

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.

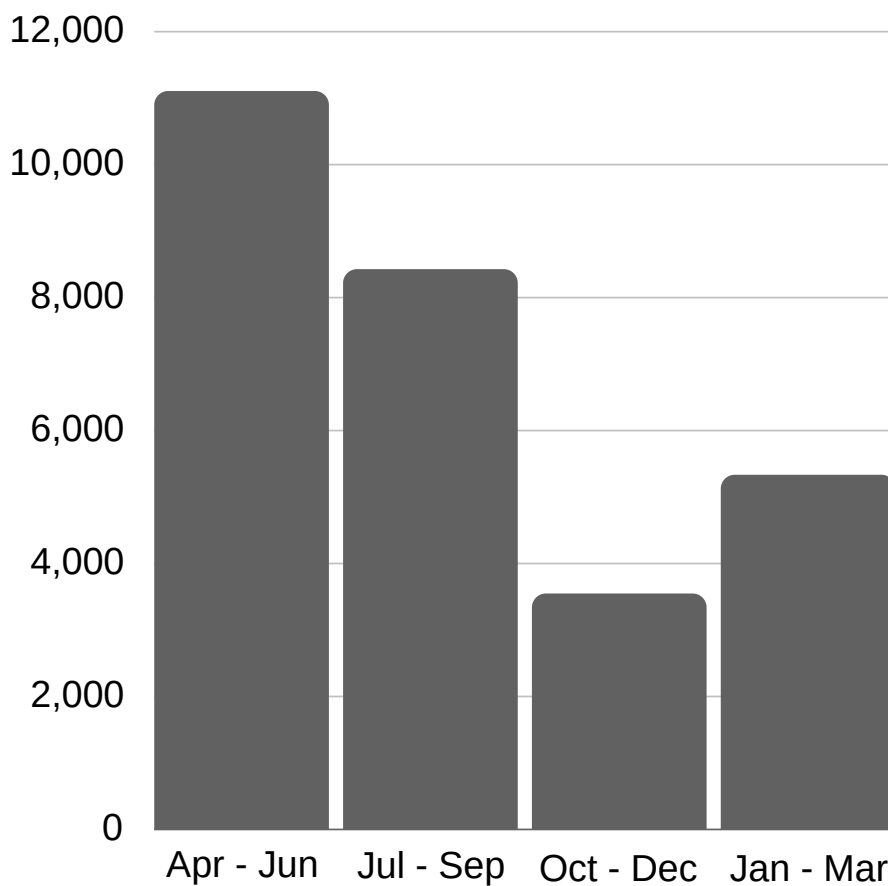
Below is an overview of our key activities and accomplishments from the past year, as well as a glimpse into our future. We are grateful to be on this journey with our volunteers, friends and supporters without whom we would not have the opportunity to serve in this way.



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

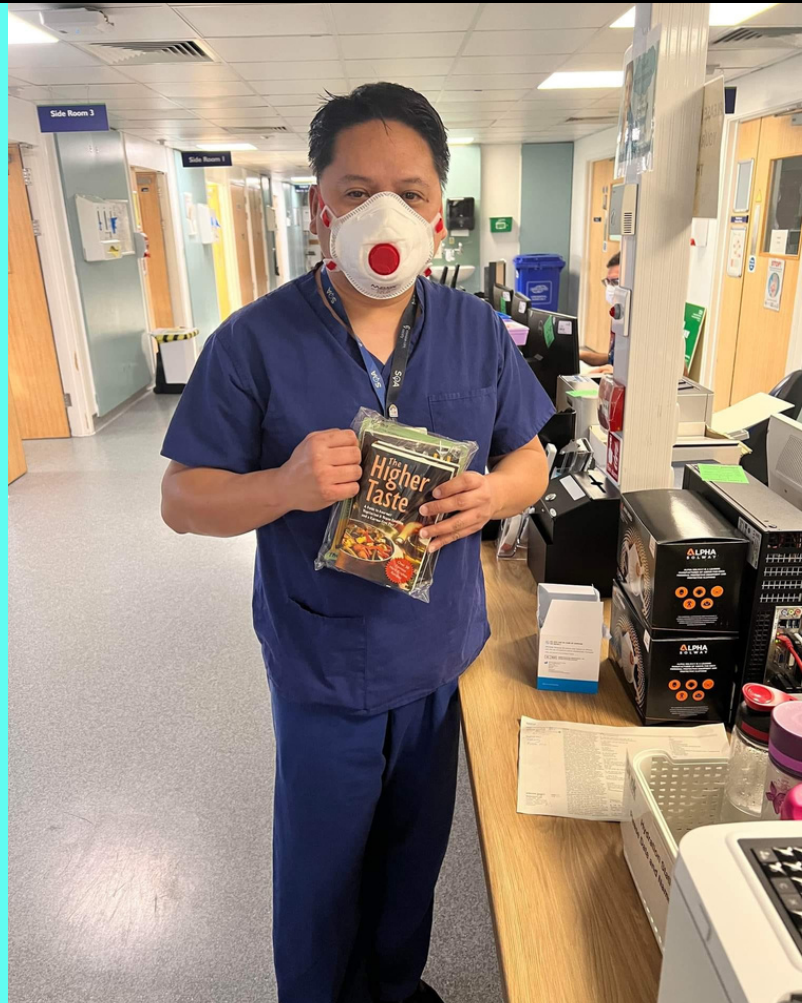
In partnership with NHS Trusts and their lead chaplains, The Gita Project is working to ensure comprehensive coverage across hospitals and associated sites within each trust network. By coordinating with these larger entities rather than individual hospitals, we can more efficiently share our resources, 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,

Mike Freer MP

[illegible]

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.

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.

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.

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

Balance Sheet

FOR THE PERIOD ENDED 31 MARCH 23

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

2. Income from donations	2023
	£
Gifts	166,973
Other donations	11,741
	178.714

3. Expenditure on charitable activities			2023
	£	£	£
	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
	95,599	150	95,749

Notes To the Accounts (continued)

FOR THE PERIOD ENDED 31 MARCH 23

4. Current liabilities	2023 £
Accruals	150
	150

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

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

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.