

SRI JOYDIP

# SRI JOYDIP ASHRAM

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ANNUAL REPORT 2022-23

SRI JOYDIP  
3/27/2023

This is the Annual Report of Sri Joydip Ashram for the Year 2022-23 where Sri Joydip Ashram went through a restructuring and also transformation of its entire system.

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## Introduction

In this annual report the laws mentioned in the trust deed are briefly summarized and explained in the context of Organisational activities. The report also mentions how Sri Joydip Ashram Gyan Yoga Training and Research Centre has complied with the laws and regulations showing our respect to Constitution of India and Sri Joydip Ashram Trust Deed which is a living document and kind of constitution for activities in Sri Joydip Ashram Trust. The report provides a clear and transparent overview of the Sri Joydip Ashram Gyan Yoga Training and Research Centre compliance with laws and regulation and impact the Organisation's activities.

On the base of better implementation of Clause 6 of Sri Joydip Ashram Trust Deed in the year 2021-22, we have refocussed ourselves from Case Based Advocacy to Cause Based Advocacy. While implementing the cause based model of Gyan Yoga Intervention for SDG3- Health and Wellbeing of all, we have found amidst rising costs within the economy, increased competition donations and grants, and rivalry from for-profit companies entering the third sector in greater numbers, we have to increasingly turn into innovation. So this year we have moved more into research and tried to build innovation solutions and research proposal for our mission Gyan Yoga Intervention towards SDG3- Health and Wellbeing for all .Tackling large-scale social problems requires innovation, strategic thinking, and collaboration across community groups, the private sector, and government. We are happy that this year we have collaborated with Governments and Civil Society more closely.

## Message from the Managing Trustee



Figure 1: Sri Joydip Teaching Yoga in US Consulate

Dear All,

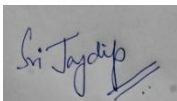
Greetings of the year !

In the year 2022-23, Sri Joydip Ashram Gyan Yoga Training and Research Centre complying to Clause 6D(iii) of Sri Joydip Ashram Trust deed has made significant improvement on our cause of Gyan Yoga Intervention for Health and Wellbeing of all through our initiatives of publication and research on creating linkage between Man, Health and Environment with one of the Key theme of my book – Neem Baba.

On further compliance to Clause 6D(iii) of Sri Joydip Ashram Trust deed a panel discussion activities are conducted in World Environment Day in 5<sup>th</sup> June 2022, bringing highlight in Gyan Yoga application in new multidisciplinary academic discipline, which is known as Medical sociology and how we could move into an integrative medicine using the benefit of both modern and ancient medicine.

On further compliance to Clause 6(B) the academic discipline where studied which creates important linkage between health and different social determinates which influence our health and wellbeing. On a significant rewards to our effort this year a research proposal from Managing Trustee Book Neem Baba on "Household Neem Plantation for reduction in PM2.5 and PM10" have been selected for second phase of LiFe ( Life style of Health and Environment) Call for Research Proposals which is organized by Niti Aayog- ( National Institute for Transforming India), Govrenment of India, whose chairman is the Prime Minister of India. This is a remarkable progress towards Clause(6) of Sri Joydip Ashram Trust Deed which details the objects of the trust.

Regards



Managing Trustee  
Sri Joydip Ashram

## Mission Statement

As per the Sri Joydip Ashram Trust Deed ( Clause 6 – Objects of the Trust), Making Gyan Yoga Education and Intervention multidisciplinary with a blend of innovation and tradition, and creating Unique Intellectual properties under “Sri Joydip’s teachings” which could be implemented in multiple social sectors – education, healthcare, disaster relief, relief to the poor, environmental protection. This year we have researched and found that health is an important link between poverty alleviation and environmental protection. Deteriorating environment, the health of public also deteriorates, creating a burden of disease and death and also a economic burden which can lead to more poverty. On the base of that we have created a new mission statement complying to overall Sri Joydip Ashram Trust Deed and specific clauses like Clause 6, Clause 6(B) Clause 6(D)(iii).

