



SRI JOYDIP ASHRAM

GYAN YOGA TRAINING & RESEARCH CENTRE

ANNUAL REPORT 2020-21

Message of Managing Trustee



“Men and worm ,ant and ape, humans and virus , every life matters. The times for exclusive economic man, has ended. A new world requires an inclusive man, to understand how to balance economic priorities with environment and society .”

Covid 19 has put last pin in the coffin of Industrialization and economic man.

Suddenly we discovered the power of ancient civilizations to live in harmony with nature and society. Welcome to the laboratory of consciousness, in Sri Joydip Ashram Gyan Yoga Training and Research Centre , which aims to be on forefront on consciousness research on Gyan Yoga – wisdom of ancient people and culture, and its application to live a modern life in harmony with nature and society.

Mission & Vision & Values Statement



Our mission is bringing Gyan Yoga Intervention for Sustainable Development Goal “3” – Health & Wellbeing for all.

Our Vision is to transform the human race which now operates only with Economic priorities, to a divine race which creates balance between , economy, environment and society and lives a more fulfilling and wiser life.

Our core values are based on Transparency , Accountability . Socially and environmentally responsible organization.

Achievements



1. March 2020 (Before Lockdown) Doing “Corona threat : how yoga can help” seminars with Krishnapur High School.

2. April–May 2020 Giving Immunoyoga training virtually .

3. June–July–August 2020 Organizing virtual seminars on Covid Response Policy Framework with Global experts, with the support of UN Global Compact, on which Sri Joydip Ashram is a Non Business Participant. 80G and 12AA certification by Income Tax Department , Government of India , for our advocacy work and genuine activities in Covid 19 relief.

4. Sept 2020– Volunteering on sharing verified information with WHO, working with Digital Health strategy with World Health Organization Digital Health Forum . Awarded Transparency Award by Guidestar India.

5. Oct–Dec 2020– Conducting seminars on Immunoyoga with health professionals, Conducting virtual Seminars with Niti Aayog on Nutrition, and raising funds for Immunoyoga training for underprivileged students with Give India, along with releasing the Immunoyoga Book in Amazon for boosting immunity through Yoga.

6. Jan – March 2021 – Launching Ourhealth1st project for raising awareness on Gyan Yoga Intervention for SDG3. Awarded Copyright for Immunoyoga.

Awards



Sri Joydip Ashram Gyan Yoga Training and Research Centre

1. Transparency Award 2020 by Guidestar India.
2. Transparency Award 2021 by Guidestar India

Sri Joydip Chakladar

1. Personal Excellence Award for his work in 23 years career by CSR times.

Managing Trustee Report

- ▶ **Objects of Trust in Sri Joydip Ashram Trust Deed and it's fulfillment**

According to Clause (6) of the Trust Deed the lawful purpose of the Trust is to disseminate Sri Joydip's Teachings , which are in the form of numerous Intellectual property like (Lifewise, Seven Yoga Habits that can Transform your Life , Creatiyoga) which are created out of consciousness research in Gyan Yoga , for public welfare and benefit of the beneficiaries who are the students of Sri Joydip Ashram.

This year we have added four programs which are Shiva Sutras , Immunoyoga , Yoga for Sleep disorders, Young Minds - Yoga for Young Adults in Covid 19, which further lead to fulfillment of objects of Trust Deed.



Management Trustee Report



- ▶ **New Direction on Implementing the Trust Deed**
- ▶ **Aligning to Sustainable Development Goals '3' – “Health and Well being for All”, of UN with the target of 2030 , which has led to better clarity of the Objects of the Trust.**
- ▶ **Advocacy related work on Covid Relief and bringing Gyan Yoga Intervention for Disaster Relief.**
- ▶ **Gyan Yoga Intervention for Health and Well being .**

Management Trustee Report



▶ Benefit and Beneficiary Programs

The Programs which are launched in this year has benefited beneficiaries suffering the ills of Pandemic

Immunoyoga is a major help for 120-150 beneficiaries on whom majority are “Child and Women” for whom Immunoyoga helped to build Immunity through Yoga.

“Young Minds – Yoga for Young Adults” which was helping Young Adults suffering from depression and anxiety due to Covid 19 lockdown.

“Yoga for Sleep disorders program” was helping people who have sleep disorders due to Covid 19.



Going Ahead in 2021

► Benefit Programs / Officer Bearers

New Benefit Program

Immunoyoga

Young Minds

Yoga for Sleep disorders

Advisor related to Sustainability

1. Alan Tupicof – Chief Mentor

Office Bearers Announcement

1. Sri Joydip – Managing Trustee

2. Souman Mondal – General Secretary

3. Moumita Nandi Nag – Treasurer

4. Shraboni Chakladar – Cultural Secretary

5. Amey Sangekar – Fundraising Secretary



Feedback and Call for Action

- ▶ New Suggestion for Improvement (Q&A)
- ▶ How can you contribute to mission
 - Volunteer
 - Donate/ Fundraise
 - Teach
 - Learn
 - Spread Awareness & Become Ambassador