

SHANTI SADAN

England & Wales · Charity number 284076

Details

Status Registered

Legal form Trust

Registered 1982-03-17

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

Contact

Address Shanti Sadan
29 Chepstow Villas
London
W11 3DR

Phone 020 77277846

Email mail@shantisadan.org

Website shantisadan.org

Activities

Objects: TO ADVANCE PUBLIC EDUCATION IN CLASSICAL TEACHING IN THE SCIENCE OF ADHYATMA YOGA BASED UPON THE PRINCIPLES OF THE HIGHEST STANDARDS OF PERSONAL CONDUCT AND SERVICE TO OTHERS AND PROMOTE AND ADVANCE FOR THE PUPRIC BENEFIT THE STUDY AND PRACTICE OF AND RESEARCH INTO THE THERAPEUTIC EFFECT OF YOGA AS A MEANS OF IMPROVING THE MENTAL OR PHYSICAL OR SPIRITUAL HEALTH OF THE COMMUNITY AND TO PUBLISH THE USEFUL RESULTS OF ANY SUCH RESEARCH.

Activities: Provide education in the classical teachings of Adhyatma Yoga

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** Education/training, Religious Activities
- **Who:** The General Public/mankind

Geography

- Kensington And Chelsea

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£890,281	£177,390	£11,556,931	0
2023-12-31	£230,906	£345,890	-	-
2022-12-31	£214,867	£182,394	-	-
2021-12-31	£178,929	£299,613	-	-
2020-12-31	£158,217	£263,530	-	-

Trustees

Name	Role	Appointed
Shanti Sadan Company Ltd		

SHANTI SADAN

England & Wales - Charity number 284076

Accounts

SHANTI SADAN
(REGISTERED CHARITY NO 284076)
ESTABLISHED 1981

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

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SHANTI SADAN
TRUSTEES' ANNUAL REPORT 2024

Reference and Administrative Details

Charity Name	SHANTI SADAN
Registered Charity Number	284076
Charity's Principal Address	29 Chepstow Villas, London, W11 3DR.

Trustees

The Shanti Sadan Company Ltd (Number 02541508) is the charity trustee. The directors of the company are:

Mr P Houghton
Mr F Clowes

Professional AdvisorsLegal Advisors

RWK Goodman, 69 Carter Lane, London EC4V 5EQ
Russell Cooke, 8 Bedford Row, London WC1R 4BX

Bankers

Metrobank, 160-166 Kensington High St, London W8 7RG

Investment Managers

Cazenove Capital Management Limited, Schroder & Co. Limited, 1 London Wall Place,
London, EC2Y 5AU

Accountants

Farrington & Co., Chartered Accountants, 176 Franciscan Road, Tooting, London, SW17
8HH.

Auditors

Able & Young Limited., Airport House, Purley Way, Croydon, CR0 0XZ

Report of the Trustees for the year ended 31 Dec 2024

Structure, Governance and Management

Governing Document and Constitution

Shanti Sadan was founded as a Centre of Advaita Vedanta and Adhyatma Yoga in 1933. The Shanti Sadan Charity was formed to serve as a corporate entity to own and administer the Centre's material resources, through a Charitable Trust Deed made on 15th November 1981. The Deed, as amended by a Scheme of Commissioners dated 4th December 1990, forms the Governing Document of the charity. Through the Deed, Shanti Sadan is constituted as a Trust.

Trustees

Under the Scheme, the Shanti Sadan Company Ltd, which is a dormant private limited company without share capital, was appointed Trustee of the Charity. The directors of the company serve as Trustees of the Charity and are referred to as such in this report. The power to appoint and remove a director is vested in the board of directors.

The Trustees' overall responsibility is to fulfil the legal requirements pertaining to the Shanti Sadan Charity so that the Charity can materially support the aims of the Centre.

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and Financial Reporting Standard (FRS102).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

1. Select suitable accounting policies and then apply them consistently;
2. Observe the methods and principles in the Charities SORP;
3. Make judgments and accounting estimates that are reasonable and prudent;
4. State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
5. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are drawn from the active volunteers at Shanti Sadan with a thorough

understanding of its activities and objectives. In order to preserve Shanti Sadan as a Centre of the traditional teachings in which the original ideals predominate, they work in close consultation with the presiding Warden of Shanti Sadan.

Prior to appointment, the Trustees are briefed about their responsibilities, in particular their role in ensuring that the material resources of Shanti Sadan are rightly and effectively used to further the aims for which the Centre was established. They have been made fully aware of the requirement for all charities to demonstrate the public benefit of their work.

Organisation

The purpose of Shanti Sadan is to provide information about, and opportunities to practise the teachings of the classical Yoga of Self-Knowledge (Adhyatma Yoga), and its philosophical basis, the philosophy of non-duality (Advaita Vedanta), as described further under 'objectives and activities' below. Since its foundation by the scholar and teacher Hari Prasad Shastri in 1933, this work has been continued under the direction of subsequent Wardens of Shanti Sadan, each of whom has been nominated by their predecessor as qualified to oversee the activities of the Centre in all their practical, ethical and philosophical aspects.

Shanti Sadan has no paid employees, all work is conducted on a voluntary basis, including that of the Warden. The present Warden is Ms Berta Dandler, who was nominated by her predecessor, Dr Anthony M Halliday, in 2006. She is the author of five books published by Shanti Sadan. She presides at the principal meetings and is informed and consulted about all other matters.

Shanti Sadan fulfils its purpose by providing events, meetings, study groups, publications and online resources. All tasks are undertaken by a small team of active volunteers, working in close cooperation with each other and the Warden. During the period under review, the total number of volunteers active at any one time ranged between five and ten.

The volunteers are people who have been drawn to the teachings offered by the Centre and have chosen to actively pursue and support its purposes. They are gradually introduced to the work of Shanti Sadan, according to their aptitudes and availability. Care is taken to emphasise the importance of working in a spirit of service, for the Centre and the wider community, and not for material personal gain. It is central to the ethos and practice of Shanti Sadan that service is undertaken without seeking to promote any individual personalities.

Some activities are organised according to a timetable loosely based on the academic year. Typically, a series of study sessions are held in each of the Spring, Summer and Autumn terms. Accordingly, organisation meetings are held prior to the beginning of each term to map out plans and priorities for the coming term. Further meetings, formal and otherwise, occur as required. This pattern has been broadly sustained as the focus of activities have moved from in-person meetings to online events recently in this and recent years.

Where appropriate, specialist professional help is engaged, for example in the technical development of online resources and eBooks.

Shanti Sadan is not involved in fundraising activities or grant-making. The main source of funding is income from investments, which have been placed under professional management. The Trustees meet annually with the investment managers to review and confirm that the agreed long-term investment strategy is being fulfilled.

The Charity Trustees meet periodically to review and address recent developments concerning the use of Shanti Sadan's material resources and to consider all major spending proposals.

Objectives and Activities

Overview

The objectives of the charity as stated in the governing document are to advance public education in the classical teachings of Adhyatma Yoga based upon the principles of the highest standards of personal conduct and service to others, and to promote and advance for the public benefit the study and practice of, and research into, the therapeutic effect of Yoga as a means of improving the mental, physical and spiritual health and well-being of the community, and to publish the useful results of any such research, and in furtherance of such objects, but not otherwise, the Trustees may at their sole discretion:

1. Provide, maintain and conduct centres and similar establishments including residential accommodation, where aspirants may together receive instruction and training in Adhyatma Yoga and practise the Adhyatma Yoga way of life.
2. Provide facilities for classes to improve physical or mental health through Yoga postures, breathing, relaxation and meditation techniques.
3. Organise lectures, courses and seminars for the study of the physical and mental benefits of the practice of Adhyatma Yoga and of its philosophical and spiritual aspects.
4. Provide courses for teacher-training and for further study for practising teachers to increase their knowledge of, and proficiency in, all aspects of teaching the integral approach to Adhyatma Yoga.
5. Liaise with other organisations with similar aims and objectives in order to exchange information about relevant topics and provide facilities for research into education and practice of all aspects of Yoga.
6. Establish a library and by means of publishing, printing or advertising, supply information to those members of the public who wish to learn more about Adhyatma Yoga.

Adhyatma Yoga and Advaita Vedanta are among the oldest, most respected and widely practised of the ethical and philosophical schools originating in the Indian subcontinent. Shanti Sadan was established in London as a Centre of Adhyatma Yoga and Advaita Vedanta by Hari Prasad Shastri to make these teachings available in this country and the

West generally, in a suitable and entirely non-sectarian form. Since the passing of the founder in 1956, Shanti Sadan has continued and developed along the lines he established. In time, it was decided to establish a corporate legal entity to be the owner of its material assets, leading to the formation of the Charity in 1981.

The teachings of Adhyatma Yoga and Advaita Vedanta offer tried and tested methods for individuals to gain deeper self-knowledge and the ability to apply universal ethical ideals, for their own benefit and that of the community.

Shanti Sadan fulfils its objectives through the production of books, journals and online resources, and by providing talks and group meetings, in-person and online, about meditation, related practices, and the principles on which they are based. In this way reliable, unbiased information is provided for new enquirers interested in the philosophy and methods. For committed aspirants, guidance is provided on how to further their progress towards the yoga ideals, according to their individual circumstances.

Shanti Sadan maintains the main Centre at 29 Chepstow Villas W11 3DR where most of its organisation and activities are conducted, and some residential units are maintained so that committed members may be accommodated within reach of the Centre.

Publications

Shanti Sadan produces books on the non-dual teachings that are clear and accessible to contemporary audiences. The books provide means of psychological self-help, and a deeper understanding of human nature and its potentialities. The publications are designed for both general readers, and enquirers who wish to study the teachings in their classical form. The self-help referred to concerns the ability to direct one's own mind, and free it from the domination of moods, anxieties, anger and so on, which are all viewed as impediments to a deeper understanding, and which can, if unchecked, lead to discord and conflict in society. The deeper view of human nature relates to our capacity to transcend all narrow attitudes, and to discern the underlying unity among individuals and communities.

All its publications are prepared in-house, and Shanti Sadan acts as distributor as well as publisher. Increasingly, such writings are being made available digitally as well as in traditional book form.

The book catalogue includes titles on all aspects of the non-dual philosophy and its practical applications. In addition to the books by the founder, Hari Prasad Shastri, both original works and translations of classic Yoga texts, the range has been extended to include works of subsequent Wardens of Shanti Sadan, Marjorie Waterhouse, Anthony M Halliday and Berta Dandler. The collection also includes the works of A J Alston, a renowned Sanskrit scholar and lifelong member of Shanti Sadan. These are translations of key philosophical texts, among which is a thematic compilation in six volumes of writings by Shankara, the pre-eminent exponent of classical Advaita.

The title list includes books of practical instruction, such as *Meditation - Its Theory and Practice*, *Training the Mind through Yoga* and *How Can No-duality Help Me Now?*, biographies of people who exemplify the Adhyatma Yoga way of life, as well as a range of translations of philosophical classics, many with commentaries that show the relevance of the non-dual teachings to contemporary life.

Shanti Sadan produces the journal *Self-Knowledge*, published four times a year. The purpose of the journal is to provide a regular source of fresh material about the non-dual teachings in a form that can be readily understood and applied by interested enquirers. The content includes articles on the common ground among all the great religious and cultural traditions, and the deeper insights of art and science.

The Journal carries no advertising, and the content is free from commercial influence. In general, the editorial policy is to make little reference to short-term political and social developments: the content always focuses on what is of most concern for individuals in the long term. The Journal maintains absolute editorial independence, based on the non-dual principles, and it has always been made clear that the purpose is to share, but in no way to impose, these ideals.

All publications, including the journal, are priced so that the teachings may reach as many people as possible, not with the primary aim of generating revenue.

Meetings and Events

Meetings are held online and in-person at regional centres, including London, other UK venues, and in English-speaking areas outside the UK.

In the allocation of resources, priority is currently given to online developments to take advantage of the greater geographical reach made possible, so that interested individuals can benefit regardless of their location.

At all the events and meetings, there are presentations on guided meditation and related practices, together with an introduction to the essential non-dual teachings on which they are based. These practices and principles are conducive to inner well-being for individuals and tolerance and cooperation within communities. The presentations are designed to be suitable for both experienced enquirers and newcomers. For newcomers, they provide an opportunity to discover the practices and learn how to take them up regularly. For others they are a chance to progress the practices in a supportive group setting.

At all public meetings and presentations, advice and support are offered so far as possible to those who seek it. At the same time, no attempt is made to influence their religious or other affiliations, and the essential teachings shared by all the great wisdom traditions are emphasised.

All the events are organised and presented by volunteer members of Shanti Sadan. According to traditional practice, participation is always free of charge. Voluntary donations

are accepted, but no personal approach is made to individuals. Generally, donations fall short of total costs and the events are subsidised by Shanti Sadan as part of its charitable work. All members of the community are welcomed.

On-line Resources

The development of online resources is a major part of Shanti Sadan's work.

Central to this is the Shanti Sadan website. Material on the site is arranged broadly with the two audiences in mind: newcomers interested in finding out more, and those who wish to further their ongoing understanding and practice. As well as written articles, there is an expanding range of audio and visual material, including recordings of guided meditation sessions which can be followed for individual regular practice.

A key objective is that the Shanti Sadan website should be as easily findable as possible to individuals who are looking for related information but who may not yet be aware specifically of Advaita Vedanta or Shanti Sadan. In practice this means actively engaging in 'search-engine optimization' (SEO).

Apart from Shanti Sadan's website, selective use is made of social media platforms as a way of maximising the opportunities for people who may benefit to become aware of the non-dual teachings and practices. Social media has proved to be an effective way of promoting Shanti Sadan events.

While seeking to take advantage of online resources, those involved in the work of Shanti Sadan are fully aware that the Internet and social media have the potential to distract and dissipate the mental energies of people in unhelpful ways. So care is exercised to take advantage of the opportunities provided by online media, while not contradicting any of Shanti Sadan's core values and objectives.

Liaison with other organisations

Shanti Sadan maintains cordial relations with other organisations with related objectives. In some cases, publications are made available at minimal or no cost, including free subscriptions to the journal for members of enclosed religious orders.

Achievements and Performance during 2024

The following achievements and activities were supported and enabled with material resources administered by Shanti Sadan. The Trustees consider this to have been an effective use of those resources in pursuit of the Charity's objectives.

Publications

During the year, there was a slight increase in the total number of publications distributed. As before, the great majority of sales were direct to individuals rather than resellers. There was strong demand for the complete six-volume *Shankara Source Book*, as well as newer titles, including *How Can Non-duality Help Me Now*.

In September 2024, a new edition of *The Thousand Teachings of Shankara* was published. This text has the special quality of being almost certainly by the original Shankara, and is not a commentary on something else. For the new edition, some revisions were made to enhance its value to students who wish to study this text by Shankara as a guide to the practical aspects of non-duality as well as the philosophy. The new edition was designed to be physically smaller and lighter than the first, to economise shipping costs.

Simultaneously with the new printed edition, an eBook version of the title was also produced. This brings the total number of eBooks available to 13, and there was an overall increase in the total number of eBooks distributed during the period. All are produced with maximum eBook functionality to enhance their value to students and researchers. At the end of the period, a project was initiated to ensure that all titles, including the first to be published, met the latest eBook publication standards, following a change of practice by some producers of e-reading devices.

Throughout the year, publication of the quarterly journal of Self-Knowledge continued. As in previous years, it carried a combination of new material and previously unpublished writings. The range of topics covered may be indicated from this selection of article titles: *Some Teachings from the Katha Upanishad, In What Sense Is the World Unreal in Shankara's Philosophy? Non-duality and Sufism, The Challenge of Suffering, Towards Inner Freedom, The Non-Duality of Shri Shankara, Meditation and Cheerfulness, Bhagavad Gita Chapter 18: Giving Up and Letting Go, Meditation - More than a Science or Art, The Taittiriya Upanishad', Bhagavad Gita Chapter 18: The Highest Refuge and Knowledge, Winning Over Your Mind, The Introduction to Shankara's Brahma Sutra Commentary, The Way to Lasting Fulfilment, Standard of Morality, The Brihadaranyaka Upanishad, Nicholas of Cusa, Lift Yourself by Yourself, The Thousand Teachings of Shankara Part One, Totality of Experience is Vedanta, Seek and You Shall Find, Shankara on Meditation and Knowledge, The Mundaka Upanishad, Human Nature, There is a Way to Freedom, The Ascent of the Mind, How Can Self and Not-Self Be Connected?, Hafiz and Mysticism.*

During the year, the range of subscription options to the Journal was adjusted. Three subscription levels were made available: print and online; online only (called 'Online supporters Subscription'), and 'Free Guest Access for a Week'. The need to subscribe or enrol for free access applies to almost all content. In this way, a balance is found between providing value for subscribers and allowing access to all the content to interested individuals. All subscribers have the added benefit of being able to access eBook versions for maximum ease and functionality.

During the year, work continued to find and contact relevant organisations to which the journal is made available free of charge. Similar arrangements were made with individuals who are in a position to pass on the Journal to places where it is likely to be found by people who will find the contents interesting and helpful. It is anticipated that this 'free distribution model' to appropriate organisations and individuals will increasingly be used.

As in previous years, individuals who bought books and the journal were subsequently in further contact and in some cases have joined the regular study groups.

Meetings

Two in-person meetings were held during the year, in Stockholm and Oslo. A number of individuals from the Nordic region had previously expressed interest and taken part in online activities, so it was decided to hold events in these locations, where there is also strong English language proficiency. The meetings were promoted through social media and existing contacts. As usual, no charge was made, but potential visitors were required to confirm attendance in advance. Both meetings attracted considerable interest, and the venues were filled to capacity. The presentations focused on how the non-dual teachings can help individuals find fulfilment and contentment through philosophical inquiry and ethical living, without depending on excessive consumption and competitiveness. Some adjustments were made to the programme and practices to enhance effectiveness and clarity. In both cases, a number of participants subsequently joined online group meetings to continue their study and practice.

Internet Resources and Online Media

Online study meetings

Online study meetings continued throughout the year, in the three series corresponding broadly to the Spring, Summer and Autumn academic terms. These online meetings continued to develop as the primary and most effective way of providing support and learning opportunities to interested individuals. The curriculum was further revised in four stages. The first introduces the essential principle of non-duality, that the individual viewpoint is limited and allowance must be made for a real state of affairs that exceeds it. Understanding this helps to understand and apply the principle that one should treat others as one would wish to be treated, the basis of the social contract. The second stage covers how to develop some of the personal qualities that are most helpful; a spirit of balanced enquiry, discernment of what has lasting value, evenness of mind in challenging situations, and qualities like self-control, positivity and concentration. The third stage focuses on the non-dual understanding of human nature, in order to best understand its full potential. For students who have completed these three foundational series, there are ongoing meetings, providing opportunities to study specific aspects of the teachings and to discuss individual experiences and concerns. Several groups ran at each stage each term. They each met weekly, with follow-ups and individual support where required. The timing of each group is arranged after liaising with all the potential participants.

Website

The effectiveness of the web-hosting company was reviewed and a new host selected, which led to more prompt and effective performance. During the year, increasing support was provided by individuals interested in the teachings who also have relevant technical skills, and this resulted in a number of improvements including the website sitemap, search facility, and appearance of images and text, especially on mobile devices.

As well as all the new items in the Self-Knowledge Journal section of the website, new material was added to the 'watch and listen' section of videos and recordings. New material by the Warden was added on subjects including: insights that bring relief from anxiety and tension; how to respect individual differences while recognising what is shared and common to all, which is the basis of effective ethics and goodwill; an effective balance between independence of mind, positive affirmation, and focussed attention. A number of viewers expressed their appreciation of these resources.