### NEW MISSION STATEMENT OF SRI JOYDIP ASHRAM GYAN YOGA TRAINING AND RESEARCH CENTRE

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*"Our mission is to advance the field of healthcare through research on the benefits of Gyan yoga. We believe that Gyan yoga has the potential to revolutionize healthcare and transform the lives of millions of people around the world. Sri Joydip Ashram Gyan Yoga Training and Research Centre for last eleven years has been dedicated to conducting rigorous scientific research to establish the effectiveness of Gyan yoga in preventing and treating a range of health conditions which are generating due to deteriorating environmental condition creating burden of disease, death and poverty. We strive to translate our research findings on linkage between health and environment and poverty into practical applications, building training programs and making Gyan yoga an accessible and integral part of healthcare systems worldwide. Our goal is to bridge the gap between traditional and modern healthcare systems, creating a*

*new paradigm of integrative Healthcare that recognizes the power of Gyan yoga to promote health and wellbeing for all (SDG3)."*

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## **Vision Statement**

To transform the human race into a divine race, through a form of ' Gyan Yoga Education and Intervention', which is a combination of 'Innovation' and 'tradition' name and styled as "Sri Joydip's teachings".

## **Values Statement**

Inside-Out Philosophy – Our Vision, thoughts, emotions, and sensations create the world we live in and the only way to change the world and society is to change ourselves. The only way to achieve an ideal society, where the human race becomes transformed into a divine race, is to make one.

## **Trustees Report – Objectives, Activities, and Performance**

The Trustees present their reports of activities of the last year 2022-2023. It also provides the accounts for the year ended 31st March 2022. The accounts have been prepared by our auditors following the standard accounting policies. The report takes account of the requirement for Trustees to report annually on public benefit and Impact the Trustees have had regard to the objects of Sri Joydip Ashram Trust set out in Clause 6 of Sri Joydip Ashram Trust Deed in accordance to Indian Trust Act 1882. The Trustees are appointed by the Settlor, for one year by an appointment deed. Based on the performance, the period is extended further.



## Structure, Governance, and Management

The Trust ("the Charity") is an incorporated trust, constituted under a Trust Deed dated 27th March 2012. The Charity was established by an initial gift from Sri Joydip ("the Settlor") in 2012. The Charity selectively fundraises with Give-India and seeks to continue the philanthropic work desired by the Settlor, through the careful stewardship of its existing intellectual and educational resources and ad hoc contributions. This year it is diversifying further from crowdfunding and public funding to Government Grants in different schemes of Social Development and intend to become a effective civil society partner to Government of India, and United Nations , European Union, complying to Clause(9) on Fundraising of Sri Joydip Ashram Gyan Yoga Trainig and Research Centre.

This year we seek to change the Government Structure in following ways

1. Abloshing the role of Chief Mentor as it was not a role mentioned in the Sri Joydip Ashram Trust Deed. In the times of pandemic there was an influx of untrained volunteers which required mentoring, and this required a mentor to be there which is a alternative structure of education for the Traditional Gyan Yoga system we have in our Education.However recently we have gone through sea change and updation on our Gyan Yoga Education system based on Research and Development and made it more relevant for the present realities and mentoring will be now provided directly by our own education system based on Gyan Yoga.
2. A new group has been formed called – International Co-operation where the volunteers and members from Foreign National will be shifted as the requirement of a different form of Compliance required by Government of India Authorities related to National Security for both social project and Research projects for Foreign Nationals present in Sri Joydipn Ashram Gyan Yoga Training and Research Centre.
3. Sending Invitation to members who are working in the different Committes for becoming Board of Trust Members for one year rather then direct invitation from outside.

## Appointment of New Trustees

The Trustees are appointed by the Managing Trustees, for one year by an appointment deed. Based on the performance, the period is extended further. Complying to Clause(8) and Clause(11) of Sri Joydip Ashram Trust Deed on selecting new Trustees for the vacant position an Invitation at 20<sup>th</sup> March 2023, was send to Sreeparna Sen , member of Sri Joydip Ashram Gyan Yoga Training and Research Centre ( Cultural Committee) and Dr A Subhashree member of Sri Joydip Ashram Gyan Yoga Training and Research Centre ( Cultural Committee) to submit there latest resume / identity proof/ address roof alongwith a small brief on there social vision and experience of Social work for cosiderating by Board of Trustees for appointing as a Trustee for the period of one year. The details was awaited and the acknowledgement of receipt of the mail was received from Sreeparna Sen . If the details was received by the period of AGM in 27<sup>th</sup> March,2023 then they will be placed to the Board of Trust for consideration as appointment as a new Trustees.

