

# THE GITA PROJECT

England & Wales · Charity number 1198973

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2022-05-16

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

## Contact

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**Address** The Gita Project  
5 Brayford Square  
London  
E1 0SG

**Phone** 0333 090 9365

**Email** [info@thegitaproject.org](mailto:info@thegitaproject.org)

**Website** [www.thegitaproject.org](http://www.thegitaproject.org)

## Activities

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**Objects:** TO ADVANCE EDUCATION ON YOGA AND MEDITATION AND RELIGION IN ACCORDANCE WITH VEDIC VAISHNAVA TEACHINGS FOR THE BENEFIT OF THE GENERAL PUBLIC BY PLACING, PRESENTING AND/OR DISTRIBUTING THE BHAGAVAD GITA AS IT IS AND OTHER BOOKS ON YOGA AND MEDITATION IN VARIOUS AREAS OF EVERYDAY LIFE

**Activities:** TO ADVANCE EDUCATION ON YOGA AND MEDITATION AND RELIGION IN ACCORDANCE WITH VEDIC VAISHNAVA TEACHINGS FOR THE BENEFIT OF THE GENERAL PUBLIC BY PLACING, PRESENTING AND/OR DISTRIBUTING THE BHAGAVAD GITA AS IT IS AND OTHER BOOKS ON YOGA AND MEDITATION IN VARIOUS AREAS OF EVERYDAY LIFE.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Religious Activities, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£51,550	£80,163	-	-
2024-03-31	£73,025	£66,060	-	-
2023-03-31	£178,714	£95,749	-	-

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## Trustees

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Name	Role	Appointed
<b>SHEILA DAVE</b>	Chair	2022-05-16
Niket Biyani		2022-05-16
Nitin Mistry		2024-01-07

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**THE GITA PROJECT**

England & Wales - Charity number 1198973

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# Accounts

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# **The Gita Project**

## **Trustees Annual Report and Financial Statement 2024 - 2025**

## Organisation Details

**Charity Registration Number:** 1198973

**Registration Body:** Charity Commission for England and Wales

**Date of Registration:** 16 May 2022

**Registered Address:** 5 Brayford Square, London E1 0SG

**Trustees as of 31 March 2025:**

- Sheila Dave
- Niket Biyani
- Nitin Mistry

**Bankers:** Barclays

**Independent Examiner:** Riverside Accountants

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## Structure, Governance & Management

The Gita Project was founded by Sheila Dave, registered with the Charity Commission for England and Wales on 16 May 2022, charity number 1198973. The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO).

Trustees are nominated and elected by existing trustees. Trustee meetings occur at a minimum termly.

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## Objects and Activities

The Objects as outlined in The Gita Project's CIO constitution are, for the public benefit:

- To promote the advancement of mental and emotional health and well-being for the benefit of the general public by providing resources based on Vedic teachings, as well as support and education in practices like yoga and meditation, in various areas of everyday life.
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## Vision and Mission

### Vision

A world where emotional and mental health is valued, promoted, and protected.

### Mission

The Gita Project exists for those struggling with mental and emotional health challenges by sharing resources and providing support.

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## Overview

The year 2024-2025 has been a period of strategic consolidation and significant geographic expansion for The Gita Project. Following the foundational growth of previous years, our focus this year shifted toward systematic outreach and the solidification of long-term institutional bonds.

Our journey has reached a new milestone, with 21,568 books and resources distributed across the UK. Through a disciplined area-by-area approach, we have broadened our accessibility in regional care sectors and established presence within the emergency services chaplaincy.

**This year, our initiatives were driven by the following objectives:**

- Achieving regional saturation in care home networks across the South and Midlands.
- Transitioning institutional partnerships (Hospitals and Prisons) into sustainable, on-demand supply relationships.
- Integrating our resources into national professional chaplaincy frameworks.

We remain deeply grateful to our volunteers and donors, whose steady support has allowed us to maintain our distribution momentum even as we navigate the early stages of our long-term development.

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## Key Achievements

### Systematic Care Home Expansion

We have successfully implemented a targeted geographic expansion of our care home program. By working area-by-area, we have now covered all regions from Cornwall to Derbyshire.

- Established contacts with thousands of care homes in these counties.
- Placed tailored resources including yoga guides and spiritual texts to support resident well-being.

### Emergency Services and Institutional Partnerships

- **National Police Chaplains Conference:** For the first time, The Gita Project participated in this national event, introducing our resources to a vital sector of public service support.

- **Hospitals and NHS Trusts:** We have established long-term relationships with hospital chaplaincies. These institutions now contact the charity directly to request resources as needed, ensuring a steady and efficient supply chain.
- **Prisons:** Continued collaboration with prison chaplaincies remains a cornerstone of our work, providing inmates with practical tools for mental resilience and self-reflection.

## **Community and Volunteer Engagement**

Our volunteer network, including our "Young Champions," remains essential to our operations. Over the past year, they have managed the logistics of packing and labeling over 21,000 items, ensuring our resources reach those in need across diverse community hubs and public spaces.

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## **Future Focus**

For the 2025-2026 period, our primary objective is to deepen our engagement with the education sector. We intend to:

- Expand our presence in secondary schools by providing resources specifically tailored for RE and PSHE curriculum.
  - Develop philosophical and cultural materials that help existing service users in hospitals, care homes and prisons explore well-being in an accessible and meaningful way.
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## **Review of Financial Performance, Risks & Reserve Policy**

The Trustees present the financial statements for the period ended 31 March 2025.

### **Financial Review**

Full details of the financial transactions are contained in the attached accounts. The total incoming resources for the period was £51,550 and total resources expended was £80,163. The net deficit for the period was £28,613.

The net assets of the charity at 31 March 2025 were £61,317

### **Reserves Policy**

The Gita Project receives donations pledged by supporters who give regularly. This funding helps The Gita Project plan financially. The charity's policy is to hold three months' worth of charitable expenses in reserve. Throughout this period, there was a surplus in excess of this value.

### **Risk Management**

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these risks.

