



## Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2023		31	03	2024

### Section A

### Reference and administration details

Charity name

MSSV Health Foundation

Other names charity is known by

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Registered charity number (if any)

1198048

Charity's principal address

43 Mervyn Road

Handsworth

Birmingham

Postcode

B21 8DE

#### 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	Sachdev Virdee			
2	Navdeep Singh			
3	Manoj Kumar Virdee			
4				
5				
6				

#### 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
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#### 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)	CIO - Foundation
How the charity is constituted (eg. trust, association, company)	Registered CIO-Foundation
Trustee selection methods (eg. appointed by, elected by)	Appointed by the current 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 ASSIST IN THE TREATMENT AND CARE OF PERSONS SUFFERING FROM MENTAL OR PHYSICAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, IN PARTICULAR BUT NOT EXCLUSIVELY BY: I) TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF DIABETES IN INDIA THROUGH THE PROVISION OF FINANCIAL ASSISTANCE, SUPPORT, EDUCATION, PRACTICAL ADVICE REGARDING SELF-MANAGEMENT OF CONDITIONS, AND SERVICES SUCH AS THE PROVISION OF MEDICATION AND DIALYSIS. II) TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO DIABETES AND TO PRODUCE AND DISSEMINATE HEALTH RELATED LITERATURE TO RAISE AWARENESS OF LONG-TERM HEALTH CONDITIONS

### 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)

#### Activities

- Ran many sessions of Diabetes self-management training in Punjab, India
- Ran Diabetes awareness sessions in high and higher secondary schools districts of Jalandhar and Shaheed Bhagat Singh Nagar

## 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.

## Section D

### Achievements and performance

**Summary of the main achievements of the charity during the year**

Trained couple of hundred diabetes patients to self-manage their diabetes through a structured information. Patients learned the causes of the Diabetes, types, their medications, myths around Diabetes, how to avoid quack “health professionals” and their treatments. The course participants also learnt about self-management tools such as using their medication effectively, working with their health care professionals, reporting accurately about their condition to their doctors, positive thinking, exercising and making and adhering to their diet plan.

## Section E

### Financial review

**Brief statement of the charity’s policy on reserves**

No reserve policy is in place as charity does not have surplus funds.

**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.


<b>Section F</b>	<b>Other optional information</b>
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<b>Section G</b>	<b>Declaration</b>
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The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)		
Full name(s)	Navdeep Singh	
Position (eg Secretary, Chair, etc)	Trustee	
Date	28-01-2025	