Online contact support

Most enquiries by email require individual responses. Frequently, contact is maintained through individual online meetings. This work is highly time-intensive, but is considered essential to the charity's purpose.

Volunteer Development

Volunteer development has effectively mirrored the growth of online resources and in-person meetings.

A number of volunteers expanded their capacity to organise and facilitate online meetings and study sessions.

Volunteers have increasingly contributed to the development and maintenance of the Shanti Sadan website, to considerable mutual benefit.

All volunteer development is based on continued engagement in the philosophical and practical aspects of non-duality.

Material resources

There were no major changes to the material resources of the charity during the year.

Public Benefit

The Trustees are conscious of the Charity's obligation to provide public benefit and consider that during the year in review the obligation has been met by materially supporting Shanti Sadan's work of providing information about, and opportunities to practise, traditional teachings on the basis of ethics on non-sectarian lines; the underlying commonality of the great religions and cultures; the means of creating social harmony, and the development within the individual of the capacities for deep relaxation, concentration, tolerance, good-will and contentment, that can be sustained in times of adversity.

Financial Review

Overview

Total resources expended during the year was £177,390 and total income was £890,281. Full details of these amounts are given within this report under the statement of financial activities.

The investments comfortably achieved the goal of exceeding inflation by two per cent. The Trustees are satisfied that the investment managers continued to fulfil the objective of providing adequate income to fund the Centre's activities, while preserving the capital and protecting against inflation in the long term.

During the year, notification was received of a substantial donation from the estate of a former member and the amount receivable of £597,978 has been included as income for the year.

The Trustees are satisfied that the charity is well placed financially to continue supporting the activities of Shanti Sadan.

Reserves

The Trustees consider that the reserves held are adequate and appropriate given that investments are the main source of income for the Charity, and that the objective is to ensure that Shanti Sadan remains viable for the indefinite future.

Risk Management

The Trustees consider that the principal risks to the charity's capacity to continue to serve its purpose have been addressed through adequate insurance, diversified investment strategy, and contingency planning.

Plans and Priorities for the Future

Study group meetings are to be further developed, with a focus on a structured curriculum for new students and providing effective support for those with ongoing and deepening interest.

Occasional in-person meetings will be held, in locations and venues where relevant interest and language skills are most likely to be found.

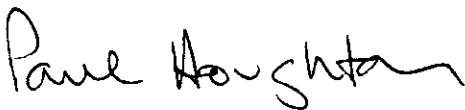
Further audio-visual material is to be produced and distributed as widely as possible.

Work is to continue on new publications and the conversion of existing ones to eBook format.

Declaration

The Trustees declare that they have approved the Trustees Report above.

Signed on behalf of the Trustees



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(P Houghton)

17/9/2025

SHANTI SADAN**AUDIT REPORT**

For the year ended 31 December 2024

**INDEPENDENT AUDITOR'S REPORT
TO THE TRUSTEES OF SHANTI SADAN**

Opinion

We have audited the financial statements of Shanti Sadan (the "Charity") for the year ended 31 December 2024 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the Charity's affairs as at 31 December 2024 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the Charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

SHANTI SADAN**AUDIT REPORT**

For the year ended 31 December 2024

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters in relation to which the Charities Act 2011 requires us to report to you if, in our opinion:

- sufficient accounting records have not been kept;
- the financial statements are not in agreement with the accounting records and returns;
- or
- we have not obtained all the information and explanations necessary for the purposes of our audit.

Responsibilities of the trustees

As explained more fully in the trustees' responsibilities statement set out on page 4, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the Charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud is detailed below:

Based upon our understanding of the charity and the industry, we identified that the principal risk of non-compliance with laws and regulations related to charity law applicable in England and Wales, and we considered the extent to which non-compliance might have a material effect upon the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements. Such as the Charities Act 2011 and payroll tax.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the override of controls) and determined that the principal risk was from the overriding of those controls and management bias in accounting estimates.

Audit procedures included:

- -Enquiring with management regarding correspondence with regulators and tax authorities;
- -Evaluating management controls designed to prevent fraud and detect irregularities;
- -Challenging assumptions and judgements made by management in their critical accounting estimates.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

SHANTI SADAN**AUDIT REPORT**

For the year ended 31 December 2024

Use of our report

This report is made solely to the Charity's trustees, as a body, in accordance with section 144 of the Charities Act 2011 and the regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the Charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Rekha Shah

Mrs Rekha Shah
Senior Statutory Auditor
For and on behalf of Able & Young Limited
Airport House
Purley Way
Croydon
Surrey CR0 0XZ

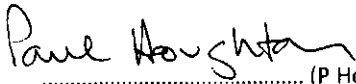
Dated...25/09/2025

SHANTI SADAN
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31 December 2024

	Notes	Unrestricted £	Restricted £	Endowment £	2024 £	2023 £
Income and endowments from:						
<i>Donations, legacies and similar income</i>						
Gift Aid, Covenants and general donations		598,617			598,617	625
<i>Incoming resources from charitable activities</i>						
Publications		7,187			7,187	4,035
Rent	6	2,950			2,950	2,900
Other Income		-			-	-
<i>Other incoming resources</i>						
Investment income		281,527			281,527	223,346
Total incoming resources		890,281	-	-	890,281	230,906
Expenditure on:						
<i>Charitable activities</i>						
Publications and Public Talks		28,146			28,146	46,427
Premises - repairs and maintenance		9,281			9,281	158,793
Premises - other costs		55,391			55,391	61,814
Insurance		5,632			5,632	5,825
Other miscellaneous costs		9,202			9,202	8,194
Fund management charges		41,706			41,706	40,702
Depreciation	2	20,609			20,609	20,642
<i>Governance costs</i>						
Examiner's fee		-			-	528
Audit fees		3,900			3,900	-
Accountancy fees		3,523			3,523	2,965
Total resources expended		177,390	-	-	177,390	345,890
Net incoming (outgoing) resources for the year		712,891			712,891	(114,984)
Transfers between funds		-			-	-
Net Gain on disposals of fixed assets		-			-	-
Net Gain (loss) on investment assets	3	459,972			459,972	191,860
Net movement in funds		1,172,863	-	-	1,172,863	76,876
Funds at 1 January 2024		10,384,068	-	-	10,384,068	10,307,192
Funds at 31 December 2024		11,556,931	-	-	11,556,931	10,384,068

Approved by the Directors of The Shanti Sadan Company Ltd

on **17 Sept 2025** and signed on their behalf by

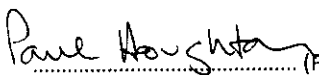

(P Houghton)

SHANTI SADAN
BALANCE SHEET
For the year ended 31 December 2024

	Notes	Unrestricted £	Restricted £	Endowment £	2024 £	2023 £
FIXED ASSETS						
Tangible fixed assets	2	1,662,807		-	1,662,807	1,680,167
Investments	3	9,133,429			9,133,429	8,553,808
Total fixed assets		10,796,236	-	-	10,796,236	10,233,975
CURRENT ASSETS						
Publication stock		61,157			61,157	61,726
Short term bank deposits		15,536			15,536	15,364
Debtors and prepayments	7	601,898			601,898	4,326
Cash at bank and in hand		99,604			99,604	82,277
Total current assets		778,195	-	-	778,195	163,693
CURRENT LIABILITIES						
Creditors and accrued charges		(17,500)			(17,500)	(13,600)
NET CURRENT ASSETS		760,695	-	-	760,695	150,093
NET ASSETS		11,556,931	-	-	11,556,931	10,384,068
FUNDS						
General / Restricted/Endowment		11,556,931	-	-	11,556,931	10,384,068
TOTAL FUNDS		11,556,931	-	-	11,556,931	10,384,068

Approved by the Directors of The Shanti Sadan Company Ltd

on **17 Sept 2025** and signed on their behalf by

 (P Houghton)

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

1. Accounting Policies

I. Basis of preparation

The accounts have been prepared under the historic cost convention except for investments, which are valued at market value. The accounts have been prepared in accordance with the Charities Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" and the Charities Act 2011.

II. Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

III. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

IV. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

V. Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

VI. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

SHANTI SADAN**NOTE TO THE FINANCIAL STATEMENTS****For the year ended 31 December 2024**

Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of delivering services and other educational activities
- undertaken to further the purposes of the charity and their associated support costs Other expenditure represents those items not falling into any other heading

VII. Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

VIII. Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

IX. Depreciation

Provision for depreciation of fixed assets held for use by the charity is made at annual rates calculated to spread the cost (less anticipated residual disposal value) of each asset evenly over its useful life.

Fixtures and fittings - 20% per annum on a straight line basis.

Freehold and leasehold properties - 1% per annum on a straight line basis.

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

2. Fixed Assets

	Freehold property	Leasehold property	Furniture fittings	Total
	£	£	£	£
Cost/valuation				
Brought forward	125,520	1,659,815	65,096	1,850,431
Additions	-	-	3,250	3,250
Transfer to/from revaluation reserve	-	-	-	-
Disposals	-	-	-	-
Carried forward	125,520	1,659,815	68,346	1,853,681
Depreciation				
Brought forward	5,648	116,187	48,429	170,264
Charge for the year	628	16,598	3,384	20,610
Disposals	-	-	-	-
Carried forward	6,276	132,785	51,813	190,874
Net book value				
At 31 December 2024	119,244	1,527,030	16,533	1,662,807
At 31 December 2023	119,872	1,543,628	16,667	1,680,167

3. Fixed Asset Investments

	2024 £	2023 £
Cazenove Capital Management		
Carrying Value at the beginning of the year	8,553,808	8,462,630
Additions	-	-
Disposals at Carrying Value	-	-
	8,553,808	8,462,630
Unrealised gain (loss) on retained investments	459,972	191,860
Other Transfers (refer note below)	(161,706)	(323,890)
Investment income	281,355	223,208
Carrying Value at the end of year	9,133,429	8,553,808

The charity's investments are managed by Cazenove Capital Management Limited and consists of various investments in equities, bonds and other investment funds.

They are included in the financial statements at market value as at the year end per the Cazenove Capital Management report.

Other transfers of £161,706 (2023: £323,890) represent fund managers management charges £41,706 (2023: £41,702) and cash transfers £120,000 (2023: £283,188) to Shanti Sadan's current account for funding the normal day to day working of the charity.

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

4. Trustees' Remuneration and Expenses

None of the directors of The Shanti Sadan Company Ltd, which is the sole trustee of the charity, were paid any remuneration by the charity. One director was provided with accommodation as part of the charitable activities of Shanti Sadan during 2024 (and 2023).

5. Grants and Restricted Funds

No grants were received or made by Shanti Sadan during the year.

6. Rent

The rents received during the year of £2950 (2023: £2900) includes amounts received from beneficiaries occupying properties kept by Shanti Sadan to enable committed aspirants to attend the centre regularly. The occupants do not pay a commercial rent.

7. Debtors and Prepayments

Debtors and prepayments of £601,898 (2023: £4326) includes legacies receivable of £597,978 (2023: NIL), which were received after the year from the estate of Peter John Churchill who passed away in March 2023.

SHANTI SADAN

England & Wales - Charity number 284076

Accounts

SHANTI SADAN
(REGISTERED CHARITY NO 284076)
ESTABLISHED 1981

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

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Reference and Administrative Details

Charity Name	SHANTI SADAN
Registered Charity Number	284076
Charity's Principal Address	29 Chepstow Villas, London, W11 3DR.

Trustees

The Shanti Sadan Company Ltd (Number 02541508) is the charity trustee. The directors of the company are:

Mr P Houghton
Mr F Clowes

Professional Advisors

Legal Advisors

RWK Goodman, 69 Carter Lane, London EC4V 5EQ
Russell Cooke, 8 Bedford Row, London WC1R 4BX

Bankers

Metrobank, 160-166 Kensington High St, London W8 7RG

Investment Managers

Cazenove Capital Management Limited, Schroder & Co. Limited, 1 London Wall Place, London, EC2Y 5AU

Independent Examiner

Jailesh Patel FCCA., Farringdon & Co., Chartered Accountants, 176 Franciscan Road, Tooting, London, SW17 8HH.

Report of the Trustees for the year ended 31 Dec 2023

Structure, Governance and Management

Governing Document and Constitution

Shanti Sadan was founded as a Centre of Advaita Vedanta and Adhyatma Yoga in 1933. The Shanti Sadan Charity was formed to serve as a corporate entity to own and administer the Centre's material resources, through a Charitable Trust Deed made 15th November 1981. The Deed, as amended by a Scheme of Commissioners dated 4th December 1990, forms the Governing Document of the charity. Through the Deed Shanti Sadan is constituted as a Trust.

Trustees

Under the Scheme, The Shanti Sadan Company Ltd, which is a dormant private limited company without share capital, was appointed Trustee of the Charity. The directors of the company serve as Trustees of the Charity and are referred to as such in this report. The power of appointing and removing a director is vested in the board of directors.

The Trustees' overall responsibility is to fulfil the legal requirements pertaining to the Shanti Sadan Charity so that the Charity can materially support the aims of the Centre. The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and Financial Reporting Standard (FRS102).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

1. Select suitable accounting policies and then apply them consistently;
2. Observe the methods and principles in the Charities SORP;
3. Make judgments and accounting estimates that are reasonable and prudent;
4. State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
5. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are drawn from the active volunteers at Shanti Sadan with a thorough understanding of its activities and objectives. In order to preserve Shanti Sadan as a Centre of the traditional teachings in which the original ideals predominate, they work in close consultation with the presiding Warden of Shanti Sadan.

Prior to appointment, the Trustees are briefed about their responsibilities, in particular their role in ensuring that the material resources of Shanti Sadan are rightly and effectively used to further the aims for which the Centre was established. They have been made fully aware of the requirement for all charities to demonstrate the public benefit of their work.

Organisation

The purpose of Shanti Sadan is to provide information about, and opportunities to practise the teachings of the classical Yoga of Self-Knowledge (Adhyatma Yoga), and its philosophical basis, the philosophy of non-duality (Advaita Vedanta), as described further under 'objectives and activities' below. Since its foundation by the scholar and teacher Hari Prasad Shastri in 1933, this work has been continued under the direction of subsequent Wardens of Shanti Sadan, each of whom has been nominated by their predecessor as qualified to oversee the activities of the Centre in all their practical, ethical and philosophical aspects.

Shanti Sadan has no paid employees, all work is conducted on a voluntary basis, including that of the Warden. The present Warden is Ms Berta Dandler, who was nominated by her predecessor, Dr Anthony M Halliday, in 2006. She is the author of five books published by Shanti Sadan. She presides at the principal meetings and is informed and consulted about all other matters.

Shanti Sadan fulfils its purpose by providing events, meetings, study groups, publications and on-line resources. All tasks are undertaken by a small team of active volunteers, working in close cooperation with each other and the Warden. During the period under review the total number of volunteers active at any one time ranged between five and ten.

The volunteers are people who have been drawn to the teachings offered by the Centre and have chosen to actively pursue and support its purposes. They are gradually introduced to the work of Shanti Sadan, according to their aptitudes and availability. Care is taken to emphasise the importance of working in a spirit of service, for the Centre and the wider community, and not for material personal gain. It is central to the ethos and practice of Shanti Sadan that service is undertaken without seeking to promote any individual personalities.

Some activities are organised according to a timetable loosely based on the academic year. Typically, a series of study sessions are held in each of the Spring, Summer and Autumn terms. Accordingly, organisation meetings are held prior to the beginning of each term to map out plans and priorities for the coming term. Further meetings, formal and otherwise, occur as required. This pattern has been broadly sustained as the focus of activities have moved from in-person meetings to online events recently and during the year in review.

Where appropriate, specialist professional help is engaged, for example in the technical development of on-line resources and eBooks.

Shanti Sadan is not involved in fund-raising activities or grant-making. The main source of funding is income from investments, which have been placed under professional management. The Trustees meet annually with the investment managers to review and confirm that the agreed long-term investment strategy is being fulfilled.

The Charity Trustees meet periodically to review and address recent developments concerning the use of Shanti Sadan's material resources, and to consider all major spending proposals.

Objectives and Activities

Overview

The objectives of the charity as stated in the governing document are to advance public education in the classical teachings of Adhyatma Yoga based upon the principles of the highest standards of personal conduct and service to others, and to promote and advance for the public benefit the study and practice of, and research into, the therapeutic effect of Yoga as a means of improving the mental, physical and spiritual health and well-being of the community, and to publish the useful results of any such research, and in furtherance of such objects, but not otherwise, the Trustees may at their sole discretion:

1. Provide, maintain and conduct centres and similar establishments including residential accommodation where aspirants may together receive instruction and training in Adhyatma Yoga and practise the Adhyatma Yoga way of life.
2. Provide facilities for classes to improve physical or mental health through Yoga postures, breathing, relaxation and meditation techniques.
3. Organise lectures, courses and seminars for the study of the physical and mental benefits of the practice of Adhyatma Yoga and of its philosophical and spiritual aspects.
4. Provide courses for teacher-training and for further study for practising teachers to increase their knowledge of, and proficiency in, all aspects of teaching the integral approach to Adhyatma Yoga.
5. Liaise with other organisations with similar aims and objectives in order to exchange information about relevant topics and provide facilities for research into education and practice of all aspects of Yoga.
6. Establish a library and by means of publishing, printing or advertising, supply information to those members of the public who wish to learn more about Adhyatma Yoga.

Adhyatma Yoga and Advaita Vedanta are among the oldest, most respected and widely practised of the ethical and philosophical schools originating in the Indian subcontinent. Shanti Sadan was established in London as a Centre of Adhyatma Yoga and Advaita Vedanta by Hari Prasad Shastri to make these teachings available in this country and the West generally, in a suitable and entirely non-sectarian form. Since the passing of the founder in 1956, Shanti Sadan has continued and developed along the lines he established. In time, it was decided to establish a corporate legal entity to be the owner of its material assets, leading to the formation of the Charity in 1981.

The teachings of Adhyatma Yoga and Advaita Vedanta offer tried and tested methods for individuals to gain deeper self-knowledge and the ability to apply universal ethical ideals, for their own benefit and that of the community.

Shanti Sadan fulfils its objectives through the production of books, journals and online resources, and by providing talks and group meetings, in-person and online, about meditation, related practices, and the principles on which they are based. In this way reliable, unbiased information is provided for new enquirers interested in the philosophy and methods. For committed aspirants, guidance is provided on how to further their progress towards the yoga ideals, according to their individual circumstances.

Shanti Sadan maintains the main Centre at 29 Chepstow Villas W11 3DR where most of its organisation and activities are conducted, and some residential units are maintained so that committed members may be accommodated within reach of the Centre.

Publications

Shanti Sadan produces books on the non-dual teachings that are clear and accessible to contemporary audiences. The books provide means of psychological self-help, and a deeper understanding of human nature and its potentialities. The publications are designed for both general readers, and enquirers who wish to study the teachings in their classical form. The self-help referred to concerns the ability to direct one's own mind, and free it from the domination of moods, anxieties, anger and so on, which are all viewed as impediments to a deeper understanding, and which can, if unchecked, lead to discord and conflict in society. The deeper view of human nature relates to our capacity to transcend all narrow attitudes, and to discern the underlying unity among individuals and communities.

All its publications are prepared in-house, and Shanti Sadan acts as distributor as well as publisher. Increasingly such writings are being made available digitally as well as in traditional book form.

