

ABHYAS WELLBEING

England & Wales · Charity number 1218730

Details

Other names	ABHYAS WELLBEING
Status	Registered
Legal form	CIO
Registered	2026-07-03
Register	View on the Charity Commission register

Contact

Address	Royal Dock Centre For Sustainabilit Terradock Building 4-6 University Way London E16 2RD
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Activities

Objects: THE FOLLOWING OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT: - TO PRESERVE AND PROTECT THE MENTAL AND PHYSICAL HEALTH OF THE PUBLIC IN THE UNITED KINGDOM THROUGH EVIDENCE-BASED NEURO-SOMATIC TRAINING, EMOTIONAL REGULATION FRAMEWORKS, AND BREATHWORK EDUCATION DESIGNED TO BUILD COGNITIVE RESILIENCE AND PREVENT MENTAL HEALTH ATTRITION;- TO ADVANCE THE EDUCATION OF THE PUBLIC, INCLUDING PRIVATE-SECTOR EMPLOYERS, PUBLIC SECTOR WORKERS, AND YOUTH, IN MENTAL FITNESS, NERVOUS SYSTEM REGULATION, WELLBEING AND PSYCHOLOGICAL SAFETY IN THE WORKPLACE, AND TO CONDUCT AND PUBLISH CLINICAL RESEARCH IN COLLABORATION WITH UK ACADEMIC INSTITUTIONS; AND- TO RELIEVE THE NEEDS OF INDIVIDUALS EXPERIENCING CHRONIC STRESS, BURNOUT, AND EMOTIONAL DYSREGULATION, PARTICULARLY FRONTLINE WORKERS, THOSE IN THE JUSTICE SYSTEM, AND INDIVIDUALS AT RISK OF ECONOMIC INACTIVITY, BY PROVIDING EARLY-INTERVENTION RESILIENCE PROGRAMMES THAT PROMOTE WELLBEING AND SOCIAL INCLUSION. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Trustees

Name	Role	Appointed
Priyanka Prakash BA MA	Chair	
Ashishchandra Domah FCCA FFA FIPA MBA		
Manishchandra Domah FCCA FFA FIPA		