The Trustee's Annual Report was approved by the Board of Trustees and signed on their behalf by:

A handwritten signature in black ink that reads "Sheila Dave". The signature is written in a cursive style with a horizontal line underneath the name.

Sheila Dave  
Trustee

Date: 31st January 2025

# THE GITA PROJECT

## INDEPENDENT EXAMINER'S REPORT

FOR THE PERIOD ENDED 31 MARCH 25

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I report to the trustees on my examination of the accounts of The Gita Project for the period ended 31 March 2025.

### **Responsibilities and basis of report**

As the charity trustees of The Gita Project, 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 Gita Project 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of The Gita Project as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

*Riverside*

Sharif Rivera FCA

Riverside Chartered Accountants

5 Elephant Lane

London SE16 4JD

Date: 31 January 2026

# THE GITA PROJECT

## STATEMENT OF FINANCIAL ACTIVITIES

FOR THE PERIOD ENDED 31 MARCH 2025

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		<b>2025</b>			<b>2024</b>
	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>Incoming Resources</b>					
Donations	2	51,550	-	51,550	73,025
<b>Total incoming resources</b>		<b>51,550</b>	<b>-</b>	<b>51,550</b>	<b>73,025</b>
<b>Resources Expended</b>					
Charitable activities	3	(80,163)	-	(80,163)	(66,060)
<b>Total resources Expended</b>		<b>(80,163)</b>	<b>-</b>	<b>(80,163)</b>	<b>(66,060)</b>
Net income/ (expenditure)		-	-	-	6,965
Transfers		-	-	-	-
Net movement in funds		<b>(28,613)</b>	<b>-</b>	<b>(28,613)</b>	<b>6,965</b>
<b>Reconciliation of funds</b>					
Total funds brough forward		89,930	-	89,930	82,965
Net movement in funds		(28,163)	-	(28,163)	6,965
Total funds carried forward		<b>61,317</b>	<b>-</b>	<b>61,317</b>	<b>89,930</b>

# THE GITA PROJECT

## BALANCE SHEET

FOR THE PERIOD ENDED 31 MARCH 2025

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	Notes	2025 £	2024 £
<b>Current assets</b>			
Stock		19,619	53,214
Cash at bank		42,798	37,341
<b>Total Current assets</b>		<b>62,417</b>	<b>90,555</b>
<b>Current Liabilities</b>	<b>4</b>	<b>(1,100)</b>	<b>(625)</b>
<b>Net current assets</b>		<b>61,317</b>	<b>89,930</b>
<b>Net assets</b>		<b>61,317</b>	<b>89,930</b>
<b>Represented by</b>			
General funds		<b>61,317</b>	<b>89,930</b>
<b>Total funds</b>	<b>5</b>	<b>61,317</b>	<b>89,930</b>

Approved by the Trustees on 31 January 2026 and signed on behalf of the Trustees  
by



Niket Biyani  
Treasurer

# THE GITA PROJECT

NOTES TO THE ACCOUNTS

FOR THE PERIOD ENDED 31 MARCH 2025

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## **1. Accounting Policies**

The accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

The financial statements have been prepared under the historical cost convention and have been prepared in accordance with Statement of Recommended Practice (SORP 2015), "Accounting and Reporting by Charities" and applicable accounting standards.

### **Income and expenditure**

All income and expenditure is accounted for on an accrual basis.

Grants are recognised in full in the SOFA in the year in which they were received.

Donated goods and services are recognised as income when the charity has control over the item or received the service, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. Donated goods are measured at their fair value, unless it is impractical to measure reliably the fair value of donated item(s).

Direct charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services.

When necessary, support costs are allocated between direct charitable expenditure and other costs on a basis designed to reflect the use of the resources. Expenditure is included in the accounts when the liability is incurred and includes non-recoverable VAT.

### **Fixed Assets**

The Charity does not have any fixed assets.

### **Stock**

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

# THE GITA PROJECT

## NOTES TO THE ACCOUNTS

FOR THE PERIOD ENDED 31 MARCH 2025

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### Funds

General funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

<b>2. Income from donations</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Gifts	38,402	33,920
Donations	13,148	39,105
	<b>51,550</b>	<b>73,025</b>

### 3. Expenditure on charitable activities

			<b>2025</b>	<b>2024</b>
	Workshops, Chaplaincy & pastoral support	Governance cost	Total	Total
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Books and resources	75,630	-	75,630	54,154
Postage and courier	2,570	-	2,570	1,643
Administrative costs	1,488	-	1,488	9,788
Accountancy	-	475	475	475
	<b>79,688</b>	<b>475</b>	<b>80,163</b>	<b>66,060</b>

<b>4. Current liabilities</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Accruals	1,100	625
	<b>1,100</b>	<b>625</b>

<b>5. Movement in funds</b>	1st April 2024	Incoming Resources	Outgoing Resources	Transfers	<b>31st March 2025</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	

# THE GITA PROJECT

## NOTES TO THE ACCOUNTS

FOR THE PERIOD ENDED 31 MARCH 2025

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<b>Movement in funds (Prior year)</b>	1st April 2023 £	Incoming Resources £	Outgoing Resources £	Transfers £	<b>31st March 2024 £</b>
Unrestricted Funds	82,965	73,025	(66,060)	-	89,930
	<b>82,965</b>	<b>73,025</b>	<b>(66,060)</b>	-	<b>89,930</b>

<b>6. Analysis of net assets between funds</b>	General unrestricted £	Restricted £	<b>2025 Total funds £</b>	<b>2024 Total funds £</b>
Net current assets	61,317	-	61,317	89,930
	<b>61,318</b>	-	<b>61,318</b>	<b>89,930</b>

### 7. Related party transactions

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind.