The book catalogue includes titles on all aspects of the non-dual philosophy and its practical applications. In addition to the books by the founder, Hari Prasad Shastri, both original works and translations of classic Yoga texts, the range has been extended to include works of subsequent Wardens of Shanti Sadan, Marjorie Waterhouse, Anthony M Halliday and Berta Dandler. The collection also includes the works of A J Alston, a renowned Sanskrit scholar

and lifelong member of Shanti Sadan. These are translations of key philosophical texts, among which is a thematic compilation in six volumes of writings by Shankara, the pre-eminent exponent of classical Advaita.

The title list includes books of practical instruction, such as *Meditation - Its Theory and Practice* and *Training the Mind through Yoga*, biographies of people who exemplify the Adhyatma Yoga way of life, as well as a range of translations of philosophical classics, many with commentaries by Hari Prasad Shastri that show the relevance of the non-dual teachings to contemporary life.

Shanti Sadan produces the journal *Self-Knowledge*, published four times a year. The purpose of the journal is to provide a regular source of fresh material about the non-dual teachings in a form that can be readily understood and applied by interested enquirers. The content includes articles on the common ground among all the great religious and cultural traditions, and the deeper insights of art and science.

The Journal carries no advertising and the content is conditioned by no commercial interests. In general, the editorial policy is to make little reference to short-term political and social developments: the content always focuses on what is of most concern for individuals in the long term. The Journal maintains absolute editorial independence, based on the non-dual principles, and it has always been made clear that the purpose is to share, but in no way to impose, these ideals.

All publications, including the journal, are priced so that the teachings may reach as many people as possible, not with the primary aim of generating revenue.

Meetings and Events

Meetings are held online, and in-person at regional centres including London, other UK venues, and in English-speaking areas outside the UK.

In the allocation of resources, priority is currently given to on-line developments in order to take advantage of the greater geographical reach made possible so that interested individuals can benefit regardless of their location.

At all the events and meetings there are presentations on guided meditation and related practices, together with an introduction to the essential non-dual teachings on which they are based. These practices and principles are conducive to inner well-being for individuals and tolerance and cooperation within communities. The presentations are designed to be suitable for both experienced enquirers and newcomers. For newcomers they provide an opportunity to discover the practices and learn how to take them up regularly. For others they are a chance to progress the practices in a supportive group setting.

At all public meetings and presentations, advice and support is offered so far as possible to those who seek it. At the same time, no attempt is made to influence their religious or other

affiliations, and the essential teachings shared by all the great wisdom traditions are emphasised.

All the events are organised and presented by volunteer members of Shanti Sadan. According to traditional practice, participation is always free of charge. Voluntary donations are accepted, but no personal approach is made to individuals. Generally, donations fall short of total costs and the events are subsidised by Shanti Sadan as part of its charitable work. All members of the community are welcomed.

On-line Resources

The development of on-line resources is a major part of Shanti Sadan's work.

Central to this is the Shanti Sadan website. Material on the site is arranged broadly with the two audiences in mind: newcomers interested in finding out more, and those who wish to further their on-going understanding and practice. As well as written articles, there is an expanding range of audio and visual material including recordings of guided meditation sessions which can be followed for individual regular practice.

A key objective is that the Shanti Sadan website should be as easily findable as possible to individuals who are looking for related information but who may not yet be aware specifically of Advaita Vedanta or Shanti Sadan. In practice this means actively engaging in 'search-engine optimization' (SEO).

Apart from Shanti Sadan's own website, selective use is made of social media platforms as a way of maximising the opportunities for people who may benefit to become aware of the non-dual teachings and practices. Social media has proved to be an effective way of promoting Shanti Sadan events.

While seeking to take advantage of on-line resources, those involved in the work of Shanti Sadan are fully aware that the Internet and social media have the potential to distract and dissipate the mental energies of people in unhelpful ways. So care is exercised to take advantage of the opportunities provided by online media, while not contradicting any of Shanti Sadan's core values and objectives.

Liaison with other organisations

Shanti Sadan maintains cordial relations with other organisations with related objectives. In some cases publications are made available at minimal or no cost, including free subscriptions to the journal for members of enclosed religious orders.

Achievements and Performance during 2023

The following achievements and activities were supported and enabled with material resources administered by Shanti Sadan. The Trustees consider this to have been an effective use of those resources in pursuit of the Charity's objectives.

Publications

The demand for the Charity's books remained steady throughout the year, with a regular stream of orders from both the UK and overseas (in particular the US and Australia). The majority of purchases are made online directly by individuals, in contrast to orders arranged via bookshops and agents.

During the year in review a new publication appeared with the title 'The Vital Spark'. This is a collection of essays by the previous Warden of Shanti Sadan A M Halliday. It incorporated chapters previously published as 'Yoga for the Modern World', together with new material on consciousness, which may be compared to a 'vital spark'. The opportunity was taken to make some revisions and updates. The book discusses many aspects of post-renaissance culture and shows the link between the traditional non-dual teachings, and the insights of modern science and philosophy. The book was produced in print and eBook formats.

Work continued during the year on revised further eBooks and new editions of more titles.

Publication continued of the quarterly journal Self-Knowledge, now it's 75th year. The Journal provides regular material for study and reflection, and continues to receive appreciative feedback from readers. The cost is minimised and postal charges subsidised in many cases. The breadth and inclusiveness of material may be judged from a selection of titles of articles published during the year: *Contentment: How Much is Enough?*; *Freeing the Will*; *The Way to the Goal of Life*; *The Alchemy of Happiness according to al Ghazzali*; *Teachings from the Bhagavad Gita*; *The Meditative Mind*; *Light from the Kena Upanishad*; *The Non-Duality of Shri Shankara*; *Through Non-attachment to Freedom*; *Prayer and Self-Knowledge*; *Ryokan – Friend of Peace and Freedom*; *Making the Best Choices*; *St Augustine – The Early Struggles*; *The Non-dual Contribution to Psychology, Philosophy and Religion*; *Successful Living*; *A Direct Pointer to Direct Experience*.

As in previous years, individuals who bought books and the journal were subsequently in further contact and in some cases have joined the regular study groups.

Meetings

During the year in-person meetings were held for the first time since the Covid pandemic. A total of four events took place in regional centres in Dublin, Amsterdam, Copenhagen and Berlin. The content was designed to appeal to people with widely differing levels of previous knowledge. They addressed questions such as how the non-dual teachings can help individuals find fulfilment and contentment through philosophical inquiry and ethical living, without depending on excessive consumption and competitiveness. New venues were

researched and used for all the meetings, in locations that allowed for maximum ease of travel for people in the surrounding regions. The events were promoted primarily through social media and the response led to a substantial increase in the database of interested individuals. The presentations were well-received and a number of participants went on to join regular online study groups.

Internet Resources and Online Media

During the year online study groups continued, arranged in three terms.

The curricula were developed and refined. Four stages were established. The first three are: foundational ideas; stages of learning; analysis of human nature and potentials. Each of these are completed over an eight week period. After that there are on-going groups focussing on topical questions from all aspects of the teachings. Several groups ran at each stage each term. They each met weekly, with follow-ups and individual support where required. The timing of each group is arranged after liaising with all the potential participants.

A review of the website at shantisadan.org was completed, with third-party support.

Updates and improvements were implemented regarding speed and searchability. A number of technical issues affecting findability in search engines were resolved. New web hosts were researched, trialled and selected. New material was added to the site with each edition of Self-Knowledge journal.

Further online-transmissions and presentations by the Warden were completed and the material added to the audio-visual resources available on the website and other media sharing sites. These included talks and meditation sessions entitled: *Our Chief purpose in Life; The Ocean in a Drop; Discerning the Self of All*. They have since been widely viewed and shared.

As in previous years, a substantial amount of volunteer time was spent each working day responding to questions and enquiries from individuals.

Throughout the year, selective use was made of promotions on social media and search engines to raise awareness of the courses, publications and the website.

Volunteer Development

Further valuable experience was gained by volunteers throughout the year, particularly in the organisation and facilitation of online events and meetings.

The continued development of online facilities has permitted individuals in all locations to be fully engaged in the centre's activities.

All volunteers took part in private and public meditation practice and study meetings.

Material resources

During the year a substantial maintenance project for the main premises at 29 Chepstow Villas was undertaken. A third party surveyor was engaged to identify work required to preserve the fabric of the building, and to check that it was completed to the necessary standard.

Public Benefit

The Trustees are conscious of the Charity's obligation to provide public benefit and consider that during the year in review the obligation has been met by materially supporting Shanti Sadan's work of providing information about, and opportunities to practise, traditional teachings on the basis of ethics on non-sectarian lines; the underlying commonality of the great religions and cultures; the means of creating social harmony, and the development within the individual of the capacities for deep relaxation, concentration, tolerance, good-will and contentment, that can be sustained in times of adversity.

Financial Review

Overview

Total resources expended during the year was £346k and total income was £231k. Full details of these amounts are given within this report under the statement of financial activities.

The Trustees are satisfied that the investment managers continued to fulfil the objective of providing adequate income to fund the Centre's activities, while preserving the capital and protecting against inflation in the long-term.

The Trustees are satisfied that the charity is well placed financially to continue supporting the activities of Shanti Sadan.

Reserves

The Trustees consider that the reserves held are adequate and appropriate given that investments are the main source of income for the Charity, and that the objective is to ensure that Shanti Sadan should remain viable for the indefinite future.

Risk Management

The Trustees consider that the principal risks to the charity's capacity to continue to serve its purpose have been addressed, through adequate insurance, diversified investment strategy, and contingency planning.

Plans and Priorities for the Future

The main focus for the coming period will be continuation and development of the online study group meetings as a primary way for individuals to deepen their understanding of the teachings and apply the benefits in their lives.

There will also be occasional in-person meetings in selected regional centres.

Live online transmissions will continue and thus grow the stock of audio-visual material available.

More eBook versions of existing titles, and new books are to be prepared.

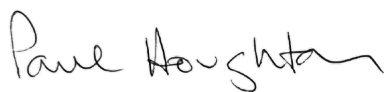
Production and promotion of Self-Knowledge Journal is to be continued.

Every opportunity is taken to bring to the attention of the widest possible audience the benefits of philosophical and meditative inquiry, expressed as ethical living, based on what is shared by the great wisdom traditions of humankind

Declaration

The Trustees declare that they have approved the Trustees Report above.

Signed on behalf of the Trustees



.....
(P Houghton)

SHANTI SADAN**INDEPENDENT EXAMINER'S REPORT**

For the year ended 31 December 2023

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF SHANTI SADAN**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 December 2023, which are set out on pages 15 to 20.

Responsibilities and basis of report

As the charity's trustees 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 Trustee's 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 2011 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 charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



Jailesh Patel, FCCA
Farrington & Co., Chartered Accountants
176 Franciscan Road
London SW17 8HH

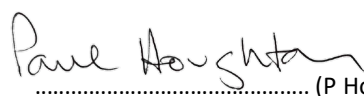
Date: 01 October 2024

SHANTI SADAN
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31 December 2023

	Notes	Unrestricted £	Restricted £	Endowment £	2023 £	2022 £
Income and endowments from:						
<i>Donations, legacies and similar income</i>						
Gift Aid, Covenants and general donations		625			625	-
<i>Incoming resources from charitable activities</i>						
Publications		4,035			4,035	5,691
Rent	6	2,900			2,900	2,900
Other Income		-			-	4,000
<i>Other Incoming resources</i>						
Investment income		223,346			223,346	202,276
Total incoming resources		230,906	-	-	230,906	214,867
Expenditure on:						
<i>Charitable activities</i>						
Publications and Public Talks		46,427			46,427	45,263
Premises - repairs and maintenance		158,793			158,793	17,763
Premises - other costs		61,814			61,814	39,309
Insurance		5,825			5,825	5,335
Other miscellaneous costs		8,194			8,194	7,455
Fund management charges		40,702			40,702	41,531
Depreciation	2	20,642			20,642	21,337
<i>Governance costs</i>						
Examiner's fee		528			528	528
Accountancy fees		2,965			2,965	3,873
Total resources expended		345,890	-	-	345,890	182,394
Net incoming (outgoing) resources for the year		(114,984)			(114,984)	32,473
Transfers between funds					-	-
Net Gain on disposals of fixed assets		-			-	-
Net Gain (loss) on investment assets	3	191,860			191,860	(665,157)
Net movement in funds		76,876	-	-	76,876	(632,684)
Funds at 1 January 2023		10,307,192	-	-	10,307,192	10,939,876
Funds at 31 December 2023		10,384,068	-	-	10,384,068	10,307,192

Approved by the Directors of The Shanti Sadan Company Ltd

on 24 September 2024 and signed on their behalf by


(P Houghton)

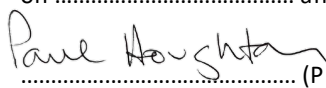
SHANTI SADAN**BALANCE SHEET**

For the year ended 31 December 2023

	Notes	Unrestricted £	Restricted £	Endowment £	2023 £	2022 £
FIXED ASSETS						
Tangible fixed assets	2	1,680,167		-	1,680,167	1,700,171
Investments	3	8,553,808			8,553,808	8,462,630
Total fixed assets		10,233,975	-	-	10,233,975	10,162,801
CURRENT ASSETS						
Publication stock		61,726			61,726	60,158
Short term bank deposits		15,364			15,364	15,225
Debtors and prepayments		4,326			4,326	4,383
Cash at bank and in hand		82,277			82,277	78,225
Total current assets		163,693	-	-	163,693	157,991
CURRENT LIABILITIES						
Creditors and accrued charges		(13,600)			(13,600)	(13,600)
NET CURRENT ASSETS		150,093	-	-	150,093	144,391
NET ASSETS		10,384,068	-	-	10,384,068	10,307,192
FUNDS						
General / Restricted/Endowment		10,384,068	-	-	10,384,068	10,307,192
TOTAL FUNDS		10,384,068	-	-	10,384,068	10,307,192

Approved by the Directors of The Shanti Sadan Company Ltd

on 24 September 2024 and signed on their behalf by



 (P Houghton)

1. Accounting Policies

I. Basis of preparation

The accounts have been prepared under the historic cost convention except for investments, which are valued at market value. The accounts have been prepared in accordance with the Charities Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" and the Charities Act 2011.

II. Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

III. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

IV. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

V. Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

VI. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

SHANTI SADAN**NOTE TO THE FINANCIAL STATEMENTS**

For the year ended 31 December 2023

Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of delivering services and other educational activities
- undertaken to further the purposes of the charity and their associated support costs Other expenditure represents those items not falling into any other heading

VII. Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

VIII. Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

IX. Depreciation

Provision for depreciation of fixed assets held for use by the charity is made at annual rates calculated to spread the cost (less anticipated residual disposal value) of each asset evenly over its useful life.

Fixtures and fittings - 20% per annum on a straight line basis.

Freehold and leasehold properties - 1% per annum on a straight line basis.

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2023

2. Fixed Assets

	Freehold property	Leasehold property	Furniture fittings	Total
	£	£	£	£
Cost/valuation				
Brought forward	125,520	1,659,815	64,458	1,849,793
Additions	-	-	638	638
Transfer to/from revaluation reserve	-	-	-	-
Disposals	-	-	-	-
Carried forward	125,520	1,659,815	65,096	1,850,431
Depreciation				
Brought forward	5,020	99,589	45,013	149,622
Charge for the year	628	16,598	3,416	20,642
Disposals	-	-	-	-
Carried forward	5,648	116,187	48,429	170,264
Net book value				
At 31 December 2023	119,872	1,543,628	16,667	1,680,167
At 31 December 2022	120,500	1,560,226	19,445	1,700,171

3. Fixed Asset Investments

	2023 £	2022 £
Cazenove Capital Management		
Carrying Value at the beginning of the year	8,462,630	9,087,061
Additions	-	-
Disposals at Carrying Value	-	-
	8,462,630	9,087,061
Unrealised gain (loss) on retained investments	191,860	(665,157)
Other Transfers (refer note below)	(323,890)	(161,531)
Investment income	223,208	202,257
Carrying Value at the end of year	8,553,808	8,462,630

The charity's investments are managed by Cazenove Capital Management Limited and consists of various investments in equities, bonds and other investment funds.

They are included in the financial statements at market value as at the year end per the Cazenove Capital Management report.

Other transfers of £323,890 (2022: £161,531) represent fund managers management charges £41,702 (2022: £41,531) and cash transfers £283,188 (2022: £120,000) to Shanti Sadan's current account for funding the normal day to day working of the charity.

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2023

4. Trustees' Remuneration and Expenses

None of the directors of The Shanti Sadan Company Ltd, which is the sole trustee of the charity, were paid any remuneration by the charity. One director was provided with accommodation as part of the charitable activities of Shanti Sadan during 2023 (and 2022).

5. Grants and Restricted Funds

No grants were received or made by Shanti Sadan during the year.

6. Rent

The rents received during the year of £2900 (2022: £2900) includes amounts received from beneficiaries occupying properties kept by Shanti Sadan to enable committed aspirants to attend the centre regularly. The occupants do not pay a commercial rent.

SHANTI SADAN

England & Wales - Charity number 284076

Accounts

SHANTI SADAN
(REGISTERED CHARITY NO 284076)
ESTABLISHED 1981

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

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Notes forming part of the financial statements	19-21

Reference and Administrative Details

Charity Name	SHANTI SADAN
Registered Charity Number	284076
Charity's Principal Address	29 Chepstow Villas, London, W11 3DR.

Trustees

The Shanti Sadan Company Ltd (Number 02541508) is the charity trustee. The directors of the company are:

Mr P Houghton
Mr F Clowes

Professional Advisors

Legal Advisors

RWK Goodman, 69 Carter Lane, London EC4V 5EQ
Russell Cooke, 8 Bedford Row, London WC1R 4BX

Bankers

Metrobank, 160-166 Kensington High St, London W8 7RG

Investment Managers

Cazenove Capital Management Limited, Schroder & Co. Limited, 1 London Wall Place, London, EC2Y 5AU

Independent Examiner

Jailesh Patel FCCA., Farringdon & Co., Chartered Accountants, 176 Franciscan Road, Tooting, London, SW17 8HH.

Report of the Trustees for the year ended 31 Dec 2022

Structure, Governance and Management

Governing Document and Constitution

Shanti Sadan was founded as a Centre of Advaita Vedanta and Adhyatma Yoga in 1933. The Shanti Sadan Charity was formed to serve as a corporate entity to own and administer the Centre's material resources, through a Charitable Trust Deed made 15th November 1981. The Deed, as amended by a Scheme of Commissioners dated 4th December 1990, forms the Governing Document of the charity. Through the Deed Shanti Sadan is constituted as a Trust.

Trustees

Under the Scheme, The Shanti Sadan Company Ltd, which is a dormant private limited company without share capital, was appointed Trustee of the Charity. The directors of the company serve as Trustees of the Charity and are referred to as such in this report. The power of appointing and removing a director is vested in the board of directors.

The Trustees' overall responsibility is to fulfil the legal requirements pertaining to the Shanti Sadan Charity so that the Charity can materially support the aims of the Centre.

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and Financial Reporting Standard (FRS102).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

1. Select suitable accounting policies and then apply them consistently;
2. Observe the methods and principles in the Charities SORP;
3. Make judgments and accounting estimates that are reasonable and prudent;
4. State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
5. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are drawn from the active volunteers at Shanti Sadan with a thorough

understanding of its activities and objectives. In order to preserve Shanti Sadan as a Centre of the traditional teachings in which the original ideals predominate, they work in close consultation with the presiding Warden of Shanti Sadan.

