Trustees' Annual Report

Charity Name: International Vedanta Society

Charity Number: 1206868

Address: Ground Floor, 55 Leroy Street, SE1 4SN

Financial Year: 1 April 2025 to 31 March 2026

1. Structure, Governance and Management

The charity is constituted as a Charitable Incorporated Organisation (CIO) and is governed by a board of trustees, appointed in accordance with the governing document.

During the year, the board of trustees consisted of:

- Laura Troupe

- Froukje Kokke

- Swami Probuddhananda Puri

- Maria Krypa (resigned 30/05/2025)

2. Objectives and Activities

The charity's purpose is the advancement of education in the philosophy, teachings, and practices of Vedanta, and its practical applications in daily life, in ways that are charitable according to English law and for the benefit of the public worldwide.

In line with this objective, the charity delivered the following activities during the year (the following events were held in our London Centre unless otherwise stated):

- The following events were held with special Guest Swami Sankarananda Puri who travelled from India to support us with our work here in London.
    - April 6th: First event held in Edinburgh, Scotland.
    - April 11th: Interfaith event: Gathering for Unity, with special guest Revd Mother Helen Harknett.
    - April 13th: An immersive one-day retreat, from 9:30am to 18:00pm.
    - April 15th: Spirituality in your twenties, a youth led event for youth.
    - April 17th: Mahamantra Divas, celebrated in the morning with Mantra chanting at London bridge station with a large group, evening program in the London Centre.
    - May 4th: Talk on the Bhagavad Gita for Modern life at London Sevashram Sangha.
    - May 5th: Bank Holiday Retreat with one-to-one guidance.

    - May 9th: Celebration of Rabindranath Tagore's Birth anniversary (a cultural and spiritual event).
    - May 11th: Talk on The Message of the Upanishads for the Modern Times at Vishwa Hindu Parishad, UK.
    - May12th: Celebration of Buddha's birth anniversary (a cultural and spiritual event).
- June 7th and 21st: Children's workshops
- June 22nd: Half day walk in nature in Kent together with a group from Yoga in Daily Life.
- June 30th: Vedanta workshops to students of various ages at St John's College School in Cambridge.
- July 10th: Guru Purnima event (cultural and spiritual event), with special Guests Father Ivan Ibuno from St Philips Church, and Dilip Chakraborty from London Sevashram Sangha and Cllr Sunil Chopra and Classical Indian Musicians Vidwan Pramod Rudrapatna and friends.
- August 24th: Concert with Indian classical musicians.
- October 11th: Monastic visitor from London Sevashram Sangha, for building connections.
- November 16th: One year anniversary celebration, spiritual and cultural celebration with special guest Revd Mother Helen Harknett and a musical performance by Jairam Parameswaran.
- December 9th: Special event dedicated to Jyotiprana Mata taking the monastic journey in January 2026.
- December 28th to January 16th: Pilgrimage to India tour program for international Students of Vedanta. One person from London joined the tour.
- February 12th: Celebration of Guru Ma's birthday, a cultural and spiritual program.
- March 6th: First Mental Health support group, this group continues to be hosted every Friday afternoon following this session.
- March 12th: Veer Mataji's Bandara, a memorial event honouring the dedicated life of Veer Mataji.
- March 18th: Began the three-month musical project with Jairam Parameswaran. Following this date there was a music class every Wednesday for the next three months.
- March 27th: Ram Navomi Celebration and Celebration of Jyotiprana Mata's Sanyas (monastic) ceremony completion.
- Monthly inner-city retreats continued the last Sunday of the month, hosted every month except December.

All activities were provided free of charge. Optional donations were received from participants following some events and workshops, which helped to cover operational expenses.

3. Achievements and Performance

In our second year of operation, the charity is proud to have:

- The charity continued to strengthen its engagement with participants during the year, building an active and engaging online platform which now has 85 members. This has supported stronger connections with existing participants while also providing an accessible way for newcomers to engage with the charity's activities.

The charity also made significant progress in reaching residents within the local community. The proportion of participants who are residents of the London Borough of Southwark increased from 18% in the previous year to 44% this year, demonstrating a substantial growth in the charity's local reach and engagement.

- Laid the foundations for meaningful partnerships with: Jairam Parameswaran and continuing to build on the partnerships with St Philips Church Avondale Square and Yoga in Daily Life.

- Received its first unrestricted grant of £5000 from Funding differently.

- Received consistent and encouraging feedback from participants

Participant feedback this year highlighted the positive impact of the Vedanta sessions on wellbeing, self-awareness and resilience. Attendees described experiencing greater calm, inner peace, confidence and fulfilment, with many finding that the teachings helped them develop a deeper understanding of themselves and a clearer perspective on life's challenges.

Participants particularly valued the combination of meditation, discourse and individual guidance on meditation and mantras. For some, the sessions provided practical tools for understanding the mind, developing greater self-reliance and learning to focus on what lies within their control. Several reflected that the teachings had changed the way they viewed themselves and the world, helping them to approach difficulties with greater clarity, confidence and motivation.

The sessions were also recognised for being welcoming, accessible and non-judgemental, with participants from a range of backgrounds able to engage with the teachings in a supportive environment. For some attendees experiencing significant emotional or mental health challenges, IVS provided a rare sense of acceptance, belonging and spiritual connection. The Centre was described as an 'oasis' in London where people can step away from the demands of daily life, become reflective, and find grounding and clarity.

