Signed on behalf of the Board of Trustees

Jay Punjani
Chairperson

Date: 22 January 2026

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Trustees Annual Report - 24 GURUS - MENTAL HEALTH

For the Year Ended [April-2023-March-2024]

Introduction

The trustees are delighted to present this year's Annual Report for our Mental Health Support charity. This year has been a transformative one for our organisation, marked by significant progress in securing grants and expanding our reach to promote mental well-being. These accomplishments have allowed us to continue our mission to support individuals on their journey toward mental health and resilience.

Objectives and Activities

Our primary objective remains to support and improve mental health and well-being within the community. This year, we enhanced our services through various activities, ensuring the efficient and impactful use of grants received.

Key activities delivered during the year included:

1. **Mental Health Support Groups:** Hosting sessions where individuals could share experiences, learn coping mechanisms, and access peer support in a safe and welcoming environment.
 2. **Meditation and Mindfulness Programs:** We successfully conducted meditation and mindfulness workshops designed to help individuals reduce stress, build confidence, and improve emotional resilience. Feedback from participants highlighted the profound positive impact of these sessions on their mental well-being.
 3. **Yoga for Well-Being:** Our yoga classes were tailored to all ages and abilities, offering not only physical benefits but also fostering a deeper sense of inner peace and connection.
 4. **Workshops on Stress Management and Resilience:** These workshops were developed to equip attendees with practical tools to navigate daily stressors and challenges.
 5. **Community Engagement Events:** Hosting open events such as "Well-Being Days" that included guided relaxation, nutritional advice, and introductory mental health support sessions to encourage broader participation and awareness.
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Achievements and Performance

This year, we secured several grants. These funds were strategically allocated to ensure maximum impact across our activities:

- **Grant Utilisation:** All grants were utilised effectively to fund operational costs, hire experienced facilitators, and provide necessary resources to support our activities.
- **Expanded Reach:** With the additional funding, we were able to extend our services to underserved areas, bringing support to individuals who had previously faced barriers to accessing mental health care.
- **Increased Participation:** Participation rates across our activities grew compared to the previous year. This growth reflects the increasing need for our services and the trust the community places in our charity.
- **Positive Feedback:** Participants reported a noticeable improvement in their mental health and overall well-being after attending our programs.

Financial Review

The trustees are pleased to report that the charity's financial position is strong, thanks to the generous grants and donations received throughout the year.

Key financial highlights:

- **Total Income:** £38,280
- **Total Expenditure:** £37,902

Every pound spent was directed towards activities that align with our mission to promote mental well-being. The trustees have ensured careful and transparent financial management throughout the year.

Plans for the Future

Looking ahead, we aim to:

- Continue to grow our activities, particularly in areas of meditation, yoga, and stress management.
- Establish partnerships with other organisations to create a more integrated approach to mental health support.
- Explore new funding opportunities to further expand our reach and impact.

- Develop innovative programs to address emerging mental health challenges within the community.
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Conclusion

The trustees would like to extend heartfelt thanks to all funders, partners, and volunteers who have supported the charity this year. Your contributions have made a meaningful difference in the lives of many. As we move forward, we remain committed to promoting mental well-being and creating a community where everyone has access to the support they need.

Signed on behalf of the Board of Trustees,
Jay Punjani

Date: 22-Jan-25

Following is the financial transaction during for the period of 01/04/2023 - 31/03/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

24 Gurus - Mental Health

No (if any)

Receipts and payments accounts

CC16a

For the period from	01/04/2023	To	31/03/2024
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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					
Income	38,280	-	-	38,280	-
Less Materials	- 280	-	-	- 280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	38,000	-	-	38,000	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,000	-	-	38,000	-
A3 Payments					
Office Costs	1,505	-	-	1,505	-
Licenses and Permits	250	-	-	250	-
Miscellaneous	22	-	-	22	-
Auto Expenses	88	-	-	88	-
Meals	1,203	-	-	1,203	-
Advertising and Promotion	1,200	-	-	1,200	-
Leasing Payments	13	-	-	13	-
Consultancy Fees	29,960	-	-	29,960	-
Charitable Donations	3,449	-	-	3,449	-
Travel	212	-	-	212	1
Sub total	37,902	-	-	37,902	1
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	37,902	-	-	37,902	1
Net of receipts/(payments)	98	-	-	98	- 1
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	98	-	-	98	- 1