Prior to appointment, the Trustees are briefed about their responsibilities, in particular their role in ensuring that the material resources of Shanti Sadan are rightly and effectively used to further the aims for which the Centre was established. They have been made fully aware of the requirement for all charities to demonstrate the public benefit of their work.

Organisation

The purpose of Shanti Sadan is to provide information about, and opportunities to practise the teachings of the classical Yoga of Self-Knowledge (Adhyatma Yoga), and its philosophical basis, the philosophy of non-duality (Advaita Vedanta), as described further under 'objectives and activities' below. Since its foundation by the scholar and teacher Hari Prasad Shastri in 1933, this work has been continued under the direction of subsequent Wardens of Shanti Sadan, each of whom has been nominated by their predecessor as qualified to oversee the activities of the Centre in all their practical, ethical and philosophical aspects.

Shanti Sadan has no paid employees, all work is conducted on a voluntary basis, including that of the Warden. The present Warden is Ms Berta Dandler, who was nominated by her predecessor, Dr Anthony M Halliday, in 2006. She is the author of five books published by Shanti Sadan. She presides at the principal meetings and is informed and consulted about all other matters.

Shanti Sadan fulfils its purpose by providing events, meetings, study groups, publications and on-line resources. All tasks are undertaken by a small team of active volunteers, working in close cooperation with each other and the Warden. During the period under review the total number of volunteers active at any one time ranged between five and ten.

The volunteers are people who have been drawn to the teachings offered by the Centre and have chosen to actively pursue and support its purposes. They are gradually introduced to the work of Shanti Sadan, according to their aptitudes and availability. Care is taken to emphasise the importance of working in a spirit of service, for the Centre and the wider community, and not for material personal gain. It is central to the ethos and practice of Shanti Sadan that service is undertaken without seeking to promote any individual personalities.

Some activities are organised according to a timetable loosely based on the academic year. Typically, a series of study sessions are held in each of the Spring, Summer and Autumn terms. Accordingly, organisation meetings are held prior to the beginning of each term to map out plans and priorities for the coming term. Further meetings, formal and otherwise, occur as required. This pattern has been broadly sustained as the focus of activities have moved from in-person meetings to online events recently and during the year in review.

Where appropriate, specialist professional help is engaged, for example in the technical development of on-line resources and eBooks.

Shanti Sadan is not involved in fund-raising activities or grant-making. The main source of funding is income from investments, which have been placed under professional management. The Trustees meet annually with the investment managers to review and confirm that the agreed long-term investment strategy is being fulfilled.

The Charity Trustees meet periodically to review and address recent developments concerning the use of Shanti Sadan's material resources, and to consider all major spending proposals.

Objectives and Activities

Overview

The objectives of the charity as stated in the governing document are to advance public education in the classical teachings of Adhyatma Yoga based upon the principles of the highest standards of personal conduct and service to others, and to promote and advance for the public benefit the study and practice of, and research into, the therapeutic effect of Yoga as a means of improving the mental, physical and spiritual health and well-being of the community, and to publish the useful results of any such research, and in furtherance of such objects, but not otherwise, the Trustees may at their sole discretion:

1. Provide, maintain and conduct centres and similar establishments including residential accommodation where aspirants may together receive instruction and training in Adhyatma Yoga and practise the Adhyatma Yoga way of life.
2. Provide facilities for classes to improve physical or mental health through Yoga postures, breathing, relaxation and meditation techniques.
3. Organise lectures, courses and seminars for the study of the physical and mental benefits of the practice of Adhyatma Yoga and of its philosophical and spiritual aspects.
4. Provide courses for teacher-training and for further study for practising teachers to increase their knowledge of, and proficiency in, all aspects of teaching the integral approach to Adhyatma Yoga.
5. Liaise with other organisations with similar aims and objectives in order to exchange information about relevant topics and provide facilities for research into education and practice of all aspects of Yoga.
6. Establish a library and by means of publishing, printing or advertising, supply information to those members of the public who wish to learn more about Adhyatma Yoga.

Adhyatma Yoga and Advaita Vedanta are among the oldest, most respected and widely practised of the ethical and philosophical schools originating in the Indian subcontinent. Shanti Sadan was established in London as a Centre of Adhyatma Yoga and Advaita Vedanta by Hari Prasad Shastri to make these teachings available in this country and the West generally, in a suitable and entirely non-sectarian form. Since the passing of the founder in 1956, Shanti Sadan has continued and developed along the lines he established. In time, it was decided to establish a

corporate legal entity to be the owner of its material assets, leading to the formation of the Charity in 1981.

The teachings of Adhyatma Yoga and Advaita Vedanta offer tried and tested methods for individuals to gain deeper self-knowledge and the ability to apply universal ethical ideals, for their own benefit and that of the community.

Shanti Sadan fulfils its objectives through the production of books, journals and online resources, and by providing talks and group meetings, in-person and online, about meditation, related practices, and the principles on which they are based. In this way reliable, unbiased information is provided for new enquirers interested in the philosophy and methods. For committed aspirants, guidance is provided on how to further their progress towards the yoga ideals, according to their individual circumstances.

Shanti Sadan maintains the main Centre at 29 Chepstow Villas W11 3DR where most of its organisation and activities are conducted, and some residential units are maintained so that committed members may be accommodated within reach of the Centre.

Publications

Shanti Sadan produces books on the non-dual teachings that are clear and accessible to contemporary audiences. The books provide means of psychological self-help, and a deeper understanding of human nature and its potentialities. The publications are designed for both general readers, and enquirers who wish to study the teachings in their classical form. The self-help referred to concerns the ability to direct one's own mind, and free it from the domination of moods, anxieties, anger and so on, which are all viewed as impediments to a deeper understanding, and which can, if unchecked, lead to discord and conflict in society. The deeper view of human nature relates to our capacity to transcend all narrow attitudes, and to discern the underlying unity among individuals and communities.

All its publications are prepared in-house, and Shanti Sadan acts as distributor as well as publisher. Increasingly such writings are being made available digitally as well as in traditional book form.

The book catalogue includes titles on all aspects of the non-dual philosophy and its practical applications. In addition to the books by the founder, Hari Prasad Shastri, both original works and translations of classic Yoga texts, the range has been extended to include works of subsequent Wardens of Shanti Sadan, Marjorie Waterhouse, Anthony M Halliday and Berta Dandler. The collection also includes the works of A J Alston, a renowned Sanskrit scholar and lifelong member of Shanti Sadan. These are translations of key philosophical texts, among which is a thematic compilation in six volumes of writings by Shankara, the pre-eminent exponent of classical Advaita.

The title list includes books of practical instruction, such as *Meditation - Its Theory and Practice* and *Training the Mind through Yoga*, biographies of people who exemplify the Adhyatma Yoga way of life, as well as a range of translations of philosophical classics, many with commentaries by Hari Prasad Shastri that show the relevance of the non-dual teachings to contemporary life.

Shanti Sadan produces the journal *Self-Knowledge*, published four times a year. The purpose of the journal is to provide a regular source of fresh material about the non-dual teachings in a form that can be readily understood and applied by interested enquirers. The content includes articles on the common ground among all the great religious and cultural traditions, and the deeper insights of art and science.

The Journal carries no advertising and the content is conditioned by no commercial interests. In general, the editorial policy is to make little reference to short-term political and social developments: the content always focuses on what is of most concern for individuals in the long term. The Journal maintains absolute editorial independence, based on the non-dual principles, and it has always been made clear that the purpose is to share, but in no way to impose, these ideals.

All publications, including the journal, are priced so that the teachings may reach as many people as possible, not with the primary aim of generating revenue.

Meetings and Events

Meetings are held online, and in-person at regional centres including London, other UK venues, and in English-speaking areas outside the UK.

In the allocation of resources, priority is currently given to on-line developments in order to take advantage of the greater geographical reach made possible so that interested individuals can benefit regardless of their location.

At all the events and meetings there are presentations on guided meditation and related practices, together with an introduction to the essential non-dual teachings on which they are based. These practices and principles are conducive to inner well-being for individuals and tolerance and cooperation within communities. The presentations are designed to be suitable for both experienced enquirers and newcomers. For newcomers they provide an opportunity to discover the practices and learn how to take them up regularly. For others they are a chance to progress the practices in a supportive group setting.

At all public meetings and presentations, advice and support is offered so far as possible to those who seek it. At the same time, no attempt is made to influence their religious or other affiliations, and the essential teachings shared by all the great wisdom traditions are emphasised.

All the events are organised and presented by volunteer members of Shanti Sadan. According to traditional practice, participation is always free of charge. Voluntary donations are accepted, but no personal approach is made to individuals. Generally, donations fall short of total costs and the events are subsidised by Shanti Sadan as part of its charitable work. All members of the community are welcomed.

On-line Resources

The development of on-line resources is a major part of Shanti Sadan's work.

Central to this is the Shanti Sadan website. Material on the site is arranged broadly with the two audiences in mind: newcomers interested in finding out more, and those who wish to further their on-going understanding and practice. As well as written articles, there is an expanding range of audio and visual material including recordings of guided meditation sessions which can be followed for individual regular practice.

A key objective is that the Shanti Sadan website should be as easily findable as possible to individuals who are looking for related information but who may not yet be aware specifically of Advaita Vedanta or Shanti Sadan. In practice this means actively engaging in 'search-engine optimization' (SEO).

Apart from Shanti Sadan's own website, selective use is made of social media platforms as a way of maximising the opportunities for people who may benefit to become aware of the non-dual teachings and practices. Social media has proved to be an effective way of promoting Shanti Sadan events.

While seeking to take advantage of on-line resources, those involved in the work of Shanti Sadan are fully aware that the Internet and social media have the potential to distract and dissipate the mental energies of people in unhelpful ways. So care is exercised to take advantage of the opportunities provided by online media, while not contradicting any of Shanti Sadan's core values and objectives.

Liaison with other organisations

Shanti Sadan maintains cordial relations with other organisations with related objectives. In some cases publications are made available at minimal or no cost, including free subscriptions to the journal for members of enclosed religious orders.

Achievements and Performance during 2022

The following achievements and activities were supported and enabled with material resources administered by Shanti Sadan. The Trustees consider this to have been an effective use of those resources in pursuit of the Charity's objectives.

Publications

Distribution of Shanti Sadan's books continued throughout the year. The majority of purchases were made online, and the great majority were made by individuals rather than commercial outlets.

A new book was launched with the title 'How Can Non-duality Help Me Now?'. It is a themed collection of articles and talks, revised for book format, by the present Warden of Shanti Sadan, Berta Dandler. As the title suggests, it is intended to be of direct practical help to readers. It addresses questions such as the relation of non-duality to faith as understood in various wisdom traditions, the significance of our beliefs on metaphysical questions, the right connection between the fulfilment of desires and long-term happiness, and how non-dual teachings relate to the development of mutually supportive human relationships. Many of the contents were prepared in response to questions raised by enquirers.

Several chapters correspond closely to presentations made by the author online, allowing users to access the content repeatedly by whichever medium they find most helpful. Many sections have been compiled in connection with study group activities, and will thus provide supplementary material for future participants.

An eBook version of the title was prepared and launched alongside the print version. Both were promoted through all available distribution channels.

During the year a thorough review was made of all the titles currently published and distributed by Shanti Sadan. This was conducted in consultation with the Warden. The objective is to ensure that the titles provide information and an overall understanding of the non-dual teachings that is as accurate and helpful as possible. The aim is to convey the universality of the teachings, and their compatibility, but not exclusive association, with specific faith and wisdom traditions. To this end it was decided to withdraw some titles from general distribution, and reserve them as specialist study material that can be made available to individuals if appropriate to their development and interests. These titles included collections of poetry, and some containing markedly dated idioms. In some cases stock of the titles was low, and revised editions are to be considered. At the end of the year in review a new edition of 'The Crest Jewel of Wisdom' was in preparation. This is a classic text with a structure and thoroughness that well suits it to contemporary students.

This review exercise also effectively addressed what had been increasing difficulties with adequately storing and preserving the book stock for extended periods.

Throughout the year, publication continued of the quarterly journal Self-Knowledge, in both print and electronic form. Its purpose as ever is to provide fresh and regular material for study and reflection, for both committed students and readers with a more general interest. The range of topics covered by articles included ideas central to non-duality, such as 'The Qualifications of the Student', 'The Significance of Dreamless Sleep', and the 'Reflection Theory' as an aid to understanding the composition of the individual human being. Several articles considered the challenges presented by daily life; these included: 'The Infinite Power of Love', 'Learning How to Learn', 'Seeking Happiness', and 'Truth Speaking and Meditation Practice'. Reaching out to include material based on other wisdom traditions, there were items on 'The Sufi Conception of the Friend', 'Bishop Berkeley's Teaching on Perception', 'The Poetry of Gerard Manley Hopkins', 'The Consolation of Philosophy' by the Roman writer Boethius, and an article on the Qur'an. Further articles dealing with practical problems included 'The Nature of Truth', 'Being True to One's Higher Self', 'The Secret of Action' and 'Preparation and Achievement.'

During the year in review difficulties continued to arise in connection with sending books to Europe following the changes caused by Brexit. Packs sent to EU member states almost invariably incurred delays unless custom duties were paid before despatch. To ensure good service the expense of doing so has been born by Shanti Sadan in most cases and not passed on to recipients. This cost is considered acceptable within the charitable activities of Shanti Sadan. This situation is to be kept under review.

Individuals who have bought books and the journal are often subsequently in contact and in some cases have joined the regular study groups. Responding to all such enquiries is time-consuming, but is considered to be fully justified.

Meetings

During the year all meetings took place online. At the end of the year in review, preparations were in place to resume in-person meetings at regional centres during the coming Spring term.

Internet Resources and Online Media

The main focus during the year was the development of online study groups as the main way for interested individuals to deepen their understanding and application of the non-dual ideals.

During the first part of the year three groups ran concurrently. One was designed as a foundation for individuals who were making a systematic study of non-duality and its applications for the first time. This considered qualities such as the ability to make balanced judgements and skill in assessing the true value of things in their right perspective. It also covered a range of helpful qualities including thought-management, tolerance, perseverance and concentration. Particular attention was paid to ways of harnessing the most effective and helpful sources of motivation.

This was followed by reflection on ways to make fulfilling contributions to personal and public life by developing listening skills, creative and assimilative thinking, and a balance of intellectual and aesthetic appreciation. A number of classical and modern texts from the non-dual tradition were used throughout the series.

Two other groups were conducted consisting of individuals undertaking further studies on the basis of these foundations. The intention is that the most useful mental skills should become habitual and fully applied to practical matters and in pursuit of higher self-understanding and knowledge of human psychology.

Later in the year the format of the foundation course was revised slightly in the light of experience. More time was allocated for participants to articulate their understanding of the essential principles prior to joining the course. Subsequently, the challenges facing individuals were explored, together with solutions based on the principle that a higher degree of self-understanding is possible through discernment and the practice of focussed attention.

Each of the courses was preceded by an initial online meeting with potential participants. At the planning stage, careful consideration was given to timings in order to allow individuals in many different time-zones, including the Americas and Australasia, to take part.

As in the previous year, these group meetings involved prior study of relevant sections from authoritative texts on the teachings and group reflection on them. After most group meetings a review was prepared and shared by email. Members are encouraged to raise questions during the sessions, but where necessary questions are answered individually. Email trails provide a record. In this way an effective balance of group and individual participation has been found.

Responding to email enquiries, from both class participants and other interested individuals, again required considerable time commitment. The range of issues raised was very broad, from psychological impediments to study and concentration to challenging life situations. Most enquiries require individual responses. The time commitment is considered fully justified as part of Shanti Sadan's charitable work.

During the year further presentations were streamed live and then made available as videos online. They were designed to address subjects about which advice had been sought from enquirers. They included an extended presentation on how individuals can best respond to news of crises that may engender a sense of anxiety and helplessness. This also included specific meditation practices that can be applied at such times. Another presentation considered how difficult it can be to remain essentially honest, in the midst of life's challenges. Advice was offered on self-help strategies in this regard, reaffirming the great value to individuals and society of avoiding deceit and deception in personal and professional matters.

During the year, this material was produced entirely in-house without the need for external specialist support. This was enabled by investment in appropriate equipment and growing in-house knowledge and experience of production techniques. Training was undertaken in the use of video editing software.

The practice was continued of preparing accurate subtitles to accompany the presentations for the benefit of users of assistive technology and viewers whose first language is not English. It also improves the probability that the material will come to the attention of people making relevant online search enquiries.

As well as an eBook version of the latest title from the Warden of Shanti Sadan, eBook versions were created for two volumes of the Shankara Source Book. These were volume one, Shankara on the Absolute and volume two, Shankara on the Creation. In some cases, sections from these works had been made available in pdf format to interested readers for whom the cost of obtaining printed copies was prohibitive. The eBook versions are now available through all major distribution channels, and can be provided at nominal cost where appropriate. Preparation of the texts from the printed versions was undertaken in-house, as was the proof-reading once initial versions had been received from specialists who produced the eBook versions. These are able to take advantage of all the features provided by popular eReading devices.

Throughout the year notes were made during public and private study of features of Shanti Sadan texts to be included or amended in future eBook versions. The time available and required for revision and proof-reading is a constraint, but progress is gradually being made towards the objective of providing the whole range of titles in this format.

During the year the decision was taken and implemented to create a new website dedicated to one publication, the three-volume Ramanaya, translated from the Sanskrit version by Valmiki into English by Hari Prasad Shastri. This text is of interest for its literary, historical and cultural qualities to both specialist scholars and general readers, beyond those whose primary interests are study and application of the non-dual teachings in a contemporary context. For this reason it was decided to create a separate website reflecting the special character of the publication. An

ideal URL was researched and secured: ramanayaofvalmiki.org. The site was designed to reflect the nature of the text as a revered cultural item, while making clear which sections appear in the present three-volume arrangement. Each of the volumes is available separately, as well as the full set. The cost of the books, and shipping to all parts of the world were minimised. The dedicated website allows all Shanti Sadan publications to be showcased in the most appropriate online forums.

Throughout the year selective use was made of online promotions to raise awareness of the new publications, online events and the site generally. The effectiveness of some social media promotions has been affected by new policies and results had to be monitored carefully. On balance it was noted that new visitors to the site corresponded with such promotional activity. Individuals who are likely to find material on the website interesting and beneficial may be looking online for what appears to be distantly related information and subjects, so it is in line with the charity's objectives to ensure that the widest possible range of internet searches present links to the Shanti Sadan website. To this end ongoing investment was made in paid promotions linked to online search. Ways of monitoring the effectiveness were regularly reviewed and adjusted, and included measuring the number of pages visited and the length of time spent on the site by new visitors. It is understood that the website will be of interest to a small proportion of all those who are initially directed to it, so the results have to be interpreted accordingly.

During the year extensive use was made of the growing database of individuals who have registered their interest and wish to receive updates about events and materials. This was used to raise awareness of the new publications, online presentations and study group opportunities. Wherever possible individuals are added with a note of their specific interests, always in accordance with their preferences and GDPR requirements.

In the course of the year, the maintenance and hosting of the Shanti Sadan website was moved to new service providers. The new hosting company originally proved highly effective in resolving certain technical issues for which solutions had not been found in-house or by the previous developer. Subsequently it was decided to move the hosting of the site to this provider on a permanent basis. This also allowed for related maintenance of the new Ramayana site at minimal cost. Further enhancements to the main site's performance such as loading speed were also achieved.

Volunteer Development

Much valuable experience was gained by volunteers throughout the year, particularly in the organisation and facilitation of online events and meetings.

The move to an online focus has permitted individuals in all locations to be fully engaged in the centre's activities. As a result the organisation has gained from the participation of individuals with a strong interest and aptitude.

