

**ASHOK TREE FOUNDATION  
CHARITY NUMBER 1158960  
RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE PERIOD 01.07.2015 - 30.06.2016**

	<b>2016</b>	<b>2016</b>	<b>2015</b>	<b>2015</b>
<b>Total receipts (unrestricted funds)</b>		17,959		18,808
<b>Payments</b>				
Grants made	10,000		11,079	
Cost of fundraising	2,367		3,508	
Administrative expenses	288		437	
Bank charges			111	
		(12,655)		(15,135)
<b>TRANSFER TO RESERVES</b>		<b>5,305</b>		<b>3,673</b>
<b>RESERVES B/FWD</b>		<b>3,673</b>		
<b>RESERVES C/FWD</b>		<b>8,978</b>		<b>3,673</b>

**ASHOK TREE FOUNDATION  
CHARITY NUMBER 1158960  
BALANCE SHEET AS AT 30.06.2016**

Bank balance	<b>8,978</b>	<b>3,673</b>
Reserves	<b>8,978</b>	<b>3,673</b>



# Trustees' Annual Report for the period

		Period start date					Period end date		
From	Day	Month	Year	To	Day	Month	Year		
	01	July	2015		30	June	2016		

## Section A Reference and administration details

Charity name

Ashok Tree Foundation

Other names charity is known by

Registered charity number (if any) 1158960

Charity's principal address

11 Belgrave Road

London

Postcode

SW1V 1RB

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Ashok Kumar	Vice Chair		
2	Michele Carvalho	Head of Projects		
3	Francesca Quaradeghini			
4	Raj Salverajah	Head of Finance		
5	Gee Loong	Head of Legal		
6	Melvyn Carlile	Chairman		
7	Laura Clerici			
8	Willow Kemp			
9	Malcolm Berger			
10	Carolina Karita Massara			
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporate Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by a resolution passed at a properly convened meeting of the charity trustees

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Details are within the Constitution.

Policies submitted under annual return 2016 Online.

Complaints  
Conflict of Interest  
Investment  
Risk Management  
Volunteers  
Children  
Health & Safety  
Paying Staff

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

1. To develop the capacity and skills of the members of the socially and economically disadvantaged communities in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society;
2. The promotion for the benefit of the public of urban or rural regeneration in areas of social and economic deprivation by all or any of the following means:
  - (a) the relief of financial hardship:
  - (b) the relief of unemployment:

- (c) the advancement of education, training or retraining, particularly among unemployed people, and providing unemployed people with work experience:
  - (d) the provision of financial assistance, technical assistance or business advice or consultancy in order to provide training and employment opportunities for unemployed people in cases of financial or other charitable need through help: (i) in setting up their own business, or (ii) to existing businesses:
  - (e) the creation of training and employment opportunities by the provision of workspace, buildings, and/or land for use on favourable terms:
  - (f) the provision of housing for those who are in conditions of need and the improvement of housing in the public sector or in charitable ownership provided that such power shall not extend to relieving any local authorities or other bodies of a statutory duty to provide or improve housing:
  - (g) the maintenance, improvement or provision of public amenities:
  - (h) the preservation of buildings or sites of historic or architectural importance:
  - (i) the provision of recreational facilities for the public at large or those who by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances, have need of such facilities:
  - (j) the protection or conservation of the environment:
  - (k) the provision of public health facilities and childcare:
  - (l) the promotion of public safety and prevention of crime:
  - (m) such other means as may from time to time be determined subject to the prior written consent of the Charity Commissioners for England and Wales.
3. The promotion of good health by the practice, teaching and study of yoga;
  4. To advance the education of the general public in Vedic culture and history, Sanskrit and Indian culture and heritage.
  5. To promote humane behaviour towards animals by providing appropriate care, protection, treatment and security for animals which are in need of care and attention by reason of sickness, maltreatment, poor circumstances or ill usage and to educate the public in matters pertaining to animal welfare in general and the prevention of cruelty and suffering among animals.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

Projects in the U.K. in India / 5 key programs:

1. Education - primary school in India and funding for advanced education.
2. Healthy Body - yoga classes/workshops in India & UK
3. Healthy Mind - Meditation classes/workshops in India & UK
4. Healthy Food - Hot nutritional meals for students in India
5. Environmental & Animal Awareness

#### **Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Ashok Tree Foundation is supported 100% by volunteers, sponsors and supporters on a grassroots basis. Various groups of volunteers in the UK and India manage the Foundation, plan fundraising events, host events, teach community classes and provide health care.

A variety of supporters around the world provide the financial means for the Ashok Tree Foundation to deliver against the on-going operational and construction costs of the Sita Devi Charity School, the costs to run the community classes in the U.K. and the costs to run the health camps and women's wellness clinics in Paliapattu, Tamil Nadu.

British Airways has graciously sponsored the Ashok Tree Foundation by providing flights to India for volunteers from the UK & USA and excess luggage support to allow the transport of much needed supplies.