Participants also emphasised the importance of IVS as a spiritual community. The opportunity to meditate, reflect, ask meaningful questions and connect with others was seen as increasingly valuable in the context of city life, where accessible and welcoming spiritual spaces can be difficult to find. The Centre was described as a place that helps people reconnect with themselves, find purpose and develop a more positive approach to life.

Alongside the benefits to participants, volunteering at IVS was also described as a source of satisfaction, happiness and a sense of achievement and wellbeing. Overall, the feedback demonstrates the breadth of IVS's impact: supporting individual wellbeing and personal growth, fostering community, and making the foundational teachings of Vedanta accessible and relevant to people from diverse backgrounds.

4. Financial Review

The charity's opening balance at 1 April 2025 was £328.20.

Total income received during the year was £9378.73, comprising voluntary unrestricted donations, an unrestricted grant, Gift Aid, rental income and income from services. This represents a broader range of income sources than in the previous year and has helped strengthen the charity's financial position.

Total expenditure for the year was £6004.83, resulting in a net income of £3,373.90.

The charity's closing balance at 31 March 2026 was £3702.10. The Trustees will continue to manage the charity's resources carefully, with available funds supporting the ongoing delivery of its charitable activities and contributing to its financial resilience.

5. Reserves Policy

The charity aims to maintain modest reserves to ensure continuity of its charitable activities and to provide financial resilience against unforeseen costs or fluctuations in income. The Trustees regularly review the level of reserves in relation to the charity's ongoing commitments, anticipated expenditure and expected income.

The Trustees aim to maintain a minimum reserve of £3,000 to provide a financial buffer and help ensure continuity of the charity's activities. Any unrestricted funds held above this minimum will be available to support the development and delivery of the charity's charitable services and activities.

The Trustees consider the current level of reserves in relation to the charity's circumstances and will continue to monitor and review the policy regularly. Future donations and grants will contribute to maintaining the minimum reserve and supporting the sustainable delivery of the charity's charitable objectives.

6. Risk Management

The Trustees recognise the importance of identifying and managing the key risks facing the charity, particularly during its early stages of development. The principal risks identified relate to financial sustainability and volunteer capacity.

To manage financial risk, the charity continues to keep operating costs low and focuses on delivering activities in a financially sustainable and affordable way. The charity encourages regular voluntary donations and is exploring a range of fundraising opportunities to strengthen its financial resilience, support future activities and reduce reliance on individual donations and a single grant source.

Volunteer capacity is also an important consideration, as the charity relies significantly on the contribution of volunteers to support its activities. The Trustees maintain regular communication with volunteers and seek to provide a welcoming and supportive environment.

The charity also plans to develop a simple induction and training process to help new volunteers understand their roles and feel confident in supporting the charity's activities.

The Trustees review the charity's key risks on an ongoing basis, with significant developments and any necessary actions discussed at Trustee meetings. The Trustees consider that the measures currently in place are appropriate to the size and stage of development of the charity and will continue to review and strengthen risk management arrangements as the charity develops.

7. Plans for the Future

Looking ahead, the charity intends to:

- Continue to expand the number and reach of Vedanta-based workshops, courses and retreats, making the teachings accessible to a wider range of participants.
- Develop a more structured programme of study, including courses supported by dedicated study materials and, where appropriate, engagement with classical Vedantic texts, enabling participants to deepen their understanding of the teachings over time.
- Further develop peer-led activities and opportunities for participants to share, learn and support one another, building on the strong sense of community that has developed through the charity's activities.
- Continue and expand the charity's interfaith work, developing opportunities for dialogue, learning and collaboration with people and organisations from different faith and spiritual traditions.
- Diversify the charity's sources of income through fundraising, donations, grants and other appropriate opportunities, strengthening financial resilience and supporting the sustainable development of the charity's activities.
- Recruit, support and develop additional volunteers, recognising the important role that volunteers play in delivering the charity's activities and fostering its community.
- Strengthen existing partnerships and develop new collaborations with organisations and community groups where these can further the charity's objectives and extend its reach.

Receipts and Payments Account

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Financial Year: 1 April 2025 to 31 March 2026

Basis: Income and Expenditure

Income

Income Source	Amount (£)
Unrestricted Donations	3,594.58
Unrestricted Grants	5000.00
Gift aid claim	264.15
Rental Income	270.00
Services	250.00
Total Income	9378.73

Expenditure

Expense Category	Amount (£)
Office expenses (including equipment)	470.87
Running costs (Utilities and Business Rates)	4675.70
Insurance	152.83
Bank Charges	0.33
IT expenses	273.32
Volunteer expenses	140.00
Event costs	291.78
Total Expenditure	6004.83

Summary

	Amount (£)
Opening balance (1 April 2025)	328.20
Total income	9378.73
Total expenditure	6004.83
Closing balance (31 March 2026) • Bank balance 3189.30 • Petty Cash 82.00 • PayPal balance 430.80 Total Closing Balance	3702.10

Notes

- The opening balance represents funds carried forward from the previous financial year.

- Income was received as voluntary unrestricted donations, one unrestricted grant, gift aid claim, Rental Income and Services.

- The charity had no employees during the year. No remuneration or other benefits were paid to trustees in respect of their duties during the year ended 31 March 2026. Trustee expenses of £140.00 were reimbursed during the year.

Signed on behalf of the Trustees:



Name: Laura Troupe

Position: Chair / Trustee

Date: 10 November 2026