Some of the longer-standing study group members were able to join foundation group sessions, thus developing their own understanding and communication skills. Feedback and guidance was provided through reviews where appropriate.

Inhouse skills were further developed in the use of video editing, image manipulation, and graphic illustration software.

All volunteers took part in private and public meditation practice and study meetings.

Public Benefit

The Trustees are conscious of the Charity's obligation to provide public benefit and consider that during the year in review the obligation has been met by materially supporting Shanti Sadan's work of providing information about, and opportunities to practise, traditional teachings on the basis of ethics on non-sectarian lines; the underlying commonality of the great religions and cultures; the means of creating social harmony, and the development within the individual of the capacities for deep relaxation, concentration, tolerance, good-will and contentment, that can be sustained in times of adversity.

Financial Review

Overview

Total resources expended during the year was £182,394 and total income was £214,867. Full details of these amounts are given within this report under the statement of financial activities.

The Trustees are satisfied that the investment managers continued to fulfil the objective of providing adequate income to fund the Centre's activities, while preserving the capital and protecting against inflation in the long-term.

The Trustees are satisfied that the charity is well placed financially to continue supporting the activities of Shanti Sadan.

Reserves

The Trustees consider that the reserves held are adequate and appropriate given that investments are the main source of income for the Charity, and that the objective is to ensure that Shanti Sadan should remain viable for the indefinite future.

Risk Management

The Trustees consider that the principal risks to the charity's capacity to continue to serve its purpose have been addressed, through adequate insurance, diversified investment strategy, and contingency planning.

Plans and Priorities for the Future

First priority during the coming period will be further development of the online study group facilities. The curricula at each stage are to be revised, and continuity between them enhanced. Further online and printed resources related to the study groups are to be produced.

There will be a resumption of in-person meetings, at regional centres in the UK and other English-speaking locations. These will be organised and promoted with the intention of providing opportunities for individuals who attend to subsequently maintain their involvement online.

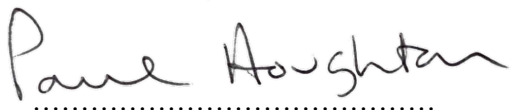
Attention is to be focussed on how best to sustain production of Self-Knowledge journal, in a situation where print media are becoming less popular in relation to online alternatives. Articles from the journal can be used to provide fresh and appropriate material for the website, and often complement online studies. The back catalogue of articles from the Journal presents an immense resource.

More online media, live and recorded, is to be produced for new and established students. The material is to focus on how individuals can realise their potentials and find fulfilment in ways that do not depend on material wealth or exaggerated competitiveness.

Declaration

The Trustees declare that they have approved the Trustees Report above.

Signed on behalf of the Trustees


.....

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF SHANTI SADAN**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 December 2022, which are set out on pages 17 to 21.

Responsibilities and basis of report

As the charity's trustees 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 Trustee's 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 2011 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 charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



Jailesh Patel, FCCA
Farrington & Co., Chartered Accountants
176 Franciscan Road
London SW17 8HH

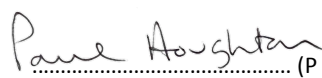
Date: 11 October 2023

SHANTI SADAN
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31 December 2022

	Notes	Unrestricted £	Restricted £	Endowment £	2022 £	2021 £
Income and endowments from:						
<i>Donations, legacies and similar income</i>						
Gift Aid, Covenants and general donations		-			-	14,919
<i>Incoming resources from charitable activities</i>						
Publications		5,691			5,691	5,998
Rent	6	2,900			2,900	2,900
Other Income		4,000			4,000	6,000
<i>Other Incoming resources</i>						
Investment income		202,276			202,276	149,112
Total incoming resources		214,867	-	-	214,867	178,929
Expenditure on:						
<i>Charitable activities</i>						
Publications and Public Talks		45,263			45,263	65,105
Premises - repairs and maintenance		17,763			17,763	112,906
Premises - other costs		39,309			39,309	51,633
Insurance		5,335			5,335	5,040
Other miscellaneous costs		7,454			7,454	5,368
Fund management charges		41,531			41,531	34,952
Depreciation	2	21,338			21,338	20,239
<i>Governance costs</i>						
Examiner's fee		528			528	528
Accountancy fees		3,873			3,873	3,842
Total resources expended		182,394	-	-	182,394	299,613
Net incoming (outgoing) resources for the year		32,473			32,473	(120,684)
Transfers between funds					-	-
Net Gain on disposals of fixed assets		-			-	764,459
Net Gain (loss) on investment assets	3	(665,157)			(665,157)	632,682
Net movement in funds		(632,684)	-	-	(632,684)	1,276,457
Funds at 1 January 2022		10,939,876	-	-	10,939,876	9,663,419
Funds at 31 December 2022		10,307,192	-	-	10,307,192	10,939,876

Approved by the Directors of The Shanti Sadan Company Ltd

on 5 October 2023
on and signed on their behalf by

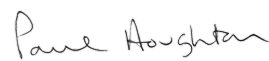

..... (P Houghton)

SHANTI SADAN
BALANCE SHEET
For the year ended 31 December 2022

	Notes	Unrestricted £	Restricted £	Endowment £	2022 £	2021 £
FIXED ASSETS						
Tangible fixed assets	2	1,700,171		-	1,700,171	1,713,000
Investments	3	8,462,630			8,462,630	9,087,061
Total fixed assets		10,162,801	-	-	10,162,801	10,800,061
CURRENT ASSETS						
Publication stock		60,158			60,158	80,655
Short term bank deposits		15,225			15,225	10,206
Debtors and prepayments		4,383			4,383	3,874
Cash at bank and in hand		78,225			78,225	52,580
Total current assets		157,991	-	-	157,991	147,315
CURRENT LIABILITIES						
Creditors and accrued charges		(13,600)			(13,600)	(7,500)
NET CURRENT ASSETS		144,391	-	-	144,391	139,815
NET ASSETS		10,307,192	-	-	10,307,192	10,939,876
FUNDS						
General / Restricted/Endowment		10,307,192	-	-	10,307,192	10,939,876
TOTAL FUNDS		10,307,192	-	-	10,307,192	10,939,876

Approved by the Directors of The Shanti Sadan Company Ltd

on **5 October 2023**
on and signed on their behalf by


..... (P Houghton)

SHANTI SADAN**NOTE TO THE FINANCIAL STATEMENTS**

For the year ended 31 December 2022

1. Accounting Policies

- I. The accounts have been prepared under the historic cost convention except for investments, which are valued at market value. The accounts have been prepared in accordance with the Charities Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" and the Charities Act 2011.
- II. Income and expenditure is brought into account using the accruals concept.
- III. Grants including grants for the purchase of fixed assets are recognised in full in the Statement of Financial Activities in the year in which they are receivable.
- IV. Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure meeting this criteria is identified to the fund.
- V. Unrestricted funds comprise those funds which are free to be used for any purpose in furtherance of the charitable objects.
- VI. Endowment funds represent those assets which must be held permanently by the charity.
- VII. Provision for depreciation of fixed assets held for use by the charity is made at annual rates calculated to spread the cost (less anticipated residual disposal value) of each asset evenly over its useful life.
 - Fixtures and fittings - 20% per annum on a straight line basis.
 - Freehold and leasehold properties - 1% per annum on a straight line basis.
- VIII. All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses are calculated on as the difference between sales proceeds and opening market value (purchase date if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (purchase date if later). Realised and unrealised gains are not separated in the Statement of Financial Activities.

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

2. Fixed Assets

	Freehold property	Leasehold property	Furniture fittings	Total
	£	£	£	£
Cost/valuation				
Brought forward	125,520	1,659,815	55,949	1,841,284
Additions			8,508	8,508
Transfer to/from revaluation reserve				
Disposals				
Carried forward	125,520	1,659,815	64,457	1,849,792
Depreciation				
Brought forward	4,394	82,990	40,900	128,284
Charge for the year	628	16,598	4,111	21,337
Disposals				
Carried forward	5,022	99,588	45,011	149,621
Net book value				
At 31 December 2022	120,498	1,560,227	19,446	1,700,171
At 31 December 2021	121,126	1,576,825	15,049	1,713,000

3. Fixed Asset Investments

	2022 £	2021 £
Cazenove Capital Management		
Carrying Value at the beginning of the year	9,087,061	7,740,166
Additions	-	841,259
Disposals at Carrying Value	-	-
	9,087,061	8,581,425
Unrealised gain (loss) on retained investments	(665,157)	632,682
Other Transfers (refer note below)	(161,531)	(276,152)
Investment income	202,257	149,106
Carrying Value at the end of year	8,462,630	9,087,061

The charity's investments are managed by Cazenove Capital Management Limited and consists of various investments in equities, bonds and other investment funds.

They are included in the financial statements at market value as at the year end per the Cazenove Capital Management report.

Other transfers of £161,531 (2021: £276,152) represent fund managers management charges £41,531 (2021: £34,952) and cash transfers £120,000 (2021: £241,200) to Shanti Sadan's current account for funding the normal day to day working of the charity.

SHANTI SADAN**NOTE TO THE FINANCIAL STATEMENTS**

For the year ended 31 December 2022

4. Trustees' Remuneration and Expenses

None of the directors of The Shanti Sadan Company Ltd, which is the sole trustee of the charity, were paid any remuneration by the charity. One director was provided with accommodation as part of the charitable activities of Shanti Sadan during 2022 (and 2021).

5. Grants and Restricted Funds

No grant was received or made by Shanti Sadan during the year.

6. Rent

The rents received during the year of £2900 (2021: £2900) includes amounts received from beneficiaries occupying properties kept by Shanti Sadan to enable committed aspirants to attend the centre regularly. The occupants do not pay a commercial rent.

SHANTI SADAN

England & Wales - Charity number 284076

Accounts

SHANTI SADAN
(REGISTERED CHARITY NO 284076)
ESTABLISHED 1981

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

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Reference and Administrative Details

Charity Name	SHANTI SADAN
Registered Charity Number	284076
Charity's Principal Address	29 Chepstow Villas, London, W11 3DR.

Trustees

The Shanti Sadan Company Ltd (Number 02541508) is the charity trustee. The directors of the company are:

Mr P Houghton
Mr F Clowes

Professional Advisors

Legal Advisors

Goodman Derrick LLP, 10 St Bride Street, London EC4A 4AD

Bankers

Metrobank, 160-166 Kensington High St, London W8 7RG

Investment Managers

Cazenove Capital Management Limited, Schroder & Co. Limited, 1 London Wall Place, London, EC2Y 5AU

Independent Examiner

Jailesh Patel FCCA., Farringdon & Co., Chartered Certified Accountants, 176 Franciscan Road, Tooting, London, SW17 8HH.

Report of the Trustees for the year ended 31 Dec 2021

Structure, Governance and Management

Governing Document and Constitution

Shanti Sadan was founded as a Centre of Advaita Vedanta and Adhyatma Yoga in 1933. The Shanti Sadan Charity was formed to serve as a corporate entity to own and administer the Centre's material resources, through a Charitable Trust Deed made 15th November 1981. The Deed, as amended by a Scheme of Commissioners dated 4th December 1990, forms the Governing Document of the charity. Through the Deed Shanti Sadan is constituted as a Trust.

Trustees

Under the Scheme, The Shanti Sadan Company Ltd, which is a dormant private limited company without share capital, was appointed Trustee of the Charity. The directors of the company serve as Trustees of the Charity and are referred to as such in this report. The power of appointing and removing a director is vested in the board of directors.

The Trustees' overall responsibility is to fulfil the legal requirements pertaining to the Shanti Sadan Charity so that the Charity can materially support the aims of the Centre.

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and Financial Reporting Standard (FRS102).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

1. Select suitable accounting policies and then apply them consistently;
2. Observe the methods and principles in the Charities SORP;
3. Make judgments and accounting estimates that are reasonable and prudent;
4. State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
5. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are drawn from the active volunteers at Shanti Sadan with a thorough

understanding of its activities and objectives. In order to preserve Shanti Sadan as a Centre of the traditional teachings in which the original ideals predominate, they work in close consultation with the presiding Warden of Shanti Sadan.

Prior to appointment, the Trustees are briefed about their responsibilities, in particular their role in ensuring that the material resources of Shanti Sadan are rightly and effectively used to further the aims for which the Centre was established. They have been made fully aware of the requirement for all charities to demonstrate the public benefit of their work.

Organisation

The purpose of Shanti Sadan is to provide information about, and opportunities to practise the teachings of the classical Yoga of Self-Knowledge (Adhyatma Yoga), and its philosophical basis, the philosophy of non-duality (Advaita Vedanta), as described further under 'objectives and activities' below. Since its foundation by the scholar and teacher Hari Prasad Shastri in 1933, this work has been continued under the direction of subsequent Wardens of Shanti Sadan, each of whom has been nominated by their predecessor as qualified to oversee the activities of the Centre in all their practical, ethical and philosophical aspects.

Shanti Sadan has no paid employees, all work is conducted on a voluntary basis, including that of the Warden. The present Warden is Ms Berta Dandler, who was nominated by her predecessor, Dr Anthony M Halliday, in 2006. She is the author of five books published by Shanti Sadan. She presides at the principal meetings and is informed and consulted about all other matters.

Shanti Sadan fulfils its purpose by providing events, meetings, publications and on-line resources. All tasks are undertaken by a small team of active volunteers, working in close cooperation with each other and the Warden. During the period under review the total number of volunteers active at any one time ranged between five and ten.

The volunteers are people who have been drawn to the teachings offered by the Centre and have chosen to actively pursue and support its purposes. They are gradually introduced to the work of Shanti Sadan, according to their aptitudes and availability. Care is taken to emphasise the importance of working in a spirit of service, for the Centre and the wider community, and not for material personal gain. It is central to the ethos and practice of Shanti Sadan that service is undertaken without seeking to promote any individual personalities.

Some activities are organised according to a timetable loosely based on the academic year. Typically, a series of study sessions is held in each of the Spring, Summer and Autumn terms. Accordingly, organisation meetings are held prior to the beginning of each term to map out plans and priorities for the coming term. Further meetings, formal and otherwise, occur as required. This pattern has been broadly sustained as the focus of activities moved from in-person meetings to online events during the Covid pandemic as it affected the year in review.

Where appropriate, specialist professional help is engaged, for example in the technical development of on-line resources and eBooks.

Shanti Sadan is not involved in fund-raising activities or grant-making. The main source of funding is income from investments, which have been placed under professional management. The Trustees meet annually with the investment managers to review and confirm that the agreed long-term investment strategy is being fulfilled.

The Charity Trustees meet periodically to review and address recent developments concerning the use of Shanti Sadan's material resources, and to consider all major spending proposals.

Objectives and Activities

Overview

The objectives of the charity as stated in the governing document are to advance public education in the classical teachings of Adhyatma Yoga based upon the principles of the highest standards of personal conduct and service to others, and to promote and advance for the public benefit the study and practice of, and research into, the therapeutic effect of Yoga as a means of improving the mental, physical and spiritual health and well-being of the community, and to publish the useful results of any such research, and in furtherance of such objects, but not otherwise, the Trustees may at their sole discretion:

1. Provide, maintain and conduct centres and similar establishments including residential accommodation where aspirants may together receive instruction and training in Adhyatma Yoga and practise the Adhyatma Yoga way of life.
2. Provide facilities for classes to improve physical or mental health through Yoga postures, breathing, relaxation and meditation techniques.
3. Organise lectures, courses and seminars for the study of the physical and mental benefits of the practice of Adhyatma Yoga and of its philosophical and spiritual aspects.
4. Provide courses for teacher-training and for further study for practising teachers to increase their knowledge of, and proficiency in, all aspects of teaching the integral approach to Adhyatma Yoga.
5. Liaise with other organisations with like aims and objects in order to exchange information about relevant topics and provide facilities for research into education and practice of all aspects of Yoga.
6. Establish a Yoga library and by means of publishing, printing or advertising, supply information to those members of the public who wish to learn more about Yoga.

Adhyatma Yoga and Advaita Vedanta are among the oldest, most respected and widely practised of the ethical and philosophical schools originating in the Indian subcontinent. Shanti Sadan was established in London as a Centre of Adhyatma Yoga and Advaita Vedanta by Hari Prasad Shastri to make these teachings available in this country and the West generally, in a suitable and entirely non-sectarian form. Since the passing of the founder in 1956, Shanti Sadan has continued and developed along the lines he established. In time, it was decided to establish a corporate legal entity to be the owner of its material assets, leading to the formation of the Charity in 1981.

The teachings of Adhyatma Yoga and Advaita Vedanta offer tried and tested methods for individuals to gain deeper self-knowledge and the ability to apply universal ethical ideals, for their own benefit and that of the community.

Shanti Sadan fulfils its objectives through the production of books, journals and on-line resources, and by providing talks, group meetings and events about meditation, related practices, and the principles on which they are based. In this way reliable, unbiased information is provided for new enquirers interested in the philosophy and methods. For committed aspirants, guidance is provided on how to further their progress towards the yoga ideals, according to their individual circumstances.

Shanti Sadan maintains the main Centre at 29 Chepstow Villas W11 3DR where most of its organisation and activities are conducted, and some residential units are maintained so that committed members may be accommodated within reach of the Centre.

Publications

Shanti Sadan aims to produce books on the non-dual teachings that are clear, accurate and accessible to contemporary audiences. The books provide means of psychological self-help, and a deeper understanding of human nature and its potentialities. The publications are designed for both general readers, and enquirers who wish to study the teachings in their classical form. The self-help referred to concerns the ability to direct one's own mind, and free it from the domination of moods, anxieties, anger and so on, which are all viewed as impediments to a deeper understanding, and which can, if unchecked, lead to discord and conflict in society. The deeper view of human nature relates to our capacity to transcend all narrow attitudes, and to discern the underlying unity among individuals and communities.

All its publications are prepared in-house, and Shanti Sadan acts as distributor as well as publisher. Increasingly such writings are being made available digitally as well as in traditional book form.

The book catalogue at December 2021 included titles on all aspects of the non-dual philosophy and its practical applications. In addition to the original list of twenty-two works by its founder, Hari Prasad Shastri, both original works and translations of classic Yoga texts, the range has been extended to include works of subsequent Wardens of Shanti Sadan, Marjorie Waterhouse, Anthony M Halliday and Berta Dandler. The collection also includes the works of A J Alston, a renowned Sanskrit scholar and lifelong member of Shanti Sadan. These are translations of key philosophical texts, among which is a thematic compilation in six volumes of writings by Shankara, the pre-eminent exponent of classical Advaita.

The title list includes books of practical instruction, such as *Meditation - Its Theory and Practice* and *Training the Mind through Yoga*, spiritual poetry, biographies of people who exemplify the Adhyatma Yoga way of life, as well as a range of translations of philosophical classics, many with commentaries by Hari Prasad Shastri that show the relevance of the ancient wisdom to contemporary life, including *Teachings from the Bhagavad Gita* and *Direct Experience of Reality*.

Shanti Sadan produces the journal *Self-Knowledge*, published four times a year. The purpose of the journal is to provide a regular source of fresh material about the non-dual teachings in a form that can be readily understood and applied by interested enquirers. The content includes many articles on the common ground among all the great religious and cultural traditions, and the deeper insights of art and science.

The Journal carries no advertising and the content is conditioned by no commercial interests. In general, the editorial policy is to make little reference to short-term political and social developments: the content always focuses on what is of most concern for individuals in the long term. The Journal maintains absolute editorial independence, based on the non-dual principles, and it has always been made clear that the purpose is to share, but in no way to impose, these ideals.

