



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	April	2024	To	31	March	2025

Reference and administration details

Charity name	Varapunya Buddhist Society (Varapunya Meditation Centre)		
Other names charity is known by			
Registered charity number	SC043989		
Charity's principal address	Easter Mains Cottage		
	Mains of Kinmundy		
	Kingswells		
	Aberdeen		Postcode AB15 8RB

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				
2				
3				
4				
5				
6				
7				
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9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

## Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

## Structure, governance and management

Type of governing document

Trust Deed

Trustee recruitment and appointment

In accordance with trust deed

## Objectives and activities

Charitable purposes

The advancement of the Buddhist religion and especially focused on the practice of mindfulness meditation within wider public/community.

Summary of the main activities in relation to these objects

1. Activities were both in person and online, within the centre and outside of the centre. Working in collaboration with NHS Grampian /ACHSCP, Interfaith Groups and other organisations/charities.
2. Weekly Teaching & Meditation Sessions: Online & In-person.
3. Monthly Meditation sessions: 1) Online sessions at national and international level and (2) in person: last Monday of the month in-person at Aberdeen Health Village, Mindfulness Courses at ARI & drug/alcohol recovery charity AIR plus one-off 8 weeks public course. Children's classes every fortnightly, and day retreat 4 times/year.
4. Five larger religious & fund-raising events.

## APPENDIX 1

### Achievements and performance

#### Summary of the main achievements of the charity during the financial period

All services are provided free and run entirely on 'generous donation' basis. Online sessions have benefited not only locals but national & international audience. Teaching and classes conducted in at least of three languages; English, Thai and Nepalese. Approximately over 300 people a month benefited through sessions that the centre offers in the various ways. We also organised two Online meditations with distinguish Buddhist scholars. There were classes and number of meditation retreats for children at the centre benefitting almost 15-20 per sessions.

Weekly meditation sessions on average benefit:

1. Friday - Sunday online Morning session; 5-10 people per / session
2. Wednesday morning online practice; 10-12 people / per session,
3. Wednesday evening in-person practice; 5-10 people / per session

Monthly meditation sessions and average benefit:

1. Mindfulness Mondays, typically 7/8 people per session
2. Distance Mindfulness Learning; average 10-15 people/session
3. Buddha Metta Satsang Meditation; average 5-10 people/session

In order to accommodate further demand, we run short courses on Buddhism in English and Thai language. We also extended our affiliation with local and international organisations, such as World Buddhist Dhammaduta Organisation, The Council of Thai Bhikkhus in the USA, Lay Ministers of Buddhist, World Peace Award Conference. Representatives of the centre attended and participated in those events.

The centre also extended modest but helpful donations to organisations that were able to support people in need. Substantial support to those in need in Thailand, Free Medical Clinic in Lumbini, Nepal.

Publication of books on 'Mindfulness Mondays', 'Practical Buddhism' and 'Online Interfaith Booklets' to support mental health & wellbeing and harmonious community through Interfaith Activity.

Significant improvement of Uposatha Meditation Hall construction project, which is expected to be completed by mid 2025.

### Financial review

#### Brief statement of the charity's policy on reserves

All unrestricted funds held at bank constitute the reserves of the charity.

**Details of any deficit**

**Donated facilities and services (if any)**

**3**

## **APPENDIX 1**

### **Other optional information**

- The centre continued its previous supports to local communities via online and in person in various ways, such as offering mindfulness sessions, counselling and providing material support. Mindfulness sessions at the Aberdeen drug/alcohol recovery charity (AIR), actively involved in events with Aberdeen Interfaith Group & official refugee reception etc.
- Mindfulness Mondays' session in collaboration with NHS Grampian & ACH&SCP continued to support mental health & well-being of NHS staffs and general public.
- Groundbreaking Ceremony for the construction of Uposatha Meditation Hall at the centre was remarkable. About 80 People from across UK attended the ceremony. The project began around late summer and expected to complete by mid 2025.
- The 8<sup>th</sup> Interfaith Mindfulness event was organised in collaboration with Aberdeen Interfaith Group at the centre. Over 40 people from different faiths/belief and community groups joined to share their thoughts on 'Mindful Movement', which is also published as a e-booklet. There were a few physical activities from different members.
- To facilitate and support for the mindfulness meditation practice is being continued via zoom weekly to reinforce practices and provide support for people who need this to develop their meditation practice.
- The centre received national & international recognition and was invited to attend different events from different organisations, both religious and non-religious, Buddhist and non-Buddhists, such as (1) in the UK: Interfaith Scotland, Buddhapadipa temple London, World Buddhist Dhammaduta Organisation, Mangala Buddha Vihara, London Mindfulness Meditation Centre, Wat Mahathat UK, Wat Phra Singh UK, (2) Abroad: The council of Thai Bhikkhus in the USA, Wat Thai Norway, Lay Ministers of Buddhist Religion in the USA, World Buddhist Dhammaduta Organisation in Singapore.

