

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.

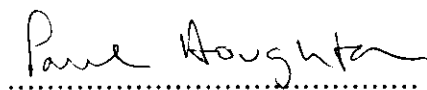
In some cases, provision needs to be made for one-to-one support in the online environment. In this, particular care needs to be taken with the effective use of time resources.

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

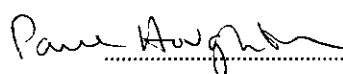
Dated...8 OCTOBER 2021

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

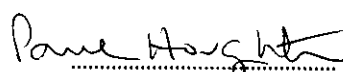
 (P Houghton)

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.