**THE GITA PROJECT**

England & Wales - Charity number 1198973

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# Accounts

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# **The Gita Project**

## **Trustees Annual Report and Financial Statement 2023 - 2024**

## Organisation Details

**Charity Registration Number:** 1198973

**Registration Body:** Charity Commission for England and Wales

**Date of Registration:** 16 May 2022

**Registered Address:** 5 Brayford Square, London E1 0SG

**Trustees as of 31 March 2024:**

- Sheila Dave
- Niket Biyani
- Nitin Mistry (appointed on 7th January 2024)

**Bankers:** Barclays

**Independent Examiner:** Riverside Accountants

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## Structure, Governance & Management

The Gita Project was founded by Sheila Dave, registered with the Charity Commission for England and Wales on 16 May 2022, charity number 1198973. The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO).

Trustees are nominated and elected by existing trustees. Trustee meetings occur at a minimum termly.

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## Objects and Activities

The Objects as outlined in The Gita Project's CIO constitution are, for the public benefit:

- To promote the advancement of mental and emotional health and well-being for the benefit of the general public by providing resources based on Vedic teachings, as well as support and education in practices like yoga and meditation, in various areas of everyday life.
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## Vision and Mission

### Vision

A world where emotional and mental health is valued, promoted, and protected.

### Mission

The Gita Project exists for those struggling with mental and emotional health challenges by sharing resources and providing support.

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## Overview

The year 2023-2024 has been pivotal in redefining and expanding the scope of The Gita Project's impact. This year, we focused on forging deeper connections with communities, broadening the accessibility of our resources, and introducing programs that align with the evolving needs of the individuals we aim to serve.

Our journey has taken us to new heights, with over 15,295 books distributed across the UK. Through new collaborations and innovative outreach strategies, we have reached individuals in unexpected places, from housing projects to community spaces in underserved regions.

This year, our initiatives were driven by the following objectives:

- Creating tailored resource packs that address the unique needs of specific groups.
- Expanding our youth engagement programs to cultivate a new generation of changemakers.

We remain deeply grateful to our volunteers, donors, and supporters, whose dedication and generosity have been the foundation of our success.

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## Key Achievements

### National Expansion

This year saw significant growth in our partnerships across the UK. We successfully placed resources in community hubs in Scotland, Wales, and Northern Ireland, marking the first time The Gita Project's work has reached these regions.

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### Strengthening Hospital Networks

We deepened our collaborations with NHS Trusts and now provide resources to over 90% of NHS trusts in the UK. These resources are strategically placed in areas such as waiting rooms, chaplaincy spaces, and wards, ensuring that patients and families can access them during critical times.

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### Rehabilitation and Housing Projects

We began working with rehabilitation centres and housing projects, providing resources to individuals transitioning from challenging circumstances to more stable lives. These resources, which include books on mindfulness, meditation, and self-reflection, are helping individuals rebuild their lives with resilience and hope.

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## **Prisons and Personal Growth**

In prisons, we continue to work closely with chaplaincies and library staff to ensure inmates have access to spiritual and philosophical resources.

One of our key innovations this year was the introduction of a Gita-based course. This program uses the teachings of the Gita to offer inmates practical tools for self-improvement and mental resilience.

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## **Care Homes and Schools**

Care homes remain one of our largest recipient groups, with resources distributed in over 900 care homes this year. These include yoga and meditation guides, spiritual texts, and even cultural cookbooks, enriching the lives of residents, staff, and visitors.

We also expanded our presence in schools, placing resources in secondary schools in and around London. These resources support Religious Education (RE) and Personal, Social, Health, and Economic (PSHE) programs, helping students explore philosophy and culture in an accessible and meaningful way.

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## **Expanding Our Reach**

### **Libraries and Public Spaces**

Our partnerships with libraries continue to thrive. This year, we placed resources in 10 libraries across the UK, while also cataloguing them to make them more accessible to the public.

We also expanded our presence in public spaces such as airports and funeral homes, providing resources that offer solace and perspective during moments of transition and reflection.

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### **Fostering Inclusivity**

Inclusivity remains a cornerstone of our work. By developing multilingual resources and supporting interfaith initiatives, we ensure that our offerings are accessible to people from all walks of life.

This year, we supported Interfaith Week activities in several NHS Trusts, promoting dialogue and understanding among diverse communities.

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## **Community Engagement**

Our volunteers are the heart of The Gita Project. This year, over 200 volunteers dedicated their time and energy to ensure our resources reached those who needed them most.

Key highlights include:

- Launching the 'Friends of TGP' program, a monthly donor initiative that is helping us build a sustainable foundation for our work while fostering a sense of community among our supporters.
- Hosting the 'Summer with Young Champions' program, where over 30 children collaborated to label, pack, and prepare thousands of books for distribution.

Looking ahead, we are exploring the possibility of securing a dedicated warehouse to centralise operations, streamline logistics, and create a collaborative space for volunteers.

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## **Review of Financial Performance, Risks & Reserve Policy**

The Trustees presents its report and financial statements for the period ended 31 March 2024.

### **Financial Review**

Full details of the financial transactions are contained in the attached accounts. The total incoming resources for the period was £73,025 and total resources expended was £66,060. The net income for the period was £6,965.

The net assets of the charity at 31 March 2024 were £89,930.

### **Reserves Policy**

The Gita Project receives donations pledged by supporters who give regularly. This funding helps The Gita Project plan financially. The charity's policy is to hold three months' worth of charitable expenses

in reserve. Throughout this period, there was a surplus in excess of this value; however, the charity is still in the early stages of development and has active plans to expand its operations.

## **Risk Management**

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

The Trustee's Annual Report was approved by the Board of Trustees and signed on their behalf by:

A handwritten signature in black ink that reads "Sheila Dave". The signature is written in a cursive style with a long horizontal flourish underneath the name.

Sheila Dave  
Trustee

Date: 31st January 2025

# THE GITA PROJECT

INDEPENDENT EXAMINER'S REPORT

FOR THE PERIOD ENDED 31 MARCH 24

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I report to the trustees on my examination of the accounts of The Gita Project for the period ended 31 March 2024.