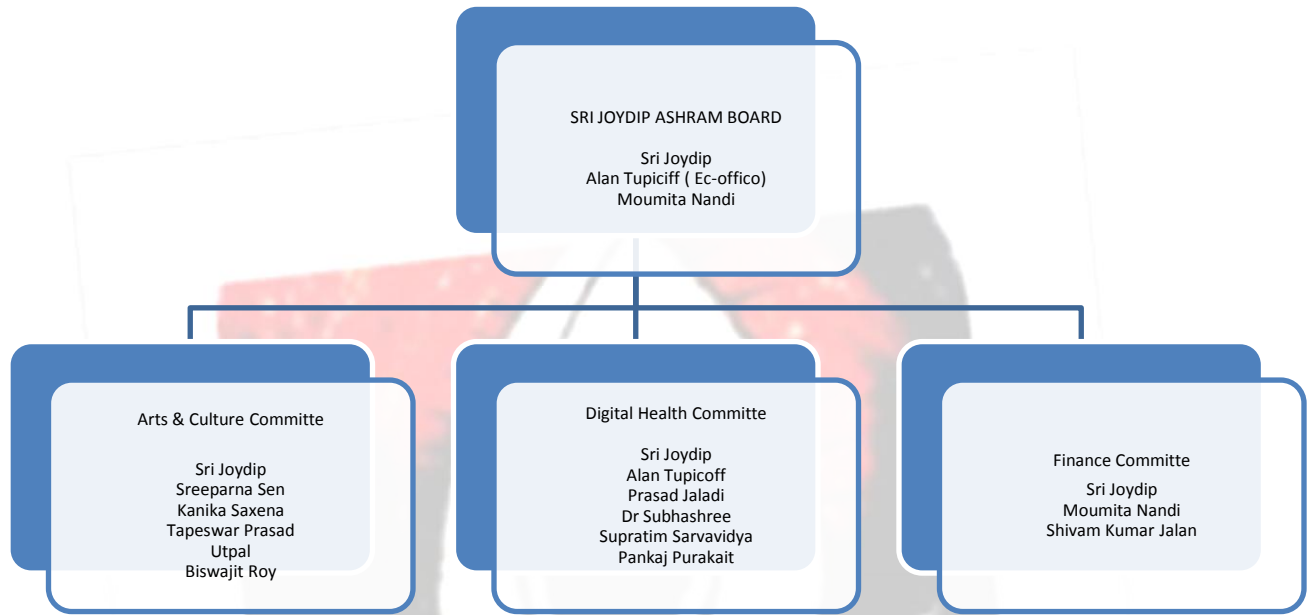


Figure 2: Organization Chart as of Sri Ashram Day at 27<sup>th</sup> March 2023

## Legal Status and Reforms

According to Clause (6) of the Trust Deed, the lawful purpose of the Trust is to disseminate Sri Joydip's Teachings ( which is based on Gyan Yoga Education and Intervention), which are in the form of numerous Intellectual properties like ( Lifewise, Seven Yoga Habits that can Transform your Life Series, Creatiyoga, Workplace Wellness, Innovation@YogaEducation, The Science of Yoga, Yoga of Dance, Yoga of Creative Writing, Immunoyoga, Diabeteshelp4u, Cancerhelp4u, Lungshelp4u ) which are created out of consciousness research in Gyan Yoga, for public welfare and benefit of the beneficiaries who are the students/patients/beneficiaries of Sri Joydip Ashram Gyan Yoga Training and Research Centre. This year we have moved ahead to further intense Research and Development activities and studying Science, Humanities and Fine Arts, complying to Clause 6(xi) and Clause 6(xii) of Sri Joydip Ashram Trust Deed.

