



Annual Activities Report

1 July 2017 – 30 June 2018

Summary of main activities

Projects in the U.K. & 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 in India
5. Community Yoga & Meditation in UK

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 at 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 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
- In Home & public meditation evenings, Sanghas across London
- Yoga & Meditation workshops in the U.K. & Europe

Achievements and Performance

United Kingdom

Community Outreach Programs

Weekly 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 22 yoga classes across London, being delivered by volunteer teachers who have been certified to teach Prana Kriya Yoga or Himalayan Hatha Yoga by the Yogi Ashokananda School and Yoga Alliance Professional UK.

Weekly Meditation Classes – Regular Meditation classes are offered in several London locations with 50+ regular participants weekly. The meditation sessions are offered on a volunteer basis by the certified teachers from the Yogi Ashokanada School who guide the meditation sessions. The meditation on self – ATMA Meditation - helps to manage stress, still the mind and body and provides a more balanced approach to day to day life. The teachers provide meditation / mindfulness tips and techniques to the participants to encourage their own development through regular practice.

Monthly Gatherings – The foundation’s supporters host meditation evenings, Sanghas. The Sanghas consist of a guided meditation, ensuring meditation is accessible to the hosts’ friends, family and colleagues to help them manage stress, while enhancing focus and developing self-awareness. A topical discussion complements the meditation practice, providing an intellectually stimulating element to the evenings.

India

Sita Devi Charity School - The Sita Devi Charity School is now operating as a full primary school, of educating 114 children as of the June 2018/19 school year across all primary school years LKG, UKG & years 1-4 (aged 4 -10). 100 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.

Food program provides a daily hot meal for the students and staff 5 days per week. 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.

New Playground equipment and games were added during 2018, to complement the existing playground. Monkey bars and basketball/netball area completed.

School Construction – The school’s construction was completed during the year with 6 full classrooms and an office now up and running to full capacity. Final decorating, planting and windows/screens and solar powered energy to be completed during the next financial year.

Community Hall Construction – Yashoda Bhavan. Community Hall estimated to be 2500 SQF, which opened in December 2017, provides a general assembly hall for the school and local

community. Yoga & meditation classes for the school to be held daily in the hall, along with lunch for the school & staff and some golden hour activities. Outside of school use, the planned uses include community meetings, cultural events and health clinics for the local community.

Advanced Education - We maintained sponsorship for two young female adults for education beyond primary school, one 15-year girl to receive a secondary education and an 19 year old woman who is qualifying as a nurse.

Healthy Food –We modified the food program to provide a daily hot mail to 27 adults in need. They have been selected due to their varying degrees of disabilities and whom are overlooked by the government food schemes and their own families and communities.

We continue to directly support the daily food program at the school for all students and staff.

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, anemia (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, the health clinic, 20 metres from the school facilities, provides first aid services to the students and school staff. This facility also provides oversight on the children’s nutritional needs.

Homes for the Needy – We provide support for the 2 women living in the purpose built housing. They receive clothing, shelter and daily meals via our partner, Yogi Ashohkananda Foundation.