## **Responsibilities and basis of report**

As the charity trustees of The Gita Project, 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 Gita Project 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of The Gita Project as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

*Riverside*

Sharif Rivera FCA  
Riverside Chartered Accountants  
5 Elephant Lane  
London SE16 4JD

Date: 31 January 2025

# THE GITA PROJECT

## STATEMENT OF FINANCIAL ACTIVITIES

FOR THE PERIOD ENDED 31 MARCH 2024

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		<b>2024</b>			<b>2024</b>
	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>Incoming Resources</b>					
Donations	2	73,025	-	73,025	178,714
<b>Total incoming resources</b>		<b>73,025</b>	<b>-</b>	<b>73,025</b>	<b>178,714</b>
<b>Resources Expanded</b>					
Charitable activities	3	(66,060)	-	(66,060)	(95,749)
<b>Total resources Expended</b>		<b>(66,060)</b>	<b>-</b>	<b>(66,060)</b>	<b>(95,749)</b>
Net income/ (expenditure)		6,965	-	6,965	82,965
Transfers		-	-	-	-
<b>Net movement in funds</b>		<b>6,965</b>	<b>-</b>	<b>6,965</b>	<b>82,965</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		82,965	-	82,965	-
Net movement in funds		6,965	-	6,965	82,965
<b>Total funds carried forward</b>		<b>89,930</b>	<b>-</b>	<b>89,930</b>	<b>82,965</b>

# THE GITA PROJECT

## BALANCE SHEET

FOR THE PERIOD ENDED 31 MARCH 2024

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	Notes	2024 £	2023 £
<b>Current assets</b>			
Stock		53,214	73,448
Cash at bank		37,341	9,667
<b>Total Current assets</b>		<b>90,555</b>	<b>83,115</b>
<b>Current Liabilities</b>	4	<b>(625)</b>	<b>(150)</b>
<b>Net current assets</b>		<b>89,930</b>	<b>82,965</b>
<b>Net assets</b>		<b>89,930</b>	<b>82,965</b>
<b>Represented by</b>			
General funds		89,930	82,965
<b>Total funds</b>	5	<b>89,930</b>	<b>82,965</b>

Approved by the Trustees on 31<sup>st</sup> January 2025 and signed on behalf of the Trustees by



Niket Biyani  
Treasurer

Date: 31 January 2025

# THE GITA PROJECT

NOTES TO THE ACCOUNTS

FOR THE PERIOD ENDED 31 MARCH 2024

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## **1. Accounting Policies**

The accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

The financial statements have been prepared under the historical cost convention and have been prepared in accordance with Statement of Recommended Practice (SORP 2015), "Accounting and Reporting by Charities" and applicable accounting standards.

### **Income and expenditure**

All income and expenditure is accounted for on an accrual basis.

Grants are recognised in full in the SOFA in the year in which they were received.

Donated goods and services are recognised as income when the charity has control over the item or received the service, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. Donated goods are measured at their fair value, unless it is impractical to measure reliably the fair value of donated item(s).

Direct charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services.

When necessary, support costs are allocated between direct charitable expenditure and other costs on a basis designed to reflect the use of the resources. Expenditure is included in the accounts when the liability is incurred and includes non-recoverable VAT.

### **Fixed Assets**

The Charity does not have any fixed assets.

### **Stock**

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

# THE GITA PROJECT

## NOTES TO THE ACCOUNTS

FOR THE PERIOD ENDED 31 MARCH 2024

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### Funds

General funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

<b>2. Income from donations</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Gifts	33,920	166,973
Donations	39,105	11,741
	<b>73,025</b>	<b>178,714</b>

### 3. Expenditure on charitable activities

			<b>2024</b>	<b>2023</b>
	Workshops, Chaplaincy & pastoral support	Governance cost	Total	Total
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Books and resources	54,154	-	54,154	93,525
Postage and courier	1,643	-	1,643	1,487
Administrative costs	9,788	-	9,788	587
Accountancy	-	475	475	150
	<b>65,585</b>	<b>475</b>	<b>66,060</b>	<b>95,749</b>

<b>4. Current liabilities</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Accruals	625	150
	<b>625</b>	<b>150</b>

# THE GITA PROJECT

## NOTES TO THE ACCOUNTS

FOR THE PERIOD ENDED 31 MARCH 2024

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<b>5. Movement in funds</b>	1st April 2023 £	Incoming Resources £	Outgoing Resources £	Transfers £	<b>31st March 2024 £</b>
Unrestricted Funds	82,965	73,025	(66,060)	-	89,930
	<b>82,965</b>	<b>73,025</b>	<b>(66,060)</b>	-	<b>89,930</b>

<b>Movement in funds (Prior year)</b>	1st April 2022 £	Incoming Resources £	Outgoing Resources £	Transfers £	<b>31st March 2023 £</b>
Unrestricted Funds	-	178,714	(95,749)	-	82,965
	-	<b>178,714</b>	<b>(95,749)</b>	-	<b>82,965</b>

<b>6. Analysis of net assets between funds</b>	General unrestricted £	Restricted £	<b>2024 Total funds £</b>	<b>2023 Total funds £</b>
Net current assets	89,930	-	89,930	82,965
	<b>82,965</b>	-	<b>89,930</b>	<b>82,965</b>

## 7. Related party transactions

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind.

**THE GITA PROJECT**

England & Wales - Charity number 1198973

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# Accounts

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# Annual Report

2022 - 2023



**The  
Gita Project**

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# Organisation Details

Charity Registration Number:	1198973
Registration Body:	Charity Commission for England and Wales
Date of Registration:	16 May 2022
Registered Address:	5 Brayford Square London E1 0SG
Trustees as on 31 March 2023:	Sheila Dave Niket Biyani
Bankers:	Barclays Stratford Shopping Centre London E15 1XJ
Independent Examiner:	Riverside Accountants

# Organisation Details

## STRUCTURE, GOVERNANCE & MANAGEMENT

The Gita Project was founded by Sheila Dave, registered with Charity Commission for England and Wales on 16 May 2022, charity number 1198973. The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). Trustees are nominated and elected by existing trustees. Trustee meetings occur minimum termly.