The Trustees have determined the Charity shall aim to promote and defend Clause 6 of Sri Joydip Ashram Trust Deed which on promoting Sri Joydip's teaching based on Gyan Yoga Intervention, blending innovation with tradition, making Sri Joydip's yoga teaching multidisciplinary. Sri Joydip Ashram Trust's focus on Clause (6) – objects of trust, is on taking Sri Joydip Ashram's teaching and reaching the most vulnerable and marginalized section in society and bringing transformation to their lives through the power of deliberation on such teachings based on Gyan Yoga Intervention in larger dimensions of health linking with environment and poverty alleviation.

## **Fullfilment of Clause (6)Objects of the Trust through activities**

### **Case-based Advocacy and Cause Based Advocacy for Health and Wellbeing of All – SDG3**

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 properties like (Lifewise, Seven Yoga Habits that can Transform your Life Series, Creatiyoga, Workplace Wellness, Innovation@YogaEducation, The Science of Yoga, Yoga of Dance, Yoga of Creative Writing, Immunoyoga, Diabeteshelp4u, Cancerhelp4u, Lungshelp4u ) 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 and also to the larger society.

The objects of The Sri Joydip Ashram Trust is also to apply the Sri Joydip's Teachings which is based on blending innovation and tradition on yoga teaching, and the Intellectual property created out of it, and it proceeds all, or such part or parts of the capital for or towards such charitable purposes both Case-based advocacy and cause-based advocacy for holistic and collective health, and in such manner as the Trustees may in their absolute discretion think fit.

## Sri Joydip Ashram Gyan Yoga Training and Research Centre Activities and Benefit Programs/Events for Cause-Based and Case-Based Advocacy towards SDG3

### SRI JOYDIP ASHRAM GYAN YOGA TRAINING AND RESEARCH CENTRE

#### IMPACT AREAS



Figure 3: Sri Joydip Ashram Gyan Yoga Training and Research Centre Impact Areas

## **Activities on Holistic Healthcare**


One of the primary engagements of Sri Joydip Ashram Gyan Yoga Training and Research Centre complying to Clause 6(B) is the therapeutic use of Gyan Yoga for Holistic Healthcare right from the beginning. This has been the core function of the Digital Health Committee which is formed after the meeting with the World Health Organisation – Digital Health Forum and as per there Digital Health Guidelines.

## **Implementation of New Income Tax Provision for 80G Company**




Complying to the Income Tax Act 1961 and it's amendments time to time, we have implemented the new updated Income Tax provision for separate reporting of Donor Data in Income Tax e-filing portal.

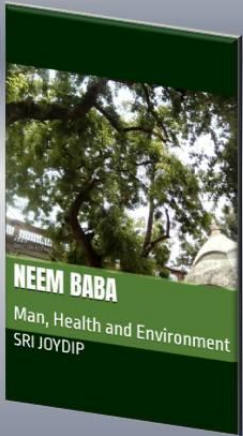
## Neem baba release on Environmental Sustainability in World Environment Day

IN THIS WORLD ENVIRONMENT DAY AT 5<sup>th</sup> JUNE 2022



Sri Joydip Ashram Gyan Yoga Training and Research Centre an NGO Partner of UNITED NATIONS GLOBAL COMPACT invites you to join at Pre release conversation of “Man, Health and Environment” of Book “NEEM BABA” at 5<sup>th</sup> June, 2022 from 10 am – 11 am IST

 <p>Alan Tupicoff (Australia) Author &amp; International Expert</p>	 <p>Prasad Jaladi (USA) Chief Facilitator Suraksha</p>	 <p>Sri Joydip (India) Best Selling Author &amp; Gyan Yoga Teacher</p>
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PANEL DISCUSSION ON “Man, Health and Environment”

Joining Link - <https://meet.google.com/tbn-jdsf-dqx>

Figure 4: Neem Baba Release in World Environment Day

On further compliance to Clause 6D(iii) of Sri Joydip Ashram Trust deed a two part panel discussion activities are conducted in World Environment Day in 5<sup>th</sup> June 2022, bringing highlight in Gyan Yoga application in new multidisciplinary academic discipline, which is known as Medical sociology and how we could move into an integrative medicine using the benefit of both modern and ancient medicine . The panel discussion



was participated by a panel of experts consist of Sri Joydip , Prasad Jaladi and Alan Tupicoff. The panel discussion was followed by release of Neem Baba a book on Integrative medicine.