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
24 GURUS - MENTAL HEALTH

On accounts for the year ended

31/03/2024

Charity no (if any)

1195580

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 / 03 / 2024.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

Date:

10/01/2025

Name:

ABDUL SHAHID

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

ACCA

Address:

57 STROUD GREEN ROAD

FINSBURY PARK

N4 3EG

24 GURUS - MENTAL HEALTH

England & Wales - Charity number 1195580

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Trustees Annual Report - 24 GURUS - MENTAL HEALTH

Dear Supporters and Volunteers,

We trust this message finds you in good spirits. As we look back on the past year, we regret to inform you that our charity, 24 Gurus – Mental Health, has yet to commence operations. Consequently, there is no report to present in our Trustee Annual Report for this accounting year for 01/04/2022 - 31/03/2023.

However, despite this delay, we remain resolute in our commitment to our mission of bolstering mental health and well-being within our community. We are actively pursuing opportunities to secure grants, firmly believing that they will provide the necessary resources to kickstart our activities and make a tangible difference in the lives of those grappling with mental health challenges.

Recognizing the significance of our endeavours, we are diligently surmounting any obstacles that may impede our progress. With your continued support and encouragement, we harbour confidence that we will soon be in a position to roll out our programmes and services.

We sincerely appreciate your patience and understanding during this phase. Be assured, we are wholeheartedly dedicated to our cause and are eager to commence our work at the earliest opportunity.

We extend our heartfelt gratitude for your unwavering support and steadfast belief in our vision. Together, let us strive to cultivate a community where mental health is acknowledged, comprehended, and accorded the priority it deserves.

Jay Punjani

Trustee / Chairperson, Board of Trustees 24 Gurus – Mental Health

There was no financial transaction during for the period of 01/04/2022 - 31/03/2023

**24 GURUS - MENTAL HEALTH - Accounting Year for
01/04/2022 - 31/03/2023**

	Debit	Credit
add Other Income		0
Grant Income		0
less Administration Expenses	0	
Office Costs	0	
Miscellaneous	0	
Charitable Donations	0	
Operating Profit		0
less Drawings		0
less Profit & Loss journal entries		0
Retained Profit this period:		0
Retained Profit brought forward:		0
Distributable Reserves / Retained Profit carried forward:		0

24 GURUS - MENTAL HEALTH

England & Wales - Charity number 1195580

Accounts

Trustees Annual Report - 24 GURUS - MENTAL HEALTH

Dear Supporters and Volunteers,

We hope this message finds you well. As we reflect on the past year, we regret to inform you that our charity, 24 Gurus – Mental Health, has not yet commenced operations, and consequently, there is no report to present in our Trustee Annual Report for this year.

Despite this delay, we remain steadfast in our commitment to our mission of supporting mental health and well-being within our community. We are actively pursuing opportunities to secure grants that will enable us to initiate our activities and make a meaningful impact in the lives of those affected by mental health challenges.

We understand the importance of our work, and we are diligently working towards overcoming any obstacles that stand in our way. With your continued support and encouragement, we are confident that we will be able to launch our programs and services in the near future.

We appreciate your patience and understanding during this transitional period. Rest assured, we are fully dedicated to our cause and are eager to begin making a difference as soon as possible.

Thank you for your unwavering support and belief in our vision. Together, we will strive to create a community where mental health is recognized, understood, and prioritized.

Warm regards,

Jay Punjani

Trustee / Chairperson, Board of Trustees 24 Gurus – Mental Health

There was no financial transaction during for the period of 20/08/2021 - 31/03/2022

**24 GURUS - MENTAL HEALTH - Accounting Year for
20/08/2021 - 31/03/2022**

	Debit	Credit
add Other Income		0
Grant Income		0
less Administration Expenses	0	
Office Costs	0	
Miscellaneous	0	
Charitable Donations	0	
Operating Profit		0
less Drawings		0
less Profit & Loss journal entries		0
Retained Profit this period:		0
Retained Profit brought forward:		0
Distributable Reserves / Retained Profit carried forward:		0