## OBJECTS AND ACTIVITIES

The Objects as outlined in The Gita Project's CIO constitution are, for the public benefit:

To promote the advancement of mental and emotional health and wellbeing for benefit of the general public by providing resources based on Vedic teachings, as well as support and education in practices like yoga and meditation, in various areas of everyday life.

## VISION

A world where emotional and mental health is valued, promoted and protected.

## MISSION

The Gita Project exists for those struggling with mental and emotional health challenges by sharing resources and providing support.

# Overview

The Gita Project has had a really positive impactful year. We continue to receive incredible appreciation from organisations all across the UK who have interacted and worked with us. Although there is still so much work to be done the stories we hear are of positive change, building communities and providing hope. Our biggest celebration during this financial year was being recognised as a charity.

Our overall goal remains for every organisation in the UK to have the opportunity to explore our resources and offerings and so all our activities are carried out with this in our mind.

Distribution of resources this year has been extensive and diverse, reaching an array of institutions such as prisons, hospitals, hospices, schools, funeral homes, police stations, libraries, and airports. We've even extended our reach internationally, fulfilling a special request from a prison in America.

One of our most notable accomplishments was providing books to both a secondary school and an NHS Trust in the Shetland Islands, marking our presence in the farthest reaches of the UK.

Our commitment to providing literature that spans spiritual and philosophical topics in multiple languages has allowed us to meet the varied needs of our recipients. This effort is part of our ongoing work to respect and reflect the different languages and cultures of the people we serve.

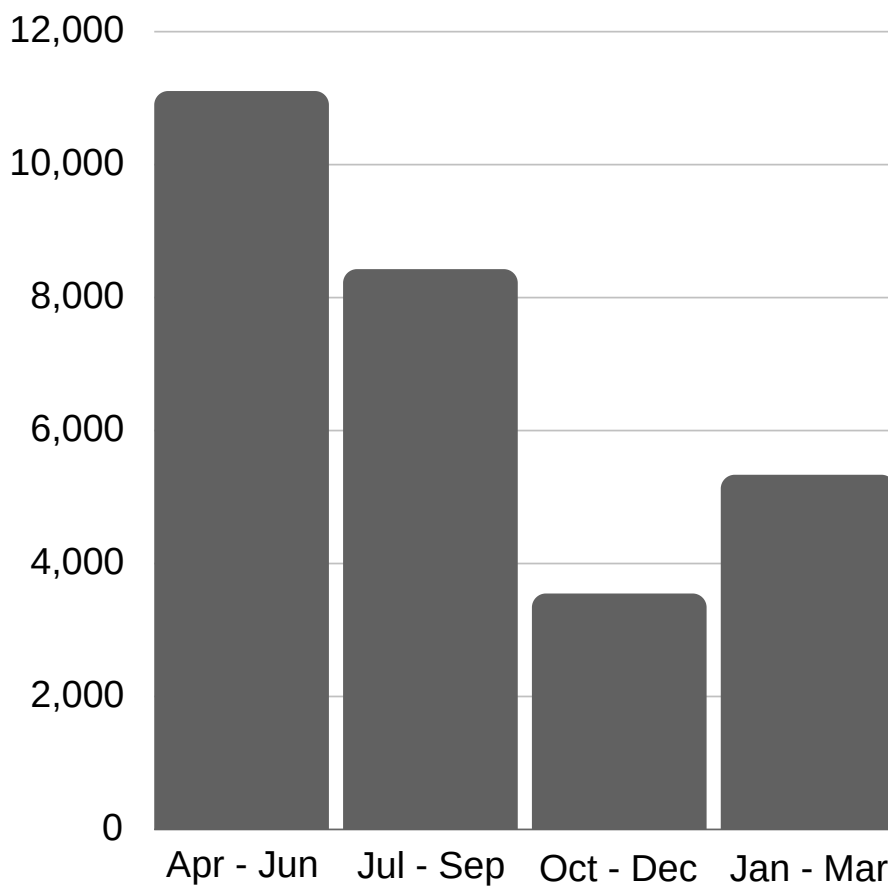
Below is an overview of our key activities and accomplishments from the past year, as well as a glimpse into our future. We are grateful to be on this journey with our volunteers, friends and supporters without whom we would not have the opportunity to serve in this way.



Sheila Dave  
Founder

In 22-23, The Gita Project's commitment to sharing resources was met with a clear and growing need. We began the year with a strong distribution of 11,107 resources from April to June and maintained our momentum by delivering 8,428 resources in the next quarter. Even during the winter months, we shared 3,549 resources, and we rounded off by contributing an additional 5,335 resources in the last quarter ending the year with 28,419 resources distributed in 2022-2023.

## DISTRIBUTION IN 2022 - 2023



# 28419

Number of  
resources  
shared across  
the UK

# 650

Organisations  
we worked  
with

The distribution graph above represents more than numbers. The true measure of our work lies in the conversations that begin and the relationships that are formed with so many organisations.

Our efforts throughout the year have underscored the importance of accessibility to resources. By fostering a shared language of spirituality, The Gita Project continues to unite individuals in a common quest for meaning and purpose. It's a mission that goes beyond the physical act of sharing literature—it's about nurturing a supportive and a hopeful community connected by the timeless pursuit of knowledge and self-reflection.