## Lada Vaidyan Release in World Yoga Day on Future of Integrative Medicine

IN THIS INTERNATIONAL DAY OF YOGA AT 21st JUNE 2022

Sri Joydip Ashram Gyan Yoga Training and Research Centre an 80G Institution and NGO Partner of UNITED NATIONS GLOBAL COMPACT invites you to join at Digital Launch of Book "LADA VAIDYAN" at 21st June, 2022 from 8 am – 9 am IST

**Dr. Rao Kolasu (USA)**  
Renowned Physician  
MD ( Internal Medicine)

**Pankaj Purakait (India)**  
Head  
Smile Nutrition Centre

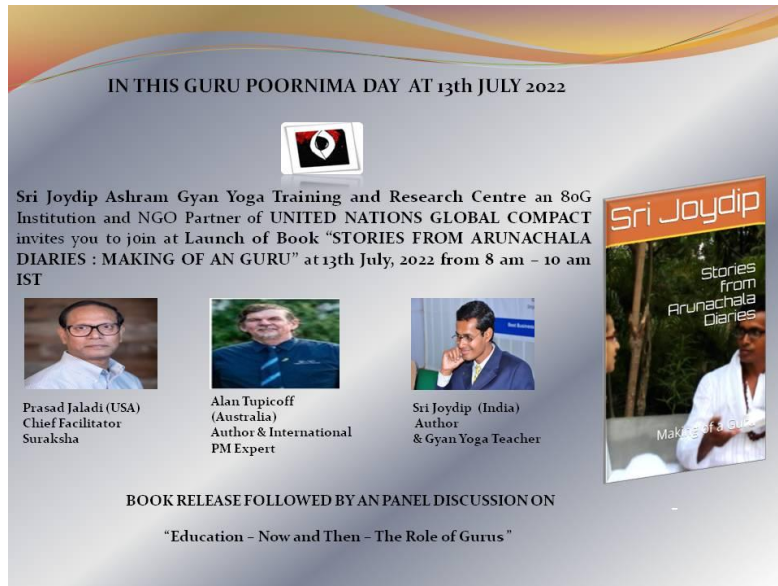
**Sri Joydip (India)**  
Best Selling Author  
& Gyan Yoga Teacher

BOOK RELEASE FOLLOWED BY AN PANEL DISCUSSION ON  
"Yoga for Humanity : The Future of Integrative medicine for healing humanity"

Figure 5 : The Future of Integrative Medicine

The next part of the panel discussion was conducted in further compliance to Clause 6D(iii) of Sri Joydip Ashram Trust deed conducted in World Yoga Day in 21st June 2022, bringing highlight in Gyan Yoga application and how we could move into an integrative medicine using the benefit of both modern and ancient medicine. The panel discussion was participated by a panel of experts consist of Sri Joydip , Prasad Jaladi and Pankaj Purakait. The panel discussion was followed by release of Lada Vaidyan a book on Integrative medicine.

## Stories of Arunachala Diaries – Making of a Guru Release on Guru Poornima Day



IN THIS GURU POORNIMA DAY AT 13th JULY 2022

Sri Joydip Ashram Gyan Yoga Training and Research Centre an 80G Institution and NGO Partner of UNITED NATIONS GLOBAL COMPACT invites you to join at Launch of Book "STORIES FROM ARUNACHALA DIARIES : MAKING OF AN GURU" at 13th July, 2022 from 8 am – 10 am IST

Prasad Jaladi (USA)  
Chief Facilitator  
Suraksha

Alan Tupicoff  
(Australia)  
Author & International  
PM Expert

Sri Joydip (India)  
Author  
& Gyan Yoga Teacher

BOOK RELEASE FOLLOWED BY AN PANEL DISCUSSION ON  
"Education - Now and Then - The Role of Gurus "

Figure 6: Now and Then : Role of Gurus

Honoring the Traditional Indian Education System and the Western education system we conducted a panel discussion to understand the strength and weakness of both the system in the auspicious day of Guru Poornima at 13<sup>th</sup> July 2022. The panel discussion was participated by a panel of experts consist of Sri Joydip , Prasad Jaladi and Alan Tupicoff. The panel discussion was followed by release of Stories from Arunachala Diaries- Making of a Guru a book on Ancient Indian Education System.