All publications, including the journal, are priced so that the teachings may reach as many people as possible, not with the primary aim of generating revenue.

Meetings and Events

During the year under review, for the first time, all meetings and events were held online due to the effects of the Covid pandemic.

Careful consideration was given to the resumption of in-person meetings. It was decided to restart these where appropriate. They are to take the form of occasional events in regional centres, including London, other UK venues, and in English-speaking areas outside the UK.

Otherwise, the focus will be on continuing to develop online meetings and resources, thus taking advantage of the vastly greater geographical reach made possible. Specific developments in this regard during the year in review are discussed further below.

The online meetings, like their in-person predecessors, present guided meditation and related practices, together with an introduction to the essential non-dual teachings on which they are based. These practices and principles are conducive to inner well-being for individuals and tolerance and cooperation within communities. The presentations are designed to be suitable for both experienced meditators and newcomers. For newcomers they provide an opportunity to discover the practices and learn how to take them up regularly. For others they are a chance to progress the practices in a supportive group setting.

Regular presentations are given on the philosophical and ethical aspects of the teachings and their connection with other wisdom traditions and forms of higher culture. These provide opportunities for interested people to deepen their understanding of the principles underlying meditation and related practices.

At all public meetings and presentations, advice and support is offered so far as possible to those who seek it. At the same time, no attempt is made to influence their religious or other affiliations, and the essential teachings shared by all the great wisdom traditions are emphasised.

All the events are organised and presented by volunteer members of Shanti Sadan. According to traditional practice, participation is always free of charge. Voluntary donations are accepted, but no personal approach is made to individuals. Generally, donations fall short of total costs and the events are subsidised by Shanti Sadan as part of its charitable work. All members of the community are welcomed.

On-line Resources

In recent years the development of on-line resources has become a major part of Shanti Sadan's work.

Central to this is the Shanti Sadan website. Material on the site is arranged broadly with the two audiences in mind: newcomers interested in finding out more, and those who wish to further their on-going understanding and practice. As well as written articles, there is an expanding range of audio and visual material including recordings of guided meditation sessions which can be followed for individual regular practice.

A key objective is that the Shanti Sadan website should be as easily findable as possible to individuals who are looking for related information but who may not yet be aware specifically of Advaita Vedanta or Shanti Sadan. In practice this means actively engaging in 'search-engine optimization' (SEO).

Apart from Shanti Sadan's own website, selective use is made of social media platforms as a way of maximising the opportunities for people who may benefit to become aware of the non-dual teachings and practices. Social media has proved to be an effective way of promoting Shanti Sadan events.

While seeking to take advantage of on-line resources, those involved in the work of Shanti Sadan are fully aware that the Internet and social media have the potential to distract and dissipate the mental energies of people in unhelpful ways. So care is exercised to take advantage of the opportunities provided by online media, while not contradicting any of Shanti Sadan's core values and objectives.

Liaison with other organisations

Shanti Sadan maintains cordial relations with other organisations with related objectives. In some cases publications are made available at minimal or no cost, including free subscriptions to the journal for members of enclosed religious orders.

Achievements and Performance during 2021

The following achievements and activities were supported and enabled with material resources administered by the Shanti Sadan Charity. The Trustees consider this to have been an effective use of those resources in pursuit of the Charity's objectives.

Publications

During the year the majority of book orders came from individuals, rather than resellers and bookshops. Typically, new customers purchased a single title, then later made contact again to order further books.

The most recent publication, *Realising the Truth at the Centre of Life*, published in the autumn of 2020, remained the bestselling title in 2021, with some readers ordering multiple copies for group study.

Most of the individuals who bought books this year are in the UK. Among overseas purchasers there was particular interest in the translations of classic texts from the Sanskrit originals. Some chose the *Shankara Source Book*, *The Thousand Teachings of Shankara*, and Sureshvara's *Realisation of the Absolute* (Naishkarmya Siddhi) which form a set covering all aspects of the non-dual philosophy.

In this period, adjustments had to be made in response to changes brought about by Brexit. Sending books to the EU had become regularly problematic and in a significant number of cases, orders were affected by long delays and import duties. It was established that courier services with pre-paid duty arrangements were the only reliable way of sending books to the EU. This has been adopted. During the period under review, the extra costs were not passed on directly to customers. Some subsidisation of publishing expenses is possible within the charitable activities. This situation is to be kept under review.

Efforts continued during the year to overcome administrative and other issues so that Shanti Sadan books could be distributed effectively through online commercial retailers. Although this involves deflecting some potential interest from Shanti Sadan's own website, it increases the possibility of people fortuitously 'discovering' Shanti Sadan publications that may be of interest and benefit to them, without prior familiarity. This is in line with the overall policy of making the teachings as 'findable' as possible online.

During the year an on-going review was initiated of the range of books being offered by Shanti Sadan, in close consultation with the Warden, with the aim of ensuring that the clearest possible presentation is made of the non-dual teachings in theory and practice. Where appropriate, new listings and editions are to be produced illustrating how the teachings relate to all wisdom and cultural traditions equally. Some older titles are to be reviewed to highlight how the teachings are directly relevant to pressing contemporary concerns, and that their interest is in no way merely historical or parochial.

Permission was granted to a suitably qualified individual to produce a translation into Russian of *Realisation of the Absolute*. An independent review by a third party was initiated to assess the

quality of the translation, which was judged to be satisfactory, and the project was subsequently completed.

Electronic and eBook versions of existing titles were produced, to facilitate their study and application.

The quarterly journal *Self-Knowledge* carried more than thirty articles covering relevant themes from the non-dual teachings. These included: *The Goal of Life*, *The Non-Dual View of Devotion*, *Aids to the Inner Enquiry*, *Seeking Perfection Where it is to be Found*, *Tranquillity and Transcendence*, *The Conquest of Fear*, *Cultivating the Emotional Life*, and *Practical Points on Inner Development*. Articles presenting teachings of other wisdom traditions included: *The Spirit of Zen*, *More Light from Meister Eckhart*, and *Spiritual Maxims of Pere Grou*.

On a regular, usually daily, basis, Shanti Sadan receives messages from individuals seeking help in pursuing their interest in metaphysical questions, and in benefiting from the practical effects of the teachings. In many cases it is possible to suggest suitable reading from the range of publications available as part of the response. People are welcomed to remain in contact about their further enquiries. This in turn feeds into the planning and preparation of future publications and media.

During the year preparation began on a new book by the Warden of Shanti Sadan, which will be the fifth by her. The focus of this book is to be particularly practical, directly addressing questions that have been raised by enquirers.

The Charity continues to receive positive testimonials regarding the publications, including expressions of thanks for their helpful effects.

Meetings, Courses, Internet Resources and Online Media

During the first part of the year all public activities necessarily took place online due to on-going Covid restrictions. During the later part of the year the policy was continued, in part because of uncertainties that affected planning, and also in order to continue developing the benefits and extended geographical reach of online resources.

Meetings and courses

Throughout the year online study and teaching groups were arranged and developed in the light of growing experience. There were meetings for individuals with a long-standing interest in the teachings, involving study of and reflection on well-known texts on the non-dual teachings. At the end of the year a review was made of which aspects of the teachings were thought by participants to be most significant and thoroughly presented, and the result will inform the selection of future material.

For newcomers, typically, an initial online meeting was held with each individual who expressed interest, then several series of weekly group meetings were arranged for those who wished to continue. This involved allowing for participants based in different timezones. After some trials it was found that an effective initial course could be constructed around four psychological qualities that are identified in classical teaching texts as important for enquirers, including the

capacity for intellectual discernment, objectivity, self-control and motivation. These four topics suitably grouped alongside introductory sessions and opportunities for review, provided a flexible and progressive structure.

This provided a basis for further study for those who wished to continue. Subsequent group meetings involved prior study of relevant sections from authoritative texts on the teachings and group reflection on them. A number of recurring themes were identified and encouraging learning outcomes were achieved for participants and the facilitators.

After most group meetings a review was prepared and shared by email. Members are encouraged to raise questions during the sessions, but where necessary questions are answered individually. Email trails provide a record. In this way an effective balance of group and individual participation has been found, and the study groups are becoming established as the principal forums for those who wish to pursue the non-dual teachings offered at Shanti Sadan.

Responding daily to enquiries from the public seeking information and guidance required significant time-commitment. The range of subjects raised was very broad covering for example: how to respond to anger and fear, the suitability of particular practices for the individual personally, the significance of 'spiritual experiences', overcoming difficulties in meditation, whether special diets are important, and philosophical questions of all kinds. Most enquiries require individual responses, and where appropriate the individuals are made aware of relevant resources on the website. In a few cases they proceeded to active involvement in the study groups.

Internet Resources and Online Media

As before, material was produced for broadly two audiences: individuals learning about the teachings for the first time, and those looking to deepen their interest and understanding.

During the year a series of presentations was streamed live and then made available as videos online. They considered a number of topics about which advice and guidance had been sought from interested enquirers, including:

- The value of symbols in deepening one's capacity for concentration and understanding.
- Is there any substance in the suggestion that metaphysical and religious practices might lead to changes in one's material standard of living?
- The distinction between consciousness in general and specific thoughts.
- The grounds of healthy mental stability compared to mere wishful thinking.
- Adapting to change and sources of psychological strength from which to do so.
- Practical responses to the question of how individuals fit into the universal.
- If and how metaphysical and religious practices may be incompatible, or complementary, to relationships with other individuals.

All of these themes were presented together with practices that help to develop mental clarity, relaxation, concentration and self-understanding. Feedback from users on the value of this content was positive.

In order to optimise the effectiveness of these presentations, resources were invested in technical development. Professional specialist help was engaged for some presentations. In a few cases this was to produce the event using external equipment, in others specialists supported members in the use of inhouse equipment. Experiments were made with, for example, multiple camera angles. The results were mixed and very informative. In some cases, poor visual and audio quality needed to be remedied before material was made available long-term. As a result, technical inhouse skills and knowledge were significantly enhanced.

In all cases, accurate subtitles were prepared to accompany the presentations. As well as benefiting users of assistive technology, this can aid viewers whose first language is not English. It also improves the probability that the material will come to the attention of people making relevant online search enquiries.

In a number of cases, subtitles in Spanish were produced. Using a mix of professional translators and editing tools already available, it proved to be possible to do this to a good standard at reasonable cost, and the possibility of further translations into other languages has been identified as a potential avenue for further growth.

The preparation, production and editing of the presentations were all undertaken at Shanti Sadan's main premises. To support this, improvements were made to the wi-fi and cabling infrastructure of the building.

Financial resources that would previously have been invested in promoting in-person events were used to raise awareness of new and existing online presentations. As in earlier years, the most effective way of promoting new events was through social media, in particular the FaceBook platform. Some funds were also spent on promotions through search engines. This was intended to ensure that people looking for information on subjects related to Shanti Sadan's activities are likely to find the resources.

During the year a thorough evaluation of the Shanti Sadan website was undertaken and possible redevelopment considered, with the help of outside specialists. This grew out of on-going monitoring of the performance of the website according to criteria such as the total number of visitors, how long they stayed on the site, which pages were most used, and how visitors first made contact.

The framework for a new site was proposed, around an integrated contact management system. The optimal hosting, communications, and retailing software solutions were considered, and key pages designed. The framework included integrated social media, search engine optimisation, ways of recording contacts with interested individuals, and ensuring a good 'user experience' on all kinds of devices. The appropriate 'look and feel' design was developed largely in-house, with technical implementation by the specialists. After an initial review it became clear that to maintain and exploit the technical features of the site would involve a considerable cost, but it was decided that this was justified. Accordingly, the project proceeded to the next phase of developing layouts for key sections such as online journal pages, audio visual content, and study materials. Preparations were made for the task of transferring existing content to the new site,

and as far as possible make sure that where good 'rankings' had been achieved for features of the existing site, this was not lost during the planned move.

At this point some difficulties became apparent. The project took much longer than anticipated, and the potential cost of solving some technical difficulties rose considerably. It had been hoped that new visual designs could be extended across the site in a way that created overall consistency, with appealing local variations, but the results were not as effective as hoped. It also became clear that the cost of maintaining the site would be at the top end, or beyond, the limits of earlier projections. At this point the decision was made not to proceed with the project and avoid further costs.

Although the project did not come to direct fruition, a great deal was learned in the process. Those parts of the site requiring immediate attention in order to meet evolving requirements were identified. Technologies that can be beneficially integrated into the existing site were identified. Some of the design features have been adopted in the current site, including vector-based graphics that can be re-used with appropriate variations. Those involved at Shanti Sadan now have a much better understanding of what ongoing development will involve, and how much benefit can be expected from employing external specialists. At the end of the year the site was transferred to a new hosting company which offers a high level of technical support, and a number of issues were quickly resolved.

Throughout the year there was a close correlation between the total number of new visitors and the number of new presentations being added to the site together with the promotions of them online. This indicates that the promotions are effective.

During the year continued use was made of the database of individuals who have expressed a wish to be kept informed about activities and learning opportunities at the centre. Many are initially made aware of the resources through the online promotions. Subsequently they are informed by email and form the core audience of new material and events. It is possible to monitor those who do not respond and during the year those in this category were re-contacted and where appropriate removed from the list.

Volunteer Development

During the year in review a great deal of valuable experience was gained by volunteers involved in all the Centre's activities in rapidly changing circumstances.

Online study groups almost entirely replaced in-person meetings as the main way of engaging with new participants. An effective structure and curriculum was created and refined during the period, providing a good basis for future development.

Volunteers undertook further training in book and audio visual production software, to enhance inhouse skills. On-camera presentation skills were developed.

All volunteers actively participated in the online meditation practice sessions.

Public Benefit

The Trustees are conscious of the Charity's obligation to provide public benefit and consider that during the year in review the obligation has been met by materially supporting Shanti Sadan's work of providing information about, and opportunities to practise, traditional teachings on the bases of ethics on non-sectarian lines; the underlying commonality of the great religions and cultures; the means of creating social harmony, and the development within the individual of the capacities for deep relaxation, concentration, tolerance, good-will and contentment, that can be sustained in times of adversity.

Financial Review

Overview

Total resources expended during the year was £300k and total income was £179k. There was a substantial net gain in fixed and investment assets. Full details of these amounts are given within this report under the statement of financial activities.

The overall value of the investment portfolio was £9.01m at the end of 2021. The investments achieved a return of 9.8% during the year.

The Trustees are satisfied that the investment managers continued to fulfil the objective of providing adequate income to fund the Centre's activities, while preserving the capital and protecting against inflation.

During the year one residential property that had been unoccupied for an extended period was sold, and the proceeds were added to the investment portfolio.

Maintenance work was carried out at the main premises of Shanti Sadan, in order to improve accommodation, storage and archive space on the lower ground floor of the building. This was completed to a good standard. And necessary remedial work to the roof was completed, under the supervision of a building surveyor to ensure all faults were fully rectified.

The Trustees are satisfied that the charity is well placed financially to continue supporting the activities of Shanti Sadan.

Reserves

The Trustees consider that the reserves held are adequate and appropriate given that investments are the main source of income for the Charity, and that the objective is to ensure that Shanti Sadan should remain viable for the indefinite future.

Risk Management

The Trustees consider that the principal risks to the charity's capacity to continue to serve its purpose have been addressed, through adequate insurance, diversified investment strategy, and contingency planning.

Future Plans

The development of online study groups is to continue as a priority. A suitable format is required for individuals who have completed introductory courses and wish to go further. A curriculum is to be formed that will allow individuals to join existing groups without undue repetition for current participants or gaps for new ones.

Production of the new book by the Warden of Shanti Sadan is to be completed within the coming year. It will cover topics that have been identified as of special interest to participants in Shanti Sadan's activities.

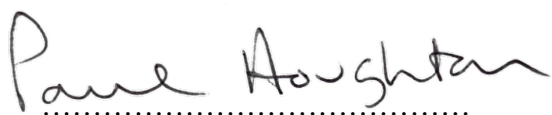
There will be a gradual resumption of in-person meetings, at regional centres in the UK and other English speaking areas. These are to be followed up with opportunities to engage in online activities so that participants can develop longer-term involvement.

The production of online teaching materials is to continue. This will include presentations on aspects of the philosophy that address current concerns, and on-going guidance in meditation and other practices. The provision of new material will be coordinated with promotions via search engines and social media to raise awareness of the benefits for individuals and communities.

Declaration

The Trustees declare that they have approved the Trustees Report above.

Signed on behalf of the Trustees


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SHANTI SADAN**INDEPENDENT EXAMINER'S REPORT**

For the year ended 31 December 2021

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF SHANTI SADAN**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 December 2021, which are set out on pages 18 to 22.

Responsibilities and basis of report

As the charity's trustees 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 Trustee's 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 2011 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 charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



Date: 03 October 2022

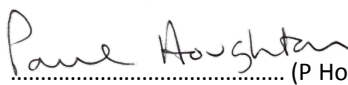
Jailesh Patel, FCCA
Farrington & Co., Chartered Certified Accountants
176 Franciscan Road
London SW17 8HH

SHANTI SADAN
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31 December 2021

	Notes	Unrestricted	Restricted	Endowment	2021	2020
		£	£	£	£	£
Income and endowments from:						
<i>Donations, legacies and similar income</i>						
Gift Aid, Covenants and general donations		14,919			14,919	50
<i>Incoming resources from charitable activities</i>						
Publications		5,998			5,998	4,354
Rent	6	2,900			2,900	13,100
Other Income		6,000			6,000	-
<i>Other Incoming resources</i>						
Investment income		149,112			149,112	140,713
Total incoming resources		178,929	-	-	178,929	158,217
Expenditure on:						
<i>Charitable activities</i>						
Publications and Public Talks		65,105			65,105	84,000
Premises - repairs and maintenance		112,906			112,906	56,582
Premises - other costs		51,633			51,633	53,717
Insurance		5,040			5,040	4,731
Other miscellaneous costs		40,319			40,319	36,483
Depreciation	2	20,240			20,240	21,558
<i>Governance costs</i>						
Examiner's fee		528			528	-
Audit fees		-			-	3,000
Accountancy fees		3,842			3,842	3,459
Total resources expended		299,613	-	-	299,613	263,530
Net incoming (outgoing) resources for the year		(120,684)			(120,684)	(105,313)
Transfers between funds					-	-
Net Gain on disposals of fixed assets		764,459			764,459	687,598
Net Gain (loss) on investment assets	3	632,682			632,682	142,860
Net movement in funds		1,276,457	-	-	1,276,457	725,145
Funds at 1 January 2021		9,663,419	-	-	9,663,419	8,938,274
Funds at 31 December 2021		10,939,876	-	-	10,939,876	9,663,419

Approved by the Directors of The Shanti Sadan Company Ltd

on **15/09/2022**..... and signed on their behalf by


..... (P Houghton)

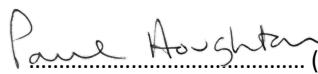
SHANTI SADAN**BALANCE SHEET**

For the year ended 31 December 2021

	Notes	Unrestricted £	Restricted £	Endowment £	2021 £	2020 £
FIXED ASSETS						
Tangible fixed assets	2	1,713,000		-	1,713,000	1,809,105
Investments	3	9,087,061			9,087,061	7,740,166
Total fixed assets		10,800,061	-	-	10,800,061	9,549,271
CURRENT ASSETS						
Publication stock		80,655			80,655	83,641
Short term bank deposits		10,206			10,206	25,201
Debtors and prepayments		3,874			3,874	3,749
Cash at bank and in hand		52,580			52,580	14,157
Total current assets		147,315	-	-	147,315	126,748
CURRENT LIABILITIES						
Creditors and accrued charges		(7,500)			(7,500)	(12,600)
NET CURRENT ASSETS		139,815	-	-	139,815	114,148
NET ASSETS		10,939,876	-	-	10,939,876	9,663,419
FUNDS						
General / Restricted/Endowment		10,939,876	-	-	10,939,876	9,663,419
TOTAL FUNDS		10,939,876	-	-	10,939,876	9,663,419

Approved by the Directors of The Shanti Sadan Company Ltd

on 15/09/2022 and signed on their behalf by


 (P Houghton)

SHANTI SADAN**NOTE TO THE FINANCIAL STATEMENTS**

For the year ended 31 December 2021

1. Accounting Policies

- I. The accounts have been prepared under the historic cost convention except for investments, which are valued at market value. The accounts have been prepared in accordance with the Charities Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" and the Charities Act 2011.
- II. Income and expenditure is brought into account using the accruals concept.
- III. Grants including grants for the purchase of fixed assets are recognised in full in the Statement of Financial Activities in the year in which they are receivable.
- IV. Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure meeting this criteria is identified to the fund.
- V. Unrestricted funds comprise those funds which are free to be used for any purpose in furtherance of the charitable objects.
- VI. Endowment funds represent those assets which must be held permanently by the charity.
- VII. Provision for depreciation of fixed assets held for use by the charity is made at annual rates calculated to spread the cost (less anticipated residual disposal value) of each asset evenly over its useful life.