# Organisations

## Hospitals

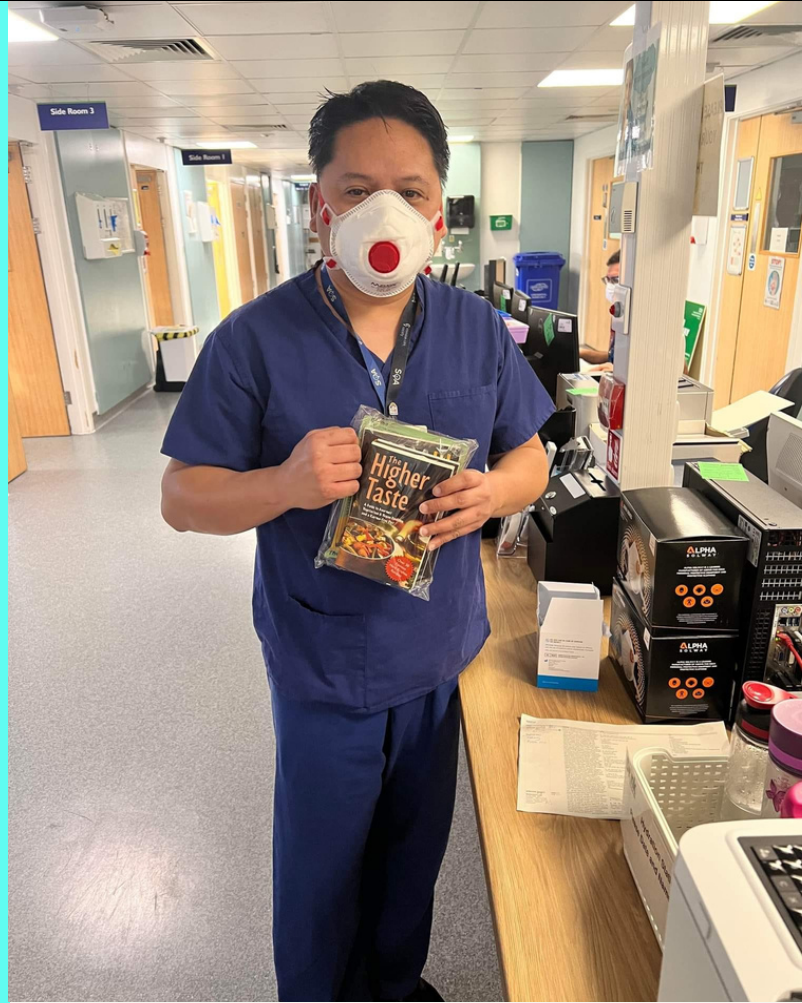
In partnership with NHS Trusts and their lead chaplains, The Gita Project is working to ensure comprehensive coverage across hospitals and associated sites within each trust network. By coordinating with these larger entities rather than individual hospitals, we can more efficiently share our resources, making sure that every facility under the trust's umbrella benefits from the spiritual literature provided.

Our project was pivotal in helping hospitals to launch ward resource box initiatives and relaunch a faith and wellbeing centre post COVID, enhancing the spiritual resources available to patients and staff.

We also helped some hospitals with their interfaith week and have given them advice and signposted for matters such as end of life care and mental health.

This initiative has fostered interfaith dialogues, stronger partnerships and is cultivating a way forward for working together on such matters.

We plan to work with the remaining NHS Trusts in the UK.



**“Through your support we have been able to support patients, their relatives and staff spiritually. The resources that you have sent us and the Gitas are very much valued in the Trust. I can attest that they are making a huge different and we are extremely grateful!”**

Surrey and Sussex Healthcare NHS  
Trust

# Organisations

## Schools

The Gita Project supports schools by providing the Gita and offering similar resources for the Religious Education (RE) and Personal, Social, Health, and Economic (PSHE) departments. Our resources help staff and students explore philosophy and understand different cultures, fostering a broader awareness and appreciation.

This year, we worked with secondary schools in the Greater London who we had provided resources to a few years ago.

**“I would like to thank the Gita Project for providing this literature. We intend on using it to support our own subject knowledge as well as using them within lessons. It looks very accessible because it is in English and something we really appreciate as an RE Department”**

Beal High School

## Care Homes

Our approach to care homes is holistic, providing resources for the enrichment of residents, staff, and visitors alike. From libraries to staff rooms, we offer our materials, including a particularly popular cook book, making them accessible. These resources not only offer comfort but also bring a taste of cultural diversity to the care home community.

In response to the COVID crisis, we initiated a project to support staff in intensive care units in some London based hospitals by distributing 'Yoga packs', which include resources on yoga and meditation. This was then offered in care homes.

Starting as a small initiative for care homes & ICUs, this project has now expanded across 8 counties, reaching nearly 2,000 care homes with over 5,000 yoga packs distributed so far.

We have worked with care homes in Leicestershire, Bournemouth, East Sussex, West Sussex, Southend-on-sea, Oxfordshire, Bedfordshire & Cambridgeshire.

# Organisations

**“Just wanted to say we have received the books and wow they are brilliant. We took them to the wings yesterday and the lads loved them. Wishing you all a merry Christmas and all the best.”**

HMP Dovegate

## Approved Premises

For residents in Approved Premises, The Gita Project provides tools that foster a deeper understanding of their thoughts and actions, crucial for successful reintegration into society. Our resources are designed to encourage personal growth and social responsibility, offering guidance and support through the transformative journey ahead.

This was our first year of working with approved premises and we provided resources focused on yoga and meditation to 7 of them.

## Prisons

In prisons, The Gita Project works alongside chaplaincies and library services. We supply tailored 'wing packs' for wing libraries, ensuring that inmates have access to spiritual and philosophical materials that can support personal reflection and rehabilitation. This initiative helps to cultivate a positive environment conducive to growth and transformation within the prison walls.

We have now provided resources to 65% of the prisons in the UK.



# Organisations

## Hospices

At hospices, The Gita Project tailors its support primarily for the staff and visitors, acknowledging the unique challenges of these environments. Our resources offer solace and reflection during difficult times, aiming to bring a measure of peace and comfort to those who are navigating the complexities of loss and end-of-life care.

This year, we covered 10 hospices across the UK to helping families and staff in navigating their day to day lives.

**“The books are useful tools for staff, families and patients. The recipe book is a hit, thank you for your support. Really appreciate it.”**

Havens Hospices



## Hostels & Shelter Homes

The Gita Project extends its support to those in hostels and shelter homes, providing hope for individuals. Our resources are chosen to instil a sense of stability and optimism, offering guidance and inspiration to those facing uncertainty. Whether it's aiding someone in a hostel looking to rebuild their life or offering comfort to a family in a shelter home, our aim is to nurture resilience and a forward-looking mindset, paving the way for personal development and a brighter future.