The Ashok Tree Foundation has a generous group of sponsors who have contributed through personal donations, enabled corporate donations and organised / managed events.

The events run during this financial period to raise funds, awareness, while also providing a service back to the community and participants in the form of yoga, meditation & mindfulness, included:

- Weekly Community Yoga Classes in the U.K.
- Wellness Festivals
- MBS Wellbeing Festival in London

- MBS Wellbeing Festival in Birmingham
- Wilderness Festival in Oxfordshire
- Yoga Connects Festival in Rugby, UK
- In Home & public meditation evenings, Sanghas across London
- Yoga & Meditation workshops in the U.K. & Europe

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

**India**

**Sita Devi Charity School** - The Sita Devi Charity School is educating 86 children as of the June 2016/17 school year, LKG, UKG & years 1 -4. 72 children advanced to the next level from the previous school year, all with passing grades with 14 new children enrolled into LKG. Receiving a well-rounded education based on the Indian national curriculum, complemented with daily lessons in yoga, meditation, 3 languages, Tamil, Hindi & English, hygiene, nature & environment science and a new music program.

The school has a new music program, through the donation of many instruments from one family who provide significant support throughout the year. Classroom time is allocated each month to develop musical skills, appreciation for music and a healthy relationship with music.

Food programs have been brought into the classroom. The children are taught about the food they eat, how to prepare it hygienically, and becoming aware of the senses involved in the preparation and eating. They are developing a keen interest to learn more about the food that goes in their bodies.

Due to the success of our school project we have for the 3rd year in a row extended the school through the construction of one additional classroom, expanding from 3 to 4 classrooms comfortably accommodating the incoming LGK group of 14 children.

In addition to the new classroom, 3 onsite washrooms, one each for the girls, boys and staff were added. The washrooms have been equipped with urinals, toilets and washbasins providing privacy for the boys & girls resulting in a healthy experience when using the facilities with hygiene as a priority.

**Advanced Education** - We enabled sponsorship for two young female adults for education beyond primary school, one 14-year girl to receive a secondary education and an 18 year old woman who is qualifying as a nurse.

**Health Clinic** – Health camps are providing a good baseline of health for over 400 people during the year, with subsequent clinic follow-up sessions with over 30 people. Most common ailments with adults being treated during the camps and clinics are arthritis, anaemia (90%), women’s menstrual problems; all being treated with natural ayurvedic medicine with marked improvements. The most common ailments amongst the 82 children being monitored include worms, vitamin deficiency and common colds.

In partnership with Yogi Ashokananda Foundation, a health clinic has opened within 20 metres of the school facilities, which is managed and operated by a Naturopath & Ayurvedic Physician, nurse and assistant (a YAF Trustee). The Health Clinic provides first aid services for the school on an as needed basis and will provide treatment as required.

**Homes for the Needy** – A generous supporter helped to fund the construction of a two-room house for two deserving individuals. Our plan is to provide the housing and meals to the occupants for as long as they require.

**Healthy Food** – Through the generosity of a key supporter we launched a new food program, provisioning monthly food supplies for the most at risk individuals in the community, We are currently serving 27 adults with varying degrees of disabilities and whom are overlooked by the government food schemes and their own families and communities.

**Environmental Improvements** – The students lead several health awareness

campaigns throughout the year, including;

- A dengue awareness drive resulting in 85 people who participated in the health camp day.
- No smoking awareness drive, detailing the negative health impacts to what smoking does to a person.
- Nutritional awareness drive, encouraging people to eat healthy vegetables and tasty fruit.

#### **United Kingdom**

Community Yoga Classes - A key value of the Ashok Tree Foundation is to ensure yoga is available to all who require it regardless of their mental or physical abilities and financial status. Over 200 people per week participate in yoga classes across London, being delivered by volunteer teachers who have been certified by the Yogi Ashokananda School and the British Yoga Alliance.

Meditation Evenings – The foundation's supporters host meditation evenings, Sanghas. The Sanghas consist of a guided meditation, making meditation accessible to the hosts' friends, family and colleagues and to help them manage stress, while enhancing focus and developing self awareness.



## Section E Financial review

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

Primarily the reserves are allocated to the Grants issued to manage the committed operational expenses in India.

Any surplus will be allocated to the expansion of the school project in India, as we need to issue grants to complete the school's expansion from 3 classrooms to 7 classrooms.

### Details of any funds materially in deficit

There are not any funds in deficit.

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

A variety of individual supporters provide the financial means for the Ashok Tree Foundation to deliver against the on-going operational costs of the Sita Devi Charity School, the costs to run the community classes in the U.K. and the costs to run the health camps and women's wellness clinics in Paliapattu, Tamil Nadu.

The Ashok Tree Foundation has a generous group of sponsors who have contributed through personal donations, enabled corporate donations and organise or manage fundraising events.

## Section F Other optional information

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## Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

*Michele E Carvalho*

Full name(s)

Michele Carvalho

Position (eg Secretary, Chair, etc)

Head of Projects

Date

10/04/2016