## ITD Compliance 2022-23 and Transperancy Award

Income Tax compliance is completed for the Year 2022-23 and Transperancy Award was received.

## Panel Discussion on Man Health and Environment in collobation Sarbamangala Trust in Sarbamangala Temple .



Figure 7 : Neem Baba in Sarbamangala Temple

In one of the biggest temple of Rural West Bengal a panel Discussion was held on the day of 10<sup>th</sup> September 2022, with leading experts on the book Neem Baba and the theme “Man Health and Environment” complying to Clause 6(viii) of Sri Joydip Ashram Trust Deed which was a major success and reported by leading News paper of Bengal – Anandabazar Patrika in 13<sup>th</sup> September 2022. Leading expert from both Sri Joydip Ashram Trust and Sarbamangal Trust attended the event.

## Speech on Man Health and Environment in Indian Coffee House

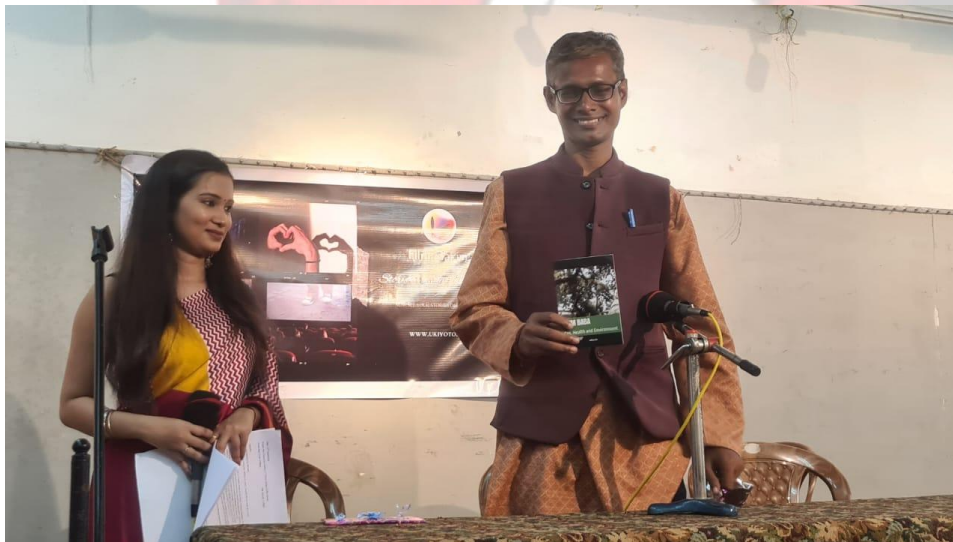


Figure 8 : Man Health and Environment in Indian Coffee House

A speech on Man, Health and Environment is delivered on the event of Kolkata Release of Neem Baba in Indian Coffee House in the auspicious Day of Mahalaya at 25<sup>th</sup> September 2022

## Diamond Fort Release on Environmental Sustainability

**SRI JOYDIP**

**INVITATION**

**FOR DIAMOND FORT BOOK LAUNCH**

FOLLOWED BY  
A PANEL DISCUSSION ON

***“WHAT IS MOST PRECIOUS NOW?  
- DIAMONDS  
OR ENVIRONMENTAL SUSTAINABILITY”***

**BY AUTHOR SREEPARNA SEN  
AUTHOR TAPESWAR PRASAD  
AUTHOR KANIKA SAXENA  
ENVIRONMENTALIST PRASAD JALADI**

**MODERATED BY AUTHOR SRI JOYDIP**

**Feel Rich  
DIAMOND FORT**

Diamond Fort Release in  
National Authors Day  
Tuesday, 1 November ·  
7:00 – 8:00pm

Google Meet joining info  
Video call link:  
<https://meet.google.com/juu-spzq-wee>

**Figure 9: Environmental Sustainability Panel Discussion**

The Book Diamond Fort was released on Environmental Sustainability alongwith a panel discussion in International Authors Day at 1<sup>st</sup> November 2022.