Fixtures and fittings - 20% per annum on a straight line basis.
Freehold and leasehold properties - 1% per annum on a straight line basis.
- VIII. All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses are calculated on as the difference between sales proceeds and opening market value (purchase date if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (purchase date if later). Realised and unrealised gains are not separated in the Statement of Financial Activities.

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

2. Fixed Assets

	Freehold property	Leasehold property	Furniture fittings	Total
	£	£	£	£
Cost/valuation				
Brought forward	125,520	1,739,815	55,015	1,920,350
Additions			934	934
Transfer to/from revaluation reserve				
Disposals		(80,000)		(80,000)
Carried forward	125,520	1,659,815	55,949	1,841,284
Depreciation				
Brought forward	3,766	69,592	37,888	111,247
Charge for the year	628	16,598	3,012	20,238
Disposals		(3,200)		(3,200)
Carried forward	4,394	82,990	40,900	128,285
Net book value				
At 31 December 2021	121,126	1,576,825	15,049	1,713,000
At 31 December 2020	121,754	1,670,223	17,127	1,809,105

3. Fixed Asset Investments

	2021 £	2020 £
Cazenove Capital Management		
Carrying Value at the beginning of the year	7,740,166	6,590,562
Additions	841,259	1,105,183
Disposals at Carrying Value	-	-
	8,581,425	7,695,745
Unrealised gain (loss) on retained investments	632,682	142,860
Other Transfers (refer note below)	(276,152)	(238,779)
Investment income	149,106	140,340
Carrying Value at the end of year	9,087,061	7,740,166

The charity's investments are managed by Cazenove Capital Management Limited and consist of various investments in equities, bonds and other investment funds.

They are included in the financial statements at market value as at the year end per the Cazenove Capital Management report.

Other transfers of £276,152 (2020: £238,779) represent fund managers management charges £34,952 (2020: £30,404) and cash transfers £241,200 (2020: £208,375) to Shanti Sadan's current account for funding the normal day to day working of the charity.

SHANTI SADAN**NOTE TO THE FINANCIAL STATEMENTS**

For the year ended 31 December 2021

4. Trustees' Remuneration and Expenses

None of the directors of The Shanti Sadan Company Ltd, which is the sole trustee of the charity, were paid any remuneration by the charity. One director was provided with accommodation as part of the charitable activities of Shanti Sadan during 2021 (and 2020).

5. Grants and Restricted Funds

No grant was received or made by Shanti Sadan during the year.

6. Rent

The rents received during the year of £2,900 (2020: £13,100) includes £NIL (2020: £10,200) rents received at market rates. The balance of the amount £2900 (2020: £2900) represents amounts received from beneficiaries occupying properties kept by Shanti Sadan to enable committed aspirants to attend the centre regularly. The occupants do not pay a commercial rent.

SHANTI SADAN

England & Wales - Charity number 284076

Accounts

SHANTI SADAN
(REGISTERED CHARITY NO 284076)
ESTABLISHED 1981

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

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SHANTI SADAN
TRUSTEES' ANNUAL REPORT 2020

Reference and Administrative Details

Charity Name **SHANTI SADAN**

Registered Charity Number **284076**

Charity's Principal Address 29 Chepstow Villas, London, W11 3DR.

Trustees

The Shanti Sadan Company Ltd (Number 02541508) is the charity trustee. The directors of the company are:

Mr P Houghton
Mr F Clowes

Professional Advisors

Legal Advisors

Goodman Derrick LLP, 10 St Bride Street, London EC4A 4AD

Bankers

Metrobank, 160-166 Kensington High St, London W8 7RG

Investment Managers

Cazenove Capital Management Limited, Schroder & Co. Limited, 1 London Wall Place, London, EC2Y 5AU

Auditors

Able & Young Limited., Airport House, Purley Way, Croydon, CR0 0XZ

Report of the Trustees for the year ended 31 Dec 2020

Structure, Governance and Management

Governing Document and Constitution

Shanti Sadan was founded as a Centre of Adhyatma Yoga and Advaita Vedanta in 1933. The Shanti Sadan Charity was formed to serve as a corporate entity to own and administer the Centre's material resources, through a Charitable Trust Deed made 15th November 1981. The Deed, as amended by a Scheme of Commissioners dated 4th December 1990, forms the Governing Document of the charity. Through the Deed Shanti Sadan is constituted as a Trust.

Trustees

Under the Scheme, The Shanti Sadan Company Ltd, which is a dormant private limited company without share capital, was appointed Trustee of the Charity. The directors of the company serve as Trustees of the Charity and are referred to as such in this report. The power of appointing and removing a director is vested in the board of directors.

The Trustees' overall responsibility is to fulfil the legal requirements pertaining to the Shanti Sadan Charity so that the Charity can materially support the aims of the Centre. The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and Financial Reporting Standard (FRS102).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

1. Select suitable accounting policies and then apply them consistently Observe the methods and principles in the Charities SORP;
2. Make judgments and accounting estimates that are reasonable and prudent;
3. State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
4. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are drawn from the active volunteers at Shanti Sadan with a thorough understanding of its activities and objectives. To the end of preserving Shanti Sadan as a Centre

of the traditional teachings in which the original ideals predominate, they work in close consultation with the presiding Warden of Shanti Sadan.

On appointment, the Trustees are briefed about their responsibilities, in particular their role in ensuring that the material resources of Shanti Sadan are rightly and effectively used to further the aims for which the Centre was established. They have been made fully aware of the requirement for all charities to demonstrate the public benefit of their work.

Organisation

The purpose of Shanti Sadan is to provide information about, and opportunities to practise the teachings of the classical Yoga of Self-Knowledge (Adhyatma Yoga), and its philosophical basis, the philosophy of non-duality (Advaita Vedanta), as described further under 'objectives and activities' below. Since its foundation by the noted scholar and authority Hari Prasad Shastri in 1933, this work has been continued under the direction of subsequent Wardens of Shanti Sadan, each of whom has been nominated by their predecessor as qualified to oversee the activities of the Centre in all their practical, ethical and philosophical aspects.

Shanti Sadan has no paid employees, all work is conducted on a voluntary basis, including that of the Warden. The present Warden is Ms Berta Dandler, who was nominated by her predecessor, Dr Anthony M Halliday, in 2006. She is the author of four books published by Shanti Sadan. She presides at the principal meetings and is informed and consulted about all other matters.

Shanti Sadan fulfils its purpose by providing events, meetings, publications and on-line resources. All tasks are undertaken by a small team of active volunteers, working in close cooperation with each other and the Warden. During the period under review the total number of volunteers active at any one time ranged between five and ten.

The volunteers are people who have been drawn to the teachings offered by the Centre and have chosen to actively pursue and support its purposes. They are gradually introduced to the work of Shanti Sadan, according to their aptitudes and availability. Care is taken to emphasize the importance of working in a spirit of service, for the Centre and the wider community, and not for material personal gain. It is central to the ethos and practice of Shanti Sadan that service is undertaken without seeking to promote any individual personalities.

Some activities are organized according to a timetable loosely based on the academic year. Typically, a series of talks at the Centre, and one or more major events, are held in each of the Spring, Summer and Autumn terms. Accordingly, organization meetings are held prior to the beginning of each term to map out plans and priorities for the coming term. Further meetings, formal and otherwise, occur as required. This pattern was initially sustained and then interrupted by the Covid pandemic after the first quarter of the year in review, as discussed further below.

In some cases specialist professional help has been engaged; this has occurred recently for example in the technical development of on-line resources and eBooks.

Shanti Sadan is not involved in regular fund-raising activities or grant-making. The main source of funding is income from investments, which have been placed under professional management. The Trustees meet annually with the investment managers to review and confirm that the agreed long-term investment strategy is being fulfilled.

The Charity Trustees meet periodically to review and address recent developments concerning the use of Shanti Sadan's material resources, and to consider all major spending proposals.

Objectives and Activities

Overview

The objectives of the charity as stated in the governing document are to advance public education in the classical teachings of Adhyatma Yoga based upon the principles of the highest standards of personal conduct and service to others, and to promote and advance for the public benefit the study and practice of, and research into, the therapeutic effect of Yoga as a means of improving the mental, physical and spiritual health and well-being of the community, and to publish the useful results of any such research, and in furtherance of such objects, but not otherwise, the Trustees may at their sole discretion:

1. Provide, maintain and conduct centres and similar establishments including residential accommodation where aspirants may together receive instruction and training in Adhyatma Yoga and practise the Adhyatma Yoga way of life.
2. Provide facilities for classes to improve physical or mental health through Yoga postures, breathing, relaxation and meditation techniques.
3. Organise lectures, courses and seminars for the study of the physical and mental benefits of the practice of Adhyatma Yoga and of its philosophical and spiritual aspects.
4. Provide courses for teacher-training and for further study for practising teachers to increase their knowledge of, and proficiency in, all aspects of teaching the integral approach to Adhyatma Yoga.
5. Liaise with other organisations with similar aims and objectives in order to exchange information about relevant topics and provide facilities for research into education and practice of all aspects of Yoga.
6. Establish a library and by means of publishing, printing or advertising, supply information to those members of the public who wish to learn more about Adhyatma Yoga.

Adhyatma Yoga and Advaita Vedanta are among the oldest, most respected and widely practised of the ethical and philosophical schools originating in the Indian subcontinent. Shanti Sadan was established in London as a Centre of Adhyatma Yoga and Advaita Vedanta by Hari Prasad Shastri to make these teachings available in this country and the West generally, in a suitable and entirely non-sectarian form. Since the passing of the founder in 1956, Shanti Sadan has continued and developed along the lines he established. In time, it was decided to establish a corporate legal entity to be the owner of its material assets, leading to the formation of the Charity in 1981.

The teachings of Adhyatma Yoga and Advaita Vedanta offer tried and tested methods for individuals to gain deeper self-knowledge and the ability to apply universal ethical ideals, for their own benefit and that of the community.

Shanti Sadan fulfils its objectives through the production of books, journals and on-line resources, and by providing talks, group meetings and events about meditation, related practices, and the principles on which they are based. In this way reliable, unbiased information is provided for new enquirers interested in the philosophy and methods. For committed aspirants, guidance is provided on how to further their progress towards the yoga ideals, according to their individual circumstances.

Publications

Shanti Sadan has continued to develop as a publisher on the wisdom tradition, with special reference to self-understanding as rooted in the Advaita (non-dual) Vedanta philosophy and practice. It aims to provide writings on this tradition that are both clear and accurate, providing material for reflection and methods for practice. The methods include meditation and guidelines on how to meet the challenges of daily life. All its publications are prepared in-house, and Shanti Sadan acts as distributor as well as publisher. Increasingly such writings are being made available digitally as well as in traditional book form.

The book catalogue at December 2020 included 48 titles. In addition to the original list of twenty-two works by its founder, Hari Prasad Shastri, both original works and translations of classic Yoga texts, the range has been extended to include works of subsequent Wardens of Shanti Sadan, Marjorie Waterhouse, Anthony M Halliday and Berta Dandler. The collection also includes the works of A J Alston, a renowned Sanskrit scholar and lifelong member of Shanti Sadan. These are translations of key philosophical texts, chief among which is a thematic compilation in six volumes of writings by Shankara, the pre-eminent exponent of classical Advaita.

The title list includes books of practical instruction, such as Meditation - Its Theory and Practice and Training the Mind through Yoga, spiritual poetry, biographies of people who exemplify the Adhyatma Yoga way of life, as well as a range of translations of philosophical classics, many with commentaries by Hari Prasad Shastri that show the relevance of the ancient wisdom to contemporary life, including Teachings from the Bhagavad Gita and Direct Experience of Reality. Among these is Dr Shastri's complete translation, in three volumes, of The Ramayana of Valmiki, one of the world's great literary epics. Dr Alston has also provided anthologies of the poetry of Hafiz and Surdas, translated from the Persian and Hindi respectively.

Shanti Sadan produces the journal Self-Knowledge, published four times a year. The purpose of the journal is to provide a regular source of fresh material about the non-dual teachings in a form that can be readily understood and applied by interested enquirers. The content includes many articles on the common ground among all the great religious and cultural traditions, and the deeper insights of art and science.

The Journal carries no advertising and the content is conditioned by no commercial interests. In general, the editorial policy is to make little reference to short-term political and social developments: the content always focuses on what is of most concern for individuals in the long term. The Journal maintains absolute editorial independence, based on the non-dual principles, and it has always been made clear that the purpose is to share, but in no way to impose, these ideals.

All publications, including the journal, are priced so that the teachings may reach as many people as possible, not with the primary aim of generating revenue.

Meetings and Events

During the first part of the year under review plans were made and resources allocated to continue with the established pattern of public meetings. These include weekly public meetings with guided meditation and related practices, together with an introduction to the essential non-dual teachings on which they are based. These practices and principles are conducive to inner well-being for individuals and tolerance and cooperation within communities. The presentations are designed to be suitable for both experienced meditators and newcomers. For newcomers they provide an opportunity to discover the practices and learn how to take them up regularly. For others they are a chance to progress the practices in a supportive group setting.

Regular talks were also planned and given during the first part of the year on the philosophical and ethical aspects of the teachings and their connection with other wisdom traditions and forms of higher culture. These provide visitors with opportunities to deepen their understanding of the principles underlying meditation and related practices. Much of the material produced for these presentations is subsequently adapted for inclusion in Self-Knowledge Journal, and publication on-line.

In addition to these talks and guided meditation sessions, given on weekday evenings at the Centre, plans were made for longer weekend events, intended for people who live at a distance from the Centre. This year the plans had to be postponed at short notice due to the pandemic.

At all public meetings, advice and support is offered so far as possible to those who seek it. At the same time, no attempt is made to influence their religious or other affiliations, and the essential teachings shared by all the great wisdom traditions are emphasized.

All the events are organised and presented by volunteer members of Shanti Sadan. According to the traditional practice, entry to the meetings is always free of charge. An opportunity is provided for visitors to make voluntary donations (which is also traditional practice), but no personal approach is made to individuals. Generally, donations fall short of total costs and the events are subsidized by Shanti Sadan as part of its charitable work. All members of the community are welcomed.

Shanti Sadan maintains the main Centre at 29 Chepstow Villas W11 3DR where all organization and many meetings are conducted, and some residential units are maintained so that committed members may be accommodated within reach of the Centre.

On-line Resources

In recent years the development of on-line resources has become a major part of Shanti Sadan's work.

Central to this is the Shanti Sadan website. Material on the site is arranged broadly with the two audiences in mind: newcomers interested in finding out more, and those who wish to further their on-going understanding and practice. As well as written articles, there is an expanding range of audio and visual material including recordings of guided meditation sessions which can be followed for individual regular practice.

A key objective is that the Shanti Sadan website should be as easily findable as possible to individuals who are looking for related information but who may not yet be aware specifically of Advaita Vedanta or Shanti Sadan. In practice this means actively engaging in 'search-engine optimization' (SEO).

Apart from Shanti Sadan's own website, selective use is made of social media platforms as a way of maximizing the opportunities for people who may benefit to become aware of the non-dual teachings and practices. Social media has proved to be an effective way of promoting Shanti Sadan events.

During the later part of the year in review, the development of online resources was rapidly accelerated in response to the pandemic.

While seeking to take advantage of on-line resources, those involved in the work of Shanti Sadan are fully aware that the Internet and social media have the potential to distract and dissipate the mental energies of people in unhelpful ways. So care is exercised to take advantage of the opportunities provided by online media, while not contradicting any of Shanti Sadan's core values and objectives.

Achievements and Performance during 2020

The following achievements and activities were supported and enabled with material resources administered by the Shanti Sadan Charity. The Trustees consider this to have been an effective use of those resources in pursuit of the Charity's objectives.

Publications

The main development during the year was the publication of a new book by the present Warden of Shanti Sadan, entitled *Realising the Truth at the Centre of Life*. Released in October, it aroused immediate interest, and quickly became the year's 'bestseller'. As with the previous three books by the Warden, this work brings together material originally presented in public lectures, and the focus is on practical ways of applying the non-dual teachings, in order to verify their potential for lasting fulfilment and relief of fear. There are two chapters on meditation, and other topics include Life Skills for Inner Peace and Freedom, The Greatest Freedom of All, Actualising the Inner Light, and The Source of Joy. Some purchasers bought multiple copies for use in group study.

To take advantage of the interest generated by the new publication, it was promoted through third-party distributors and selected social media.

An eBook version of the publication was prepared, using third-party specialists, bringing the number of eBooks available from Shanti Sadan to eight, including all the most recent and those most likely to be helpful to new enquirers.

Special care was taken with the visual presentation of the new publication. The cover was designed to convey the idea of a substance underlying appearances, and a wide range of illustrations were incorporated into the text.

A volunteer at Shanti Sadan undertook training in the use of book design and production software, in order to enhance the visual quality of this and future publications.

Book sales in other respects were not significantly affected by the pandemic. There was a steady demand for scholarly texts, such as *The Thousand Teachings of Shankara* and *Realisation of the Absolute* by Shankara's immediate follower, Sureshvara, and sales of the *Shankara Source Book* (in six volumes) were significantly higher than those of the previous two years.

Publication continued of the quarterly journal, *Self-Knowledge*, now in its 71st year. Among the subjects included in 2020 were highly practical matters such as: *Inner Progress through Love and Knowledge*, *The Path Where None Can Fail*, *Practice in Challenging Times*, and *Awakening to the Supreme Truth*. The essential universalism and all-embracing nature of the teachings was reflected in articles on *The Saving Clause* (referring to the Islamic expression 'inshallah', meaning 'if God wills'), *The Wisdom of China*, and *Help from Stories*, the latter presenting a range of tales and anecdotes from different traditions which suggest ways to a more expanded and sympathetic outlook.

Several articles on the *Bhagavad Gita*, which is much studied by practicants of the *Yoga of Self-Knowledge*, appeared, focussing on specific chapters as an aid to understanding and practice.

Each issue of the Journal was made available in eBook formats for download from the Shanti Sadan website by all subscribers.