### **Declaration**

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

Signature(s)		
Full name(s)		
Position (e.g. Chair)	Chair	
Date	2025-10-14	

SC043989



## Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024		31	March	2025

### Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>A1 Receipts</b>						
Donations	26,155	66,100			92,255	89,146
Legacies					-	
Grants					-	1,910
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	3,136				3,136	2,653
					-	
<b>A1 Sub total</b>	<b>29,291</b>	<b>66,100</b>	<b>-</b>	<b>-</b>	<b>95,391</b>	<b>91,056</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>29,291</b>	<b>66,100</b>	<b>-</b>	<b>-</b>	<b>95,391</b>	<b>91,056</b>
<b>A3 Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	22,163	123,862			146,025	29,091
Grants and donations	577				577	825
Governance costs:					-	
Audit / independent examination	100				100	100
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
<b>A3 Sub total</b>	<b>22,840</b>	<b>123,862</b>	<b>-</b>	<b>-</b>	<b>146,702</b>	<b>30,016</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>22,840</b>	<b>123,862</b>	<b>-</b>	<b>-</b>	<b>146,702</b>	<b>30,016</b>
<b>Net receipts / (payments)</b>	<b>6,451</b>	<b>(57,762)</b>	<b>-</b>	<b>-</b>	<b>(51,311)</b>	<b>61,039</b>
<b>A5 Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	<b>6,451</b>	<b>(57,762)</b>	<b>-</b>	<b>-</b>	<b>(51,311)</b>	<b>61,039</b>

**Section B Statement of balances**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
<b>B1 Cash funds</b>	Cash and bank balances at start of year	47,850	129,059			176,909	113,217
	Surplus / (deficit) shown on receipts and payments account	6,451	(57,762)			(51,310)	63,692
						-	
						-	
	Cash and bank balances at end of year	54,301	71,297	-	-	125,598	176,909

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
<b>B2 Investments</b>				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
<b>B3 Other assets</b>	Property at Easter Mains Cottage, Mains of Kinnmudy, Kingswells, Aberdeen, AB15 8RD		360,000		
		Total	360,000	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
<b>B4 Liabilities</b>	Loan from [REDACTED]		360,000	
		Total	360,000	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
<b>B5 Contingent liabilities</b>				
		Total	-	-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval

16/12/2025

## Section C Notes to the Accounts

**C1 Nature and purpose of funds** (may be stated on analysis of funds worksheets)


**C2 Grants**

Type of activity or project supported	Individual / institution	Number of grants made	£
<b>Total</b>			-

**C3a Trustee remuneration**

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	
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Authority under which paid

£

**C3b Trustee remuneration - details**

Trust deed ( Living expenses of Abbot)	2,400

**C4a Trustee expenses**

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
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Number of trustees

£

**C4b Trustee expenses - details**

Car Repairs & Maintenance	1	2,314
Healthcare	1	189
Mobile Phone	1	129
<b>Total</b>		2,632

Transaction amount (£)

Balance outstanding at period end (£)

**C5 Transactions with trustees and connected persons**

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

**C6 Other information**

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## Additional analysis (1)

### Analysis of receipts and payments

#### 1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Donations for meditation hall/Summer house		66,100			66,100	
General donations	26,155				26,155	89,146
					-	
					-	
<b>Total</b>	<b>26,155</b>	<b>66,100</b>	<b>-</b>	<b>-</b>	<b>92,255</b>	<b>89,146</b>
	-	-	-	-	-	-

#### 2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £		Total current period to nearest £	Total last period to nearest £
				-	1,910
				-	
				-	
				-	
<b>Total</b>				<b>-</b>	<b>1,910</b>
	-	-		-	-

#### 3 Gross receipts from other charitable activities


	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Other activities - bank interest	3,136				3,136	2,653
					-	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>3,136</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,136</b>	<b>2,653</b>
	-	-	-	-	-	-

#### 4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Charitable activities	22,163	123,862			146,025	29,091
					-	
					-	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>22,163</b>	<b>123,862</b>	<b>-</b>	<b>-</b>	<b>146,025</b>	<b>29,091</b>
	-	-	-	-	-	-

## APPENDIX 3



		<b>Independent examiner's report on the accounts</b> v2						
<b>Report to the trustees/members of</b>		Charity name Varapunya Buddhist Society (Varapunya Meditation Centre)						
<b>Registered charity number</b>		<b>SC043989</b>						
<b>On the accounts of the charity for the period</b>		<b>Period start date</b>				<b>Period end date</b>		
		Day	Month	Year		Day	Month	Year
		01	April	2024	<b>to</b>	31	March	2025
<b>Set out on pages</b>		1 - 10						(remember to include the page numbers of additional sheets)
<b>Respective responsibilities of trustees and examiner</b>		The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.						
<b>Basis of independent examiner's statement</b>		My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.						
<b>Independent examiner's statement</b>		<p>In the course of my examination, no matter has come to my attention</p> <ol style="list-style-type: none"> <li>which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> <li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul> </li> </ol> <p>have not been met, or</p> <ol style="list-style-type: none"> <li>to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</li> </ol>						
<b>Signed:</b>								/12/2025
<b>Name:</b>								
<b>Relevant professional qualification(s) or body (if any):</b>								
<b>Address:</b>		ACVO 38 Castle Street Aberdeen AB11 5YU						

\*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

## APPENDIX 3

### Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of  
any items that the  
examiner wishes to  
disclose