## Subhadip Magazine COP27 edition released

VOLUME 2

16TH NOVEMBER , 2022

# SUBHADIP

**Subhadip is a Bi-Lingual Literary Journal**  
**Published by Sri Joydip Ashram GyanYoga Training & Research Centre**  
**( Cultural Committee)**  
**An Tax Exempted 80G Institution and NGO Partner of United Nations Global Compact**

**Diamond Fort Released before COP27 to raise Voice on Environment**

**Special points of interest:**

- Diamond Fort Released on National Authors Day before COP27
- Neem Baba donated to Sahitya Academy Library
- Author's perspective on Diamond Fort on Environmental Sustainability over Greed.
- Poetries on Environmental Sustainability

In National Authors Day 2022, some of the renowned contemporary authors, writing in English, who had also being able to create a social impact through their writing, came together to the release a Book – "Diamond Fort " authored by Sri Joydip, and published by Pocket Novel, a subsidiary of Pocket FM, an speak on an issue which the book highlights in a very different way, which had been a global concern across the world. That's why it was seen the global leaders, the United Nations diplomats, Corporate leaders speaking on it on different International Forums. Yes, we were talking about Environmental Sustainability. The difference was visible right from the beginning between a group of bu-reaucrats talking about Environmental Sustainability and a group of writers talking about same.

**Neem Baba Donated to Sahitya Academy Library**

Immersed in a literary atmosphere, words flowed like streams of the river, in a literary discussion, which followed after handing over a copy of Neem Baba, for Sahitya Academy Library

to Dr. Devendra Kumar Devesh the Regional Secretary of Sahitya Academy, the renowned poet, and scholar, who had translated the works of Gurudev Rabindranath Tagore .



The voice was compelling, the words were inspiring and energy was evocative, where we get to see an



Individual standpoint of global citizens on the burning issues of Environmental sustainability which was affecting each individual in some or other way,

**Inside this issue:**

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Author Kanika Saxena on Diamond Fort	2
Author Sri Joydip and Environmentalist Prasad Jaladi on Diamond Fort	3
Poetries of Tapeswar Prasad and Sri Joydip on Environmental Sustainabil-	3

Figure 10 : Subhadip COP27 Edition

The COP27 edition of Subhadip Magazine was released in 16<sup>th</sup> Novembor 2022 which carried different articles and poetries and writings on Environmental Sustainability.

## Subhadip Magazine KBF edition Released in Kolkata Book Fair 2023



Figure 11: Subhadip Magazine KBF Edition

In International Kolkata Book Fair 2023 the KBF Edition of Subhadip Magazine, which is the Bi-lingual literary journal published by Sri Joydip Ashram Gyan Yoga Training and Research Centre released by the hand of Dr. Devendra Kumar Devesh, Regional Secretary of Sahitya Akademi.

## B. Spiritual Development and Peacebuilding with Conflict Resolution

### 1. Wisdom Stimulus – Application of Bhagavad Gita for HR Management in Gita Jayanti on 3rd December 2022



Wisdom Stimulus – Application of Bhagavad Gita for HR Management was released in Gita Jayanti which was a major work on Human resources practices.



## C. Arts and Culture

### 1. Ananter Blackboard Poetry Book on 10th February 2023 in Kolkata Book Fair



Figure 12 Ananter Blackboard Release in KBF2023

On the 150<sup>th</sup> birth anniversary of Sri Aurobindo on the 11<sup>th</sup> day of the Kolkata Book Fair 2023, some of the contemporary authors, writing in both Bengali and English, who had also been able to create a social impact through their writing, came together in the Press Corner, to release a Book – “Ananter Blackboard” authored by Sri Joydip, and published by Ukiyoto Publishing, to speak on an issue which the book highlights in a very different way. These twenty-six poems which build perspectives on eternal love were inspired by Sri Aurobindo’s epic poem Savitri. Dr. Devesh Kumar Devesh, the Regional Secretary of Sahitya Akademi, was the chief guest of the

Book Release program. The program was organized by Sri Joydip Ashram Gyan Yoga Training and Research Centre ( A Tax exempted 80G Organization and NGO Partner of the United Nations Global Compact).