# Organisations

## Funeral Homes & Crematoriums

At funeral homes and crematoriums, The Gita Project provides materials that offer solace and perspective during times of grief. Understanding the delicate nature of grief, our resources are shared with the hope that they will bring consolation to the bereaved, helping them find some peace and comfort.

This year, we worked with 15 funeral homes and crematoriums in Greater London.

## Airports

Our books are available at major UK airports, including Heathrow, Gatwick, Manchester, and Luton, through collaborations with airport chaplaincies.

These resources serve as a haven of tranquility for travellers and staff amidst the hustle of transit, although not all airports have full-time chaplains, our presence is felt wherever there's a need for spiritual literature.

## Libraries

Public libraries across the nation have welcomed our books onto their shelves as both reference copies and for circulation. The response has been encouraging, with readers of all ages and backgrounds discovering and borrowing these texts.

We have provided resources to 10 councils this year covering 65 libraries. We are cataloguing our resources in the library system which will help us connect with many other libraries across the UK.



# Community Engagement

Volunteers are the driving force behind The Gita Project, embodying our mission with enthusiasm and dedication. Their ages may range widely, from the youngest at 5 to the most experienced at 90, but their commitment is singular and shared. They are the ones who bring our vision to life—gathering, packing, and distributing these resources to destinations UK-wide.

In addition to the resources received in the previous years, we received over £90,000 worth of resources as donation this year. Next year, we expect there to be a dip due to the developing economic situation in the UK. To maintain the services that we are offering to the organisations and carry out our new initiatives we will apply for grants to diversify our offerings.

Looking forward, we will be launching 'Friends of TGP', a monthly donation program designed to build a sustained community of supporters. This initiative will not only provide a stable foundation for our ongoing work but will also welcome more individuals into the fold of The Gita Project family.

Building on this momentum, we are also exploring the opportunity of getting a dedicated warehouse. This facility will centralise our operations, allowing us to store and manage resources more effectively, and provide a space for our volunteers to meet and collaborate. While this is a significant step, requiring careful planning and resources, it represents a pivotal opportunity to enhance our capacity and deepen our impact in the community.

# Appreciation

The Gita Project has been honored to receive letters of appreciation from several Members of Parliament, including Mike Freer, Bim Afolami, and Wes Streeting. These letters not only recognize our efforts but also reinforce the positive impact our work has had within their constituencies. Such endorsements are a testament to the meaningful connections we're fostering and the tangible benefits our resources bring to communities.

Our engagement has extended beyond letters, as we've had the opportunity to hold productive meetings with MPs like Virendra Sharma, Siobhain McDonagh, Nickie Aiken, and Bob Blackman. These interactions have been invaluable, offering us insights into community needs and enabling us to align our initiatives with broader societal goals. The encouragement from these public servants motivates us to continue our mission, knowing we have allies in the pursuit of community well-being and enrichment.

We have also increased visibility and recognition through various platforms and networks such as the Association of Hospice and Palliative Care Chaplains (AHPCC) and National Association of Teachers of Religious Education (NATRE) have been invaluable in bolstering our outreach efforts, enabling us to reach a wider audience and have a more profound impact on the community.

"...This type of volunteer engagement plays a key part in community togetherness, and distributing over 20,000 books per year takes significant dedication and effort.

I have no doubt that among the wide variety of organisations you donate to, there are many to who find your books on yoga and meditation, as well as the Gita, a welcome source of comfort.

I am delighted to support the initiatives of the Gita project and wish them continued success in their efforts." **MP Bim Afolami**

# Appreciation

MIKE FREER, MP



HOUSE OF COMMONS

LONDON SW1A 0AA

29 April 2022  
Ref. MF/LW

Dear Ms Dave,

I wanted to write to acknowledge the valuable contribution that your organisation has made in my constituency and across the UK.

I know from the casework I receive that many people will often come upon hard times and require support in dealing with the stress of work, school, or family life. This has been even more relevant since the start of the pandemic, which led many people who may not have previously struggled with their mental health to have to deal with this for the first time. A reality that many of my younger constituents would have faced with the disruption to their education and restrictions on socialising with their classmates. Similarly, many of my elderly constituents also experienced deep anxiety because of the isolation and loneliness caused by the coronavirus restrictions imposed during the pandemic. That is why it is commendable that the Gita Project has not only ensured that their resources are available in schools across Finchley and Golders Green but in care homes, too.

I am pleased to see that the Gita Project has been able to engage with and inspire communities to get involved with the project. I am aware that many have subsequently willingly volunteered to help support its growth and help raise funds to purchase the books on meditation and yoga that have been donated locally.

I would like to congratulate the Gita Project and everyone who has been involved for their achievements and may I wish your organisation continued success in the future.

Yours sincerely,

A handwritten signature in black ink that reads "Mike Freer".

Mike Freer MP

# Recipients



# Goals for 23-24

Next year, in addition to continuing our current resource provision to organizations, we are focusing on diversifying our offerings and deepening our impact. We have identified key areas where we aim to make a meaningful difference.

## Addressing Mental Health Through Inspiration

Mental health and wellbeing, particularly within the confines of the prison system, remain at the forefront of our agenda. We aim to launch a specialised course that draws upon the wisdom of the Gita to provide comfort and guidance. This course will be designed to inspire and empower inmates, offering them tools to navigate their mental landscape with resilience and hope.

## Letter Connect

The Letter Connect program aims to bridge the gap between the inside and outside worlds for prisoners. By establishing a pen-friend system, we hope to offer inmates a sense of connection and friendship. This initiative aims to help these individuals feel valued and encouraged while in prison.

## Introducing the Prayer Line Service

In recognising the universal need for spiritual support, we want to introduce a prayer line service. This initiative will be a lifeline for those seeking solace, offering them the chance to share their prayer requests. Our dedicated volunteers will offer prayers on their behalf. We are eager to integrate this service within the NHS Trusts.