A number of readers wrote to express appreciation of the help they derive from the Journal, for example: 'Thank you for the helpful and insightful articles in the *Self-Knowledge Journal*. Also for the informative and calming on-line meditations and teachings. I find them very peaceful and stabilizing, especially in these turbulent times of great change.'

Public Meetings and Courses

During the first part of the year in review, the regular guided meditation meetings continued to be held each week. Meditation was presented as a reliable means of self-help in times of stress; the practice promotes calm, patience, tolerance and self-understanding.

At each meeting a set of practices was given, including breathing exercises, visualizations and affirmative meditations. These provide help for a wide range of individual needs and aptitudes that can be adapted and applied as appropriate.

The presentations were made with due respect for the principles underlying them, and opportunities taken to demonstrate what the outlook and practices have in common with all wisdom traditions and branches of learning. Each meeting concluded with a practice in forming and sustaining an attitude of goodwill to all, regardless of any apparent differences in opinion. After the meetings, free refreshments were made available, and visitors were given the opportunity to raise questions and discuss their own experience and perspectives.

In accordance with traditional practice, this instruction and guidance in meditation was given completely free of charge. It is further made clear that meditation, practised in the light of the non-dual teachings, is more than 'psychological first aid' for times of stress. The presentations show that if individuals choose to pursue meditation practice, it can lead through deepening self-understanding to all-round well-being and fulfilment by means which do not depend on material resources or social status. Meditation and the related practices thus form a truly sustainable response to the most pressing social and environmental concerns.

During this period, alongside the meditation sessions, there was also a series of public lectures on the principles of non-duality and how they can promote the well-being of individuals and the community. The subjects included, how it is possible to think about subjects that exceed the range of the mind; where the highest fulfilment may be found; and effective ways of developing concentration.

All these events were promoted through social media and search engines, including selective paid promotions, resulting in steady interest from new enquirers.

During the first part of the year preparations were far advanced for a major event outside the centre, in Dublin. Online promotions had led to a particularly high level of interest. Although the event had to be cancelled at short notice, some enquirers pursued their interest through other means.

In March 2020 with the introduction of restrictions on public events and travel, all in-person meetings and events had to be cancelled for the remainder of the year.

Use of the Internet and On-line Media

With the abrupt cancellation of all public in-person meetings, all activities and resources had to be re-focused online.

The immediate response was to create online presentations specifically addressing the ongoing situation. The first, produced within a few days of the initial restrictions, offered specific advice on maintaining calm and developing inner resources with simple meditation practices. This was followed shortly afterwards by a presentation with other methods including visualisations that could be applied at times of acute anxiety.

After that, a pattern was established of presentations combining a full set of meditation practices together with talks on aspects of the non-dual teachings particularly relevant to the present situation. One, entitled 'The Source of Inner Security', discussed how advantage could be taken of the re-evaluation of personal priorities occasioned by the crisis. Another, called 'Where the Help Comes From' showed how meditation provides ways of enhancing individual powers of will and self-control without inner strain or imbalance.

Following that there were meditations with introductory talks on: The question of why meditation is needed if in fact the truths it seeks to uncover are, in a sense, always established, although apparently obscured; Why we have such a strong sense of 'identification' with thoughts and feelings although we are evidently much more than specific thoughts and feelings; A restatement of the essential non-dual teachings in the light of the urgencies experienced in the on-going pandemic; The idea of a 'supreme being' in the light of the non-dual teachings, which builds on and harmonises the insights of all the great wisdom traditions; How we can meaningfully think about and relate to the greater 'whole' that is posited by metaphysical research into a reality that exists independently of our mental faculties; Why we may not 'feel' the implications of the teachings while understanding them in theory, and how to overcome any discouragement this causes; Whether happiness is most effectively pursued through efforts to attain what we want, or by 'giving up desires', and how such teachings from various wisdom traditions can be best understood and applied.

Just before the end of the year there was a presentation directly addressing the particular difficulties for people unable to meet with families and friends during the festivals that usually take place in mid-winter, and reasons to be optimistic for the coming period.

All these presentations were promoted through social media and search engines in order to reach a new audience who could potentially benefit, as well as those who regularly attend online meetings.

In most cases the presentations were made 'live', and any technical issues this caused were compensated by the benefits of immediate interaction. Afterwards, each recording was edited and added to the growing collection of audio-visual media now available online, addressing aspects of the teachings of most direct relevance to individuals coping with current circumstances and deepening their understanding of the principles underlying Adhyatma Yoga and Advaita Vedanta.

In all cases, accurate subtitles were prepared to accompany the presentations. As well as benefiting users of assistive technology, this can aid viewers whose first language is not English. It also improves the probability that the material will come to the attention of people making relevant online search enquiries.

To help online visitors access this material, a special page was created on the website to which it was added chronologically, as well as being listed in the main parts of the website. This special page was made the focus of promotional efforts.

Apart from the 'broadcast' presentations, new arrangements were made for teaching groups. Regular classes were arranged and conducted online, both for people with an established interest in Advaita, and for those exploring the ideas for the first time. In both cases, appropriate texts from the Shanti Sadan publication list and elsewhere were used as the basis for preparation and study, as well as open discussion.

It was found that the new online teaching environment lent itself to particular study-material. Once this had been identified and the technicalities arranged, the online study groups proved effective, and allowed people to participate from a much wider geographical area than had been possible for in-person meetings.

With the increased reliance on online media, there was a corresponding increase in the number of enquiries and messages in response. In many cases, these enquiries require careful and individualized replies, usually via email. Providing these became one of the main tasks for active members and resources were allocated accordingly. This became and is likely to develop further as one of the principle ways in which Shanti Sadan meets its aim of effectively communicating.

During the year an application was completed for substantial promotion to be made available free of charge through the Google search engine, as a recognised not-for-profit organisation. Specific material was created on the Shanti Sadan website for this purpose and a growing number of enquiries through this media were received and answered.

Technical developments

During the year in review work continued with the support of specialists to maximise the effectiveness of Shanti Sadan's online activities.

Regular measure and review was made of the number of users, sessions and page views on the Shanti Sadan site. Also the ranking of the site in online search results for relevant keywords. The results of paid promotions on social media were monitored and adjusted accordingly.

During the year in review the total number of users on the site rose by 133% over the previous year, and the total number of sessions rose by 118%. There was a slight decrease in the average length of visits, but this was to be expected given the extra numbers of first time visitors who would not find it relevant to their interest.

There was a sustained improvement in the search rankings for key terms. At the beginning of the year, a user of Google searching for 'non duality' would find the Shanti Sadan website in 5th position; at the end of the year it was in the 3rd place. There was a similar improvement for longer search terms such as 'what is non duality'. This was achieved in part with the use of special coding features which allow for search results in a 'frequently asked questions' format. For the key term 'non dual meditation', the position at number one in the rankings was sustained. The significance of variations such as 'non dual', 'nondual' and 'non-dual' were monitored, and adjusted accordingly.

During the year a technical review of the Shanti Sadan website was conducted, which identified a number of issues including page loading speed, invalid links, and missing 'metadata'.

Wherever possible issues identified during the review were corrected. In some cases scope for remedial action was limited and a number of potential problems were identified relating to user experience that will impact on search results in future. As a result it was decided to scope a complete redesign and rebuild of the site. Work on this project was ongoing at the end of the year in review.

An opportunity to improve the visibility of the Shanti Sadan website was identified by increasing the number of links from other sites. This was achieved in part through links from relevant articles on the Wikipedia website.

Live streams and recordings of presentations were made available through the video sharing site YouTube. Advice was sought on how to enhance the effectiveness of Shanti Sadan material on this medium. Accordingly, a number of features including length, titles, subtitling and accompanying illustrations were adjusted.

In the course of the year, further investment was made in audio visual equipment, leading to a marked improvement in the quality of video and sound productions. Space in Shanti Sadan's main premises that had previously been used for in-person meetings was adapted for this purpose, to good effect. Some external support was employed, and training was also undertaken in the use of audio-visual production and editing software.

During the year, a total of 35 new audio-visual items were produced and made available.

On the Shanti Sadan website, the need was identified for a system that would accurately calculate the postal costs. Among the standard packages available, none was found that adequately managed the full range of geographic regions and service levels required. Subsequently a bespoke addition to an existing system was commissioned from a specialist supplier. After extensive testing this was completed successfully.

Volunteer Development

During the year, established volunteers undertook training in book and audio visual production software, to enhance inhouse skills.

The role of newer volunteers was necessarily focussed on online opportunities during the pandemic restriction. A number continued to make useful contributions to online study groups. All volunteers actively participated in the online meditation practice sessions.

Public Benefit

The Trustees are conscious of the Charity's obligation to provide public benefit and consider that during the year in review the obligation has been met by materially supporting Shanti Sadan's work of providing information about, and opportunities to practice, traditional teachings on the

bases of ethics on non-sectarian lines; the underlying commonality of the great religions and cultures; the means of creating social harmony, and the development within the individual of the capacities for deep relaxation, concentration, tolerance, good-will and contentment, that can be sustained in times of adversity.

Financial Review

Overview

Total resources expended during the year was £263,530 and total income was £158,217. Full details of these amounts are given within this report under the statement of financial activities.

The overall value of the investment portfolio was £7.7m at the end of 2020. The investments achieved a return of 3.6% during the year.

The Trustees are satisfied that the investment managers continued to fulfil the objective of providing adequate income to fund the Centre's activities, while preserving the capital and protecting against inflation.

During the year one residential property that had been unoccupied for an extended period was sold. This followed a strengthening of the local residential property market, and the target sale price was attained. The proceeds were added to the investment portfolio.

Reserves

The Trustees consider that the reserves held are adequate and appropriate given that investments are the main source of income for the Charity, and that the objective is to ensure that Shanti Sadan should remain viable for the indefinite future.

Risk Management

The Trustees consider that the principal risks to the charity's capacity to continue to serve its purpose have been addressed, through adequate insurance, diversified investment strategy, and contingency planning.

Future Plans

The effect of the pandemic during the year was to sharply accelerate a shift of emphasis to online activities and that will remain so for the foreseeable future.

To effectively disseminate information to a new and expanding audience it will be essential that the Shanti Sadan website continues to be optimised for search enquiry results, and provides material appropriate to individuals with a wide range of previous knowledge. Maintenance and redevelopment of the site to that end is therefore a priority.

It will also be necessary to ensure that optimal use is made of social media, both paid and unpaid. Both inhouse knowledge and the use of specialist expertise in this area is to be developed further.

The main medium for delivering new material will be online presentations and practice sessions, predominantly made live and then available as recordings. The necessary equipment has now been acquired, and it is skill in using it that needs to be developed. Third-party support in this area will be used where expedient.

Facilities need to be developed for the on-going support of interested enquirers and active volunteers through study groups online. In this area, structured and progressive study materials and curricula are to be further refined.

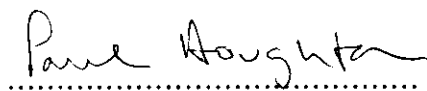
In some cases, provision needs to be made for one-to-one support in the online environment. In this, particular care needs to be taken with the effective use of time resources.

The Trustees are satisfied that Shanti Sadan is well placed to fulfil these and its overall objectives.

Declaration

The Trustees declare that they have approved the Trustees Report above.

Signed on behalf of the Trustees


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4 Oct 2021

SHANTI SADAN**AUDIT REPORT**

For the year ended 31 December 2020

**INDEPENDENT AUDITOR'S REPORT
TO THE TRUSTEES OF SHANTI SADAN**

Opinion

We have audited the financial statements of Shanti Sadan (the "Charity") for the year ended 31 December 2020 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the Charity's affairs as at 31 December 2020 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the Charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

SHANTI SADAN**AUDIT REPORT**

For the year ended 31 December 2020

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters in relation to which the Charities Act 2011 requires us to report to you if, in our opinion:

- sufficient accounting records have not been kept;
- the financial statements are not in agreement with the accounting records and returns;
- or
- we have not obtained all the information and explanations necessary for the purposes of our audit.

Responsibilities of the trustees

As explained more fully in the trustees' responsibilities statement set out on page 4, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the Charity or to cease operations, or have no realistic alternative but to do so.

SHANTI SADAN**AUDIT REPORT****For the year ended 31 December 2020**

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the Charity's trustees, as a body, in accordance with section 144 of the Charities Act 2011 and the regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the Charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Rekha Shah .

Mrs Rekha Shah

Senior Statutory Auditor

For and on behalf of Able & Young Limited

Airport House

Purley Way

Croydon

Surrey CR0 0XZ

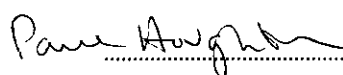
Dated...8 OCTOBER 2021

SHANTI SADAN
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31 December 2020

	Notes	Unrestricted £	Restricted £	Endowment £	2020 £	2019 £
Income and endowments from:						
Donations, legacies and similar income						
Gift Aid, Covenants and general donations		50			50	313
Incoming resources from charitable activities						
Publications		4,354			4,354	5,613
Rent	6	13,100			13,100	2,800
Other Incoming resources						
Investment income		140,713			140,713	149,350
Total incoming resources		158,217	-	-	158,217	158,076
Expenditure on:						
Charitable activities						
Publications and Public Talks		84,000			84,000	68,537
Premises - repairs and maintenance		56,582			56,582	3,594
Premises - other costs		53,717			53,717	54,247
Insurance		4,731			4,731	4,523
Other miscellaneous costs		36,482			36,482	41,999
Depreciation	2	21,559			21,559	24,179
Governance costs						
Examiner's fee		-			-	528
Audit fees		3,000			3,000	-
Accountancy fees		3,459			3,459	2,748
Total resources expended		263,530	-	-	263,530	200,355
Net incoming (outgoing) resources for the year		(105,313)			(105,313)	(42,279)
Transfers between funds	7	400,000		(400,000)	-	-
Net Gain on disposals of fixed assets		687,598			687,598	-
Net Gain (loss) on investment assets	3	142,860			142,860	464,700
Net Gain (loss) on revaluation of fixed assets		-			-	-
Net movement in funds		1,125,145	-	(400,000)	725,145	422,421
Funds at 1 January 2020		8,538,274	-	400,000	8,938,274	8,515,853
Funds at 31 December 2020		9,663,419	-	-	9,663,419	8,938,274

Approved by the Directors of The Shanti Sadan Company Ltd

on 5 Oct 2021 and signed on their behalf by

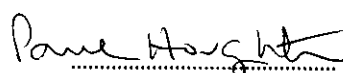
 (P Houghton)

SHANTI SADAN
BALANCE SHEET
For the year ended 31 December 2020

	Notes	Unrestricted £	Restricted £	Endowment £	2020 £	2019 £
FIXED ASSETS						
Tangible fixed assets	2	1,809,105		-	1,809,105	2,209,618
Investments	3	7,740,166			7,740,166	6,590,562
Total fixed assets		9,549,271	-	-	9,549,271	8,800,180
CURRENT ASSETS						
Publication stock		83,641			83,641	83,428
Short term bank deposits		25,201			25,201	39,413
Debtors and prepayments		3,749			3,749	3,481
Cash at bank and in hand		14,157			14,157	19,252
Total current assets		126,748	-	-	126,748	145,574
CURRENT LIABILITIES						
Creditors and accrued charges		(12,600)			(12,600)	(7,480)
NET CURRENT ASSETS		114,148	-	-	114,148	138,094
NET ASSETS		9,663,419	-	-	9,663,419	8,938,274
FUNDS						
General / Restricted/Endowment		9,663,419	-	-	9,663,419	8,938,274
TOTAL FUNDS		9,663,419	-	-	9,663,419	8,938,274

Approved by the Directors of The Shanti Sadan Company Ltd

on 4 Oct 2021 and signed on their behalf by

 (P Houghton)

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

1. Accounting Policies

- I. The accounts have been prepared under the historic cost convention except for investments, which are valued at market value. The accounts have been prepared in accordance with the Charities Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" and the Charities Act 2011.
- II. Income and expenditure is brought into account using the accruals concept.
- III. Grants including grants for the purchase of fixed assets are recognised in full in the Statement of Financial Activities in the year in which they are receivable.
- IV. Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure meeting this criteria is identified to the fund.
- V. Unrestricted funds comprise those funds which are free to be used for any purpose in furtherance of the charitable objects.
- VI. Endowment funds represent those assets which must be held permanently by the charity.
- VII. Provision for depreciation of fixed assets held for use by the charity is made at annual rates calculated to spread the cost (less anticipated residual disposal value) of each asset evenly over its useful life.
 - Fixtures and fittings - 20% per annum on a straight line basis.
 - Freehold and leasehold properties - 1% per annum on a straight line basis.
- VIII. All gains and losses are taken to the statement of financial activities as they arise. Realised gains and losses are calculated on as the difference between sales proceeds and opening market value (purchase date if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (purchase date if later). Realised and unrealised gains are not separated in the Statement of Financial Activities.

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

2. Fixed Assets

	Freehold property	Leasehold property	Furniture fittings	Total
	£	£	£	£
Cost/valuation				
Brought forward	125,520	2,139,815	45,971	2,311,306
Additions			9,044	9,044
Transfer to/from revaluation reserve				
Disposals		(400,000)		(400,000)
Carried forward	125,520	1,739,815	55,015	1,920,350
Depreciation				
Brought forward	3,138	64,194	34,356	101,688
Charge for the year	628	17,398	3,533	21,559
Disposals		(12,000)		(12,000)
Carried forward	3,766	69,592	37,889	111,247
Net book value				
At 31 December 2020	121,754	1,670,223	17,126	1,809,103
At 31 December 2019	122,382	2,075,621	11,615	2,209,618

3. Fixed Asset Investments

	2020 £	2019 £
Cazenove Capital Management		
Carrying Value at the beginning of the year	6,590,562	6,112,266
Additions	1,105,183	
Disposals at Carrying Value	-	-
	7,695,745	6,112,266
Unrealised gain (loss) on retained investments	142,860	464,700
Other Transfers (refer note below)	(238,779)	(135,448)
Investment income	140,340	149,045
Carrying Value at the end of year	7,740,166	6,590,562

The charity's investments are managed by Cazenove Capital Management Limited and consists of various investments in equities, bonds and other investment funds.

They are included in the financial statements at market value as at the year end per the Cazenove Capital Management report.

Other transfers of £238,779 (2019: £135,448) represent management charges £30,404 (2019: £30,448) and cash transfers £208,375 (2019: 105,000) to Shanti Sadan's current account for funding the normal day to day working of the charity.

SHANTI SADAN
NOTE TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

4. Trustees' Remuneration and Expenses

None of the directors of The Shanti Sadan Company Ltd, which is the sole trustee of the charity, were paid any remuneration by the charity. One director was provided with accommodation as part of the charitable activities of Shanti Sadan during 2020 (and 2019).

5. Grants and Restricted Funds

No grant was received or made by Shanti Sadan during the year.

6. Rent

The rents received during the year of £13100 (2019: £2800) includes £10200 (2019: £NIL) rents received at market rates. The balance of the amount £2900 (2019: £2800) represents amounts received from beneficiaries occupying properties kept by Shanti Sadan to enable committed aspirants to attend the centre regularly. The occupants do not pay a commercial rent.

7. Transfer from Endowment Fund to Unrestricted Funds

The charity had previously received a bequest of a leasehold property which was erroneously believed to be a specific endowment and has always been treated within its own separate fund since receipt. This property was sold during the year giving rise to its treatment being reconsidered. After consultation with both the Charity Commission and the solicitors acting for the estate of the donor it was established that the will did not attach any specific terms or conditions. Accordingly, the bequest was unrestricted in nature and this fund has been corrected by reallocation to unrestricted funds during the year.