Recently a very important research finding by Queensland University, Australia indicated that there was a definite link between relationship issues (especially post-relationship issues) for the mental health of youth. They made a case study of 4019 counseling cases of youth, seeking help in romantic relationship issues, and they found that relationship issues have concurrent mental health issues (36.8%), self-harm (22.6%), and suicide (9.9%). The Author of the Book Sri Joydip suggested to the audience from both the press, student community, and teachers community that this problem of Youth Mental health, was happening due to narrowed-down perspectives of love. His twenty-six poems on eternal love, inspired by Sri Aurobindo's Savitri were going to address this issue, and help youth build deeper perspectives of love.



## Recognition

On a significant rewards to our effort this year a research proposal from Managing Trustee Book Neem Baba on “Household Neem Plantation for reduction in PM2.5 and PM10” have been selected for second phase of LiFe ( Life style of Health and Environment) Call for Research Proposals which is organized by Niti Aayog- ( National Institute for Transforming India), Govrenment of India, whose chairman is the Prime Minister of India. This is a remarkable progress towards Clause(6) of Sri Joydip Ashram Trust Deed which details the objects of the trust.

On 14<sup>th</sup> February,2023 Sri Joydip the Managing Trustee of Sri Joydip Ashram Gyan Yoga Trainig and Research Centre was selected to speak on Immunoyoga in EU Research Council event.

## Publication

Several publications of made on the base of our Cause based and Case-based advocacy for SDG3 – Health and Well being of All.

- A) Neem Baba
- B) Lada Vaidyan
- C) Stories from Arunachala Diaries – Part III
- D) Diamond Fort ( Environmental Protection and Sustainable Development)
- E) Subhadip – COP26 edition
- F) Undefeatable – Application of Bhagavad Gita in HRM
- G) Ananter Blackboard
- H) Subhadip – KBF edition
- I) Annual Report – 2022-23

## Impact

Sri Joydip Ashram Gyan Yoga Training and Research Centre programs and activities made a substantial social and environmental impact along with the economic impact on the lines of what we have discussed in our last AGM not only to its local beneficiaries but to the beneficiaries across the world . With overall Nine Knowledge Dissemination Events conducted both online and offline, Ten Research publications it has been able to reach around 10,000 beneficiaries across the state of West Bengal and also the world. The insights and deeper understanding helped to improve both physical health and Mental Health people across the world and contributed major program to our cause of Gyan Yoga Intervention for Health and Wellbeing of all. Our seminars on Man, Health and Environment established important linkages between Health , Environment and poverty and how an Integrated medicine combining ancient and modern medicine practices can help.

In summary our work has impacted in following ways

1. **Improved Physical Health** – Through our events, programs research and publications we have helped over 1000 people to improve there physical health and fitness.
2. **Improved Mental health-** Our workshops and Seminars on Yoga and literature for mental health has helped over 500 individuals and our Program on Ananter Blackboard in Kolkata Book Fair which made an important connect between Literary intervention and Gyan Yoga with Mental Health has been attended by 100 people (Full house) and live telecasted by three media channels helping numerous people around the world.
3. **Increased Awareness between linkages between Health Environment and Poverty:** We have reached over 10,000 individuals through our awareness campaigns on Mah, Health and Environment alongwith Integrative medicine and social media outreach, raising awareness about the benefits of Gyan yoga and deeper understanding and insight for physical and mental health.

**Conclusion:** In the year 2022-23, Sri Joydip Ashram Gyan Yoga Training and Research Centre has made significant strides towards promoting the practice of Gyan yoga and its benefits for physical and mental health fulfilling the objects of Trust according to Clause(6) of Trust Deed. We are committed to continuing our efforts towards achieving SDG3 - Health and Wellbeing of all, and we thank our donors, volunteers, and staff for their support in making our programs and activities a success.