## Volunteer Chaplaincy Support

With a growing need for spiritual guidance across healthcare institutions, The Gita Project will look to offer volunteers to support chaplaincy within prisons and NHS trusts. We plan to assemble a team of dedicated volunteers, providing them with the necessary training to serve in this role. This initiative will bring comfort and support to those in need within organisations, fulfilling requests for such support as they arise.

# Review of Financial Performance, Risks & Reserve Policy

## FINANCIAL REVIEW

Full details of the financial transactions are contained in the attached accounts. The total incoming resources for the year was £178,714 and total resources expended was £95,749.

The net income for the year was £82,965.

The net assets of the charity at 31 March 2023 were £82,965.

## RESERVE POLICY

The Gita Project receives donations pledged by supporters who give regularly. This funding helps The Gita Project plan financially. The charity's policy is to hold three months' worth of charitable expenses in reserve. Throughout this period, there was a surplus in excess of this value; however, the charity is still in the early stages of development and has active plans to expand its operations.

## RISK MANAGEMENT

The risks faced by the Gita Project are reviewed at each Trustee meeting. This review includes changes in terms of level or likelihood, steps taken to mitigate risks, and any new risks identified.

Current risks identified include:

- Reduction in partner organisation financial contributions and individual giving
- Organisation growth vs capacity to deliver
- Skills and capacity of Trustees (due to members leaving)
- Safeguarding
- Reputational risk
- Reliance on volunteers

A strategic plan is in place for each area of risk to plan for minimal risk level or likelihood.

The Trustee's Annual Report was approved by the Board of Trustee's and signed by:

A handwritten signature in black ink that reads "Sheila Dave". The signature is written in a cursive style with a long, sweeping underline that extends to the right.

Sheila Dave

Trustee

Date: 30 January 2024

# Independent Examiner's Report

FOR THE PERIOD ENDED 31 MARCH 23

I report to the trustees on my examination of the accounts of The Gita Project for the period ended 31 March 2023.

## RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of The Gita Project, 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 Gita Project 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 giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of The Gita Project as required by section 130 of the Act; or
2. The accounts do not accord with those records.

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.

*Riverside*

Sharif Rivera FCA

Riverside Chartered Accountants

5 Elephant Lane

London SE16 4JD

Date: 30 January 2024

# Statement of Financial Activities

FOR THE PERIOD ENDED 31 MARCH 23

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £
<b>Incoming Resources</b>				
Donations and Gifts	2	178,714	-	178,714
<b>Total incoming resources</b>		<b>178,714</b>	<b>-</b>	<b>178,714</b>
Resources Expended				
Charitable activities	3	(95,749)	-	(95,749)
<b>Total resources Expended</b>		<b>(95,749)</b>	<b>-</b>	<b>(95,749)</b>
Net income/ (expenditure)		82,965	-	82,965
Transfers		-	-	-
Net movement in funds		<b>82,965</b>	<b>-</b>	<b>82,965</b>
<b>Reconciliation of funds</b>				
Total funds brought forward		-	-	-
Net movement in funds		82,965	-	82,965
Total funds carried forward		<b>82,965</b>	<b>-</b>	<b>82,965</b>

# Balance Sheet

FOR THE PERIOD ENDED 31 MARCH 23

	<b>Notes</b>	<b>Total Funds</b> £
<b>Current assets</b>		
Stock		73,448
Cash at bank		9,667
<b>Total Current assets</b>		83,115
<b>Current Liabilities</b>	4	(150)
<b>Net current assets</b>		82,965
<b>Net assets</b>		82,965
<b>Represented by</b>		82,965
General funds		
<b>Total funds</b>	5	82,965

Approved by the Trustees and signed on behalf of the Trustees by



Niket Biyani  
Treasurer

Date: 30 January 2024

# Notes To the Accounts

FOR THE PERIOD ENDED 31 MARCH 23

## 1. ACCOUNTING POLICIES

The accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

The financial statements have been prepared under the historical cost convention and have been prepared in accordance with Statement of Recommended Practice (SORP 2015), "Accounting and Reporting by Charities" and applicable accounting standards.

### **Income and Expenditure**

All income and expenditure is accounted for on an accrual basis.

Grants are recognised in full in the SOFA in the year in which they were received.

Donated goods and services are recognised as income when the charity has control over the item or received the service, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. Donated goods are measured at their fair value, unless it is impractical to measure reliably the fair value of donated item(s).

Direct charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services.

When necessary, support costs are allocated between direct charitable expenditure and other costs on a basis designed to reflect the use of the resources. Expenditure is included in the accounts when the liability is incurred and includes non-recoverable VAT.

### **Fixed Assets**

The Charity does not have any fixed assets.

### **Stock**

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

# Notes To the Accounts (continued)

FOR THE PERIOD ENDED 31 MARCH 23

## Funds

General funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

<b>2. Income from donations</b>	<b>2023</b>
	<b>£</b>
Gifts	166,973
Other donations	11,741
	<b>178.714</b>

<b>3. Expenditure on charitable activities</b>	<b>2023</b>		
	<b>£</b>	<b>£</b>	<b>£</b>
	Mental Health and wellbeing	Governance cost	Total
Books and resources	93,525	-	93,525
Postage and courier	1,487	-	1,487
Administrative costs	587	-	587
Accountancy	-	150	150
	<b>95,599</b>	<b>150</b>	<b>95,749</b>

# Notes To the Accounts (continued)

FOR THE PERIOD ENDED 31 MARCH 23

<b>4. Current liabilities</b>	<b>2023</b>
	<b>£</b>
Accruals	150
	<b>150</b>

<b>5. Movement in funds</b>	1st April 2022	Incoming Resources £	Outgoing Resources £	Transfers £	31st March 2023
Unrestricted Funds	-	178,714	(95,749)	-	82,965
	-	<b>178,714</b>	<b>(95,749)</b>	-	<b>82,965</b>

<b>6. Analysis of net assets between funds</b>	<b>General unrestricted</b> £	<b>Restricted</b> £	<b>2023 Total funds</b> £
Net current assets	82,965	-	82,965
	<b>82,965</b>	-	<b>82,965</b>

## **6. Related part transactions**

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind.