



ANDIAPPAN YOGA COMMUNITY

# ANNUAL REPORT 2021

[www.yogacommunity.org](http://www.yogacommunity.org)





# Welcome Message

2021 was a year of unprecedented challenges. This year has shown the dedication of our community, our ability to embrace change, to work with uncertainties, to serve and share yoga.

This annual report reflects generous spirit and resilience of the AYC community. We adapted to social-distancing measures and continued running our current and new projects, our senior volunteers stepped up to more responsibilities, regular volunteer meetings were held, and we introduced a series of Continuous Education Workshops to enhance the skills and knowledge of our volunteer teachers.

In the coming year, AYC looks to rise up to the mental health needs that have been aggravated in the past few years of the pandemic. Please find more about this vision at the end of the report and we look forwards to your support.

The commitment of students, volunteers and supporters alike fills us with hope and remind us that we truly are stronger together.

Namaste,

Yogananth Andiappan

Founder & Director of Andiappan Yoga Community

*A year of  
Resilience*



## about Andiappan Yoga Community

Andiappan Yoga Community (AYC) is a volunteer-based nonprofit organisation offering the benefits of yoga to those in need.

# VISION

Yoga is an ancient practice that nurtures mental and physical well-being. Our vision is to remove barriers and make the benefits of yoga accessible to those in need.

# MISSION

Our mission is to enrich lives with yoga and expand access to its therapeutic benefits to all communities across Hong Kong.







# OUR WORK

We raise awareness about yoga and offer classes by collaborating with civil society organisations, delivering regular classes at public venues, and developing remote learning channels.

**Our work centres around these four core areas:**



## **Financially Accessible Yoga**

These classes are accessible to students with monthly incomes below HK\$5,000.



## **Medical Rehabilitation Yoga**

These classes are tailored to promote healing and rehabilitation.



## **Positive-Ageing Yoga**

These classes are designed for the social, mental and physical well-being of our elders.



## **Healthy Growth Yoga**

These classes instil positive development in our youth and children.



## 2021 in numbers

# 440

volunteers

# 3960

volunteer hours

# 21

projects

# 5

volunteer meetings

# 6

continuing education  
workshops for volunteers

# 3627

student attendances

# 3

public events

# 5

media interviews





sharing



"Thank you organize AYC classes, I felt so lucky I can join the class. I become more healthy with regular yoga practice with AYC "

- Carmela Dizon 23/05/2021

# NEW PROJECTS

*in 2021*

17 April & 24 April 2021	Healthy Growth	Mental Health Smarties (Children and Youth between 6-17 years old)	Richmond Fellowship of Hong Kong
17 July 2021	Medical Rehabilitation	Online Yoga Therapy Class for New Life Psychiatric Rehabilitation Association	New Life Psychiatric Rehabilitation Association
21 August 2021	Medical Rehabilitation	Yoga Therapy Class for Care Giver	Lok Sin Tong
15 November 2021	Healthy Growth	Yoga Class for Youth Outreach (Social Worker)	Youth Outreach
19 November - 13 December 2021	Positive-Ageing	Yoga Class for Elderly(Age over 60+ years old)	Yan Oi Tong
30 November 2021	Healthy Growth	Yoga Class for Children with Developmental Disorders	Po Leng Kuk Tin Ka Ping Rehabilitation Support Centre





# Projects in 2021

# ALL PROJECTS

## Financially Accessible Yoga

- Online Yoga Class for All
- Outdoor Yoga Classes at Central Pier,
- Outdoor Yoga Classes at Sai Kung,
- Outdoor Yoga Classes at Discovery Bay
- Outdoor Yoga Classes at Stanley Blake Pier
- Outdoor Yoga Classes at Peng Chau Island
- Yoga for Homeless Individuals in Hong Kong with Impact HK
- Yoga Class for financially disadvantaged women

## Medical Rehabilitation Yoga

- Online Yoga Therapy Class for New Life Psychiatric Rehabilitation Association
- Online Yoga Therapy and Meditation for Women in Substance-Use Rehabilitation
- Yoga Therapy for Patients from Queen Elizabeth Hospital - Online Class
- Yoga Therapy Class for Care Giver

## Positive-Ageing Yoga

- Yoga Class for Elderly at Yan Oi Tong
- Yoga Therapy Class for Caregivers at Lok Sin Tong
- Yoga Therapy Class for Seniors with Lok Sin Tong Benevolent Society

## Healthy Growth Yoga

- Yoga Class for Children with Developmental Disorders with Po Leng Kuk Tin Ka Ping Rehabilitation Support Centre
- Mental Health Smarties
- Yoga for HK Open University Students
- Yoga Class for Youth Outreach (Social Worker)





# OUR PARTNERS

We continue to build partnerships to better serve the wider community. We are grateful for our community partners who work with us:





# sharing



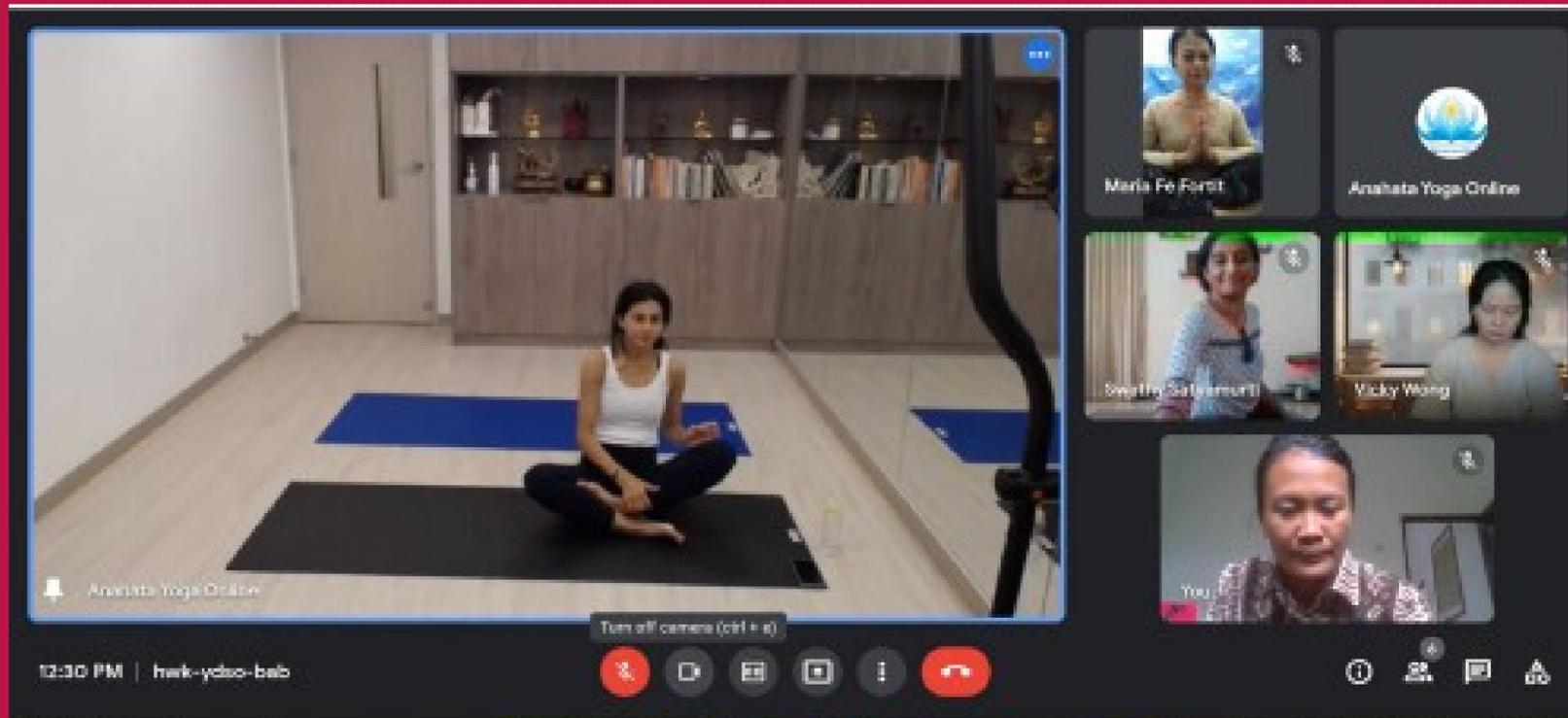
"The students in this project return to class after surgery or hospitalisation, and are still very positive and work so hard. This really motivates me to be a better teacher and student."

- Patsy Cheung 03/12/2021





sharing



"Today class was great. It's so good to keep practising yoga and pranayama. Thank you for the guidance and namaste 🙏😊🕉️"

- Intan Rastini Ambara 06/01/2022



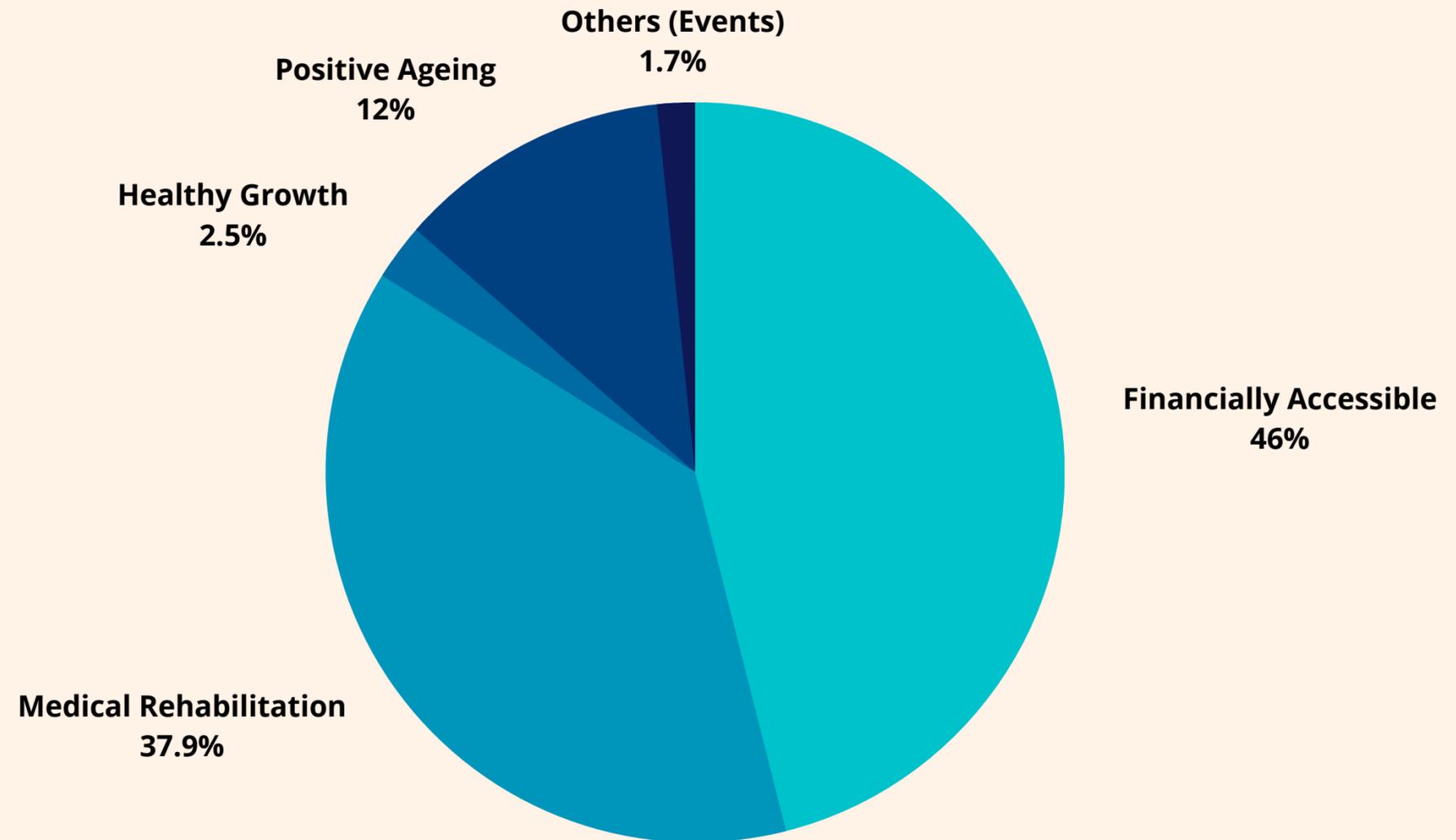
# OUR STUDENTS

Over 350 students were taught yoga in 2021 through AYC.

Collectively, there were 3627 class attendances this year.

## 2021 Class Attendances

Total attendances: 3627



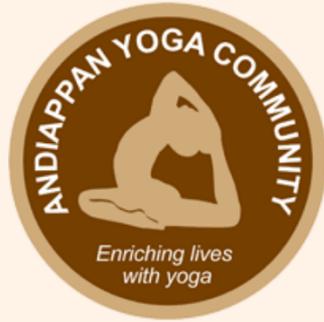


## OUR STUDENTS

100 Hours

A big congratulations to our student Maria Fe who received her 100 hours of yoga practice with AYC certificate.





## OUR STUDENTS

# SCHOLARSHIP RECEIPIENTS

Andiappan Yoga Community's mission is to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga. Awards are based on financial need and other hardship as well as plans to serve. Candidates must be a yoga student for at least one year.

*Cherry Ann Espinosa*

Received a Scholarship of HK\$9,100 towards the completion of the 200hrs Yoga Teacher Training and is now a certified yoga teacher.

*V. Prema*

Received a Scholarship of HK\$5,100 towards the completion of the 200hrs Yoga Teacher Training

*Sri Resti Pujiani Est*

Received a Scholarship of HK\$9,800 towards the completion of the 200hrs Yoga Teacher Training and is now a certified yoga teacher.



# sharing



"It was my first time teaching pranayama in AYC projects today. I learned a lot from my fellow volunteer Stella's and incorporated some of the elements of her class into my class. It's also my birthday and I had the calling to share my joy and love with the participants. I believe there's a level of happiness curated during the class. "

- Nat Ip 14/09/2021



## 2021 HAPPENINGS

# Sharing through MEDIA

AYC's Community Project Coordinators, Vienna Mak and Carol Leung shared about their yoga journeys and involvement in AYC in news interviews with widely-read local Hong Kong papers. The committed volunteer leaders expressed their gratitude towards the therapeutic benefits of yoga on her own life and how AYC's culture and spirit of giving have encouraged them to persevere.

4 March 2021  
Dr. Yogananth  
interviewed by  
Your HK Story



30 August 2021  
Digital Campaign  
Program with  
Asian Charity  
Services

15 February 2021  
Dr. Yogananth  
interviewed by  
Beautiful News







## EVENTS

# Beyond WOMEN Fest

The Beyond Women Fest is dedicated to empowering women from all walks of life who are pursuing healthiness and a quality life.

AYC was invited to host 6 yoga classes over the 4-day exhibition period, bringing tailor-made yoga sequences that aimed at improving the physical health, mental and emotional well-being of women participants.

10-13 June 2021  
Beyond Women Fest at HKCEC





## EVENTS



**19 June 2021**

# *International day of* **YOGA**

In recognition of yoga's universal appeal, the 7th Annual International Day of Yoga was celebrated at Anahata Yoga on 19 June 2021. A series of designated workshops including Partner Yoga, Wheel Yoga, Yoga for Men and Ashtanga Drills were led by experienced Masters. The theme was "Yoga for All", and the occasion also served as an opportunity for AYC to recognise the contributions of its volunteers over the past year in dedicating their time to teach within the community.



*International day of*  
**YOGA**  
19 June 2021

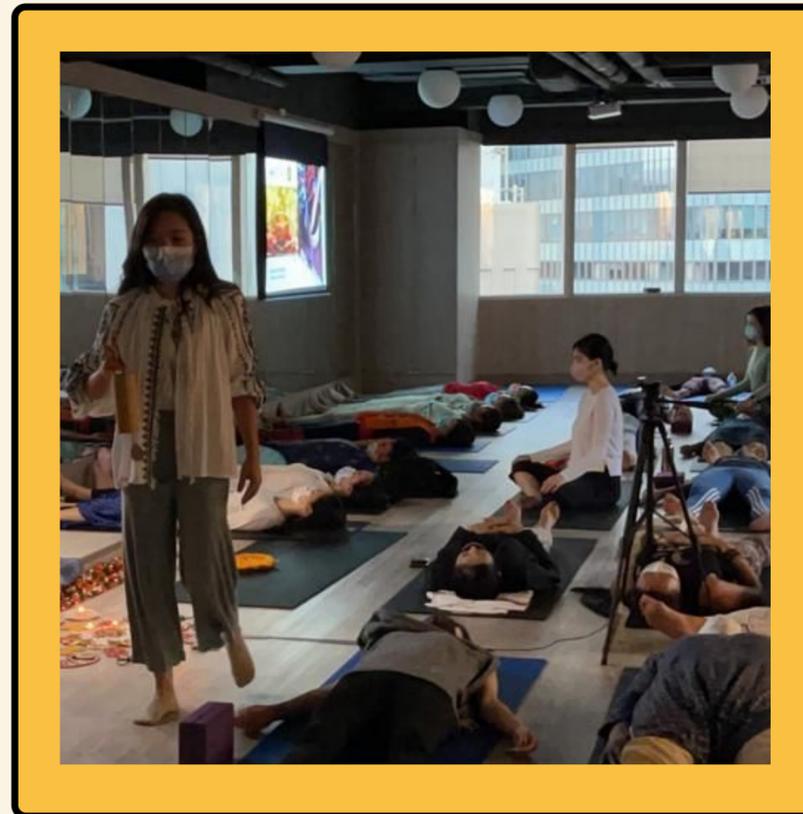
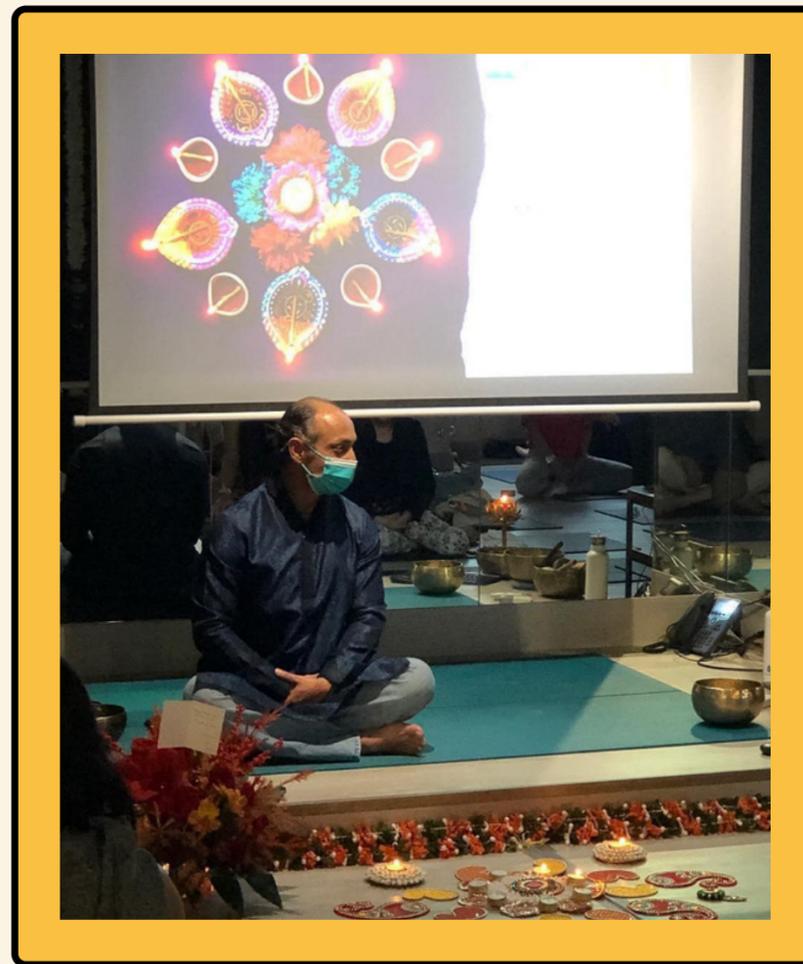


## EVENTS

# *Festival of light* **DEEPAVALI**

Deepavali, also known as the “Festival of Lights”, is one of the most significant festivals in Indian culture. The festival celebrates new beginnings and the triumph of good over evil and light over darkness. To share the joy and underlying inspiration of this festival, AYC partnered with Kirtan Hong Kong to dedicate a kirtan and meditation session to all participants, where yoga and spirituality were brought together through devotional group chanting, singing and music-making.

**6 November 2021**





# OUR TEAM

We are grateful to our hardworking team who continue to carry on the spirit of volunteerism from our early days and stay motivated by their dedication to yoga.



Dr. Yogananth Andiappan  
Founder & Director



Master Vishnu  
Community Project Manager



Master Mahesh  
Community Project Manager



Vienna Mak  
Community Project Coordinator



Michelle Toh  
Community Advisor



# OUR VOLUNTEERS

AYC is what it is today because of our volunteers. In 2021, we had 440 volunteers total in our community. Together our volunteers served 3960 hours of volunteering in 2021. All our volunteers are certified teachers who embody our values of safe and professional teaching.

# 440

Individuals volunteered their teaching skills as well as other skills

Here is a snapshot of our volunteers' qualifications. Please note, some of our volunteers hold multiple certifications.

## QUALIFICATIONS

# 297

Certified Foundation Level Teachers

# 61

Certified Hatha Yoga Intermediate Level Teachers

# 25

Certified Hatha Yoga Advanced Level Teachers

# 47

Certified Kids Yoga Teachers

# 46

Certified Yoga Therapists

# 38

Certified Prenatal Yoga Teachers

# 8

Certified Pranayama and Meditation Teachers



# VOLUNTEER PROJECT LEADERS

We are grateful to our hardworking team who continue to carry on the spirit of volunteerism from our early days and stay motivated by their dedication to yoga.



Angela Yeung



Carol Leung



Cindy Luey



Federica Betteto



Felix Chan



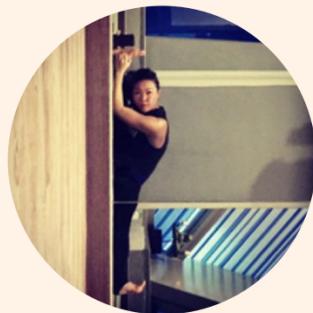
Fiona Yun



Floriane Begasse  
de Dhaem



Flora Yu



Hazel Chan



Chun Yip



Melody Tin



Olivia Torres



Tanny Tang



Vienna Mak



Xintong Wang



Yiu Wah Chan



# 2021 STAR VOLUNTEERS

Anastasiia Liplianska | Angela Yeung | Carol Leung |  
Cheryl Kwan | Chun Yip | Daisy Eugenio | Federica  
Bettato | Fiona Yun | Felix Chan | Flora Yu | Hazel Chan |  
Melody Tin | Michelle Toh | Olivia Torres | Patsy Chan  
| Rebecca Wong | Rita Kong | Stella Law | Smita Bajpai |  
Tanny Tang | Vienna | Wah Gor | Yinki Nicole Wong



*Meet all volunteers*

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[www.yogacommunity.org/our-volunteers/](http://www.yogacommunity.org/our-volunteers/)



# VOLUNTEER MEETINGS & MORE

In 2021, we began conducting regular volunteer meetings as a step to further operational development. 5 Volunteer Meetings were conducted over the course of the year on: 8 May, 19 June, 14 August, 2 October, and 10 December 2021.

We recognise the hard work and dedication of our teaching volunteers. We seek to recognise our long-term volunteers with our tiering system and offer rewards and certification at each tier achievement.

## Teaching Volunteer Tiers

- Assistant Volunteer Teacher: 25 classes taught
- Volunteer Teacher: 50 classes taught
- Senior Volunteer Teacher: 100 classes taught
- AYC Ambassador: 150 classes taught
- AYC Mentor Ambassador: 200 classes taught
- AYC Advisor: 300 classes taught: options for further training and development



# Continuing EDUCATION WORKSHOPS

Continuing Education Workshop aid and support the development of yoga teachers across AYC. The workshops provide practical instruction on teaching yoga and yoga therapy concepts.

In 2021, Anahata Studio yoga masters conducted 6 workshops:

- Yoga Therapy for Hypertension and Diabetes - Free online workshop (6 June)
- How To Teach Pranayama For Beginners - Dr. Yogananth Andiappan (14 August)
- How To Teach Yoga Nidra For Beginners with Master Dhiraj (28 August)
- How To Teach And Assist Therapeutic Poses Related To Knee Conditions with Master Vishnu (2 October)
- How To Teach Chakra Meditation For Beginners - Master Anurag (16 October)
- How To Teach And Assist Therapeutic Poses Frozen Shoulder Conditions - Master Dilip (12 December)



**HOW TO TEACH PRANAYAMA FOR BEGINNERS -  
DR. YOGANANTH ANDIAPPAN  
14 AUGUST 2021**



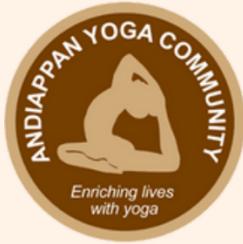
**HOW TO TEACH AND ASSIST THERAPEUTIC POSES  
FROZEN SHOULDER CONDITIONS -  
MASTER DILIP  
12 DECEMBER 2021**



**HOW TO TEACH AND ASSIST THERAPEUTIC POSES  
RELATED TO KNEE CONDITIONS -  
MASTER VISHNU  
2 OCTOBER 2021**



**HOW TO TEACH CHAKRA MEDITATION FOR  
BEGINNERS - MASTER ANURAG  
16 OCTOBER 2021**



# OUR DONORS

AYC is a charitable organisation powered by volunteers.

We are grateful to our 2021 donors. There were almost 200 individuals who gave to AYC this year alone. Your generosity has helped us share yoga with hundreds in our community.

Donations allow us to open up our programmes and share the benefits of yoga to the communities most in need.

Michelle Toh  
Clara Ho  
Cindy Lwey  
Tanny Tang  
Heidi Wu  
Dyana Nagrani  
Shilpa Patil

Special thanks to our major  
donors of 2021



# OUR FINANCIALS

as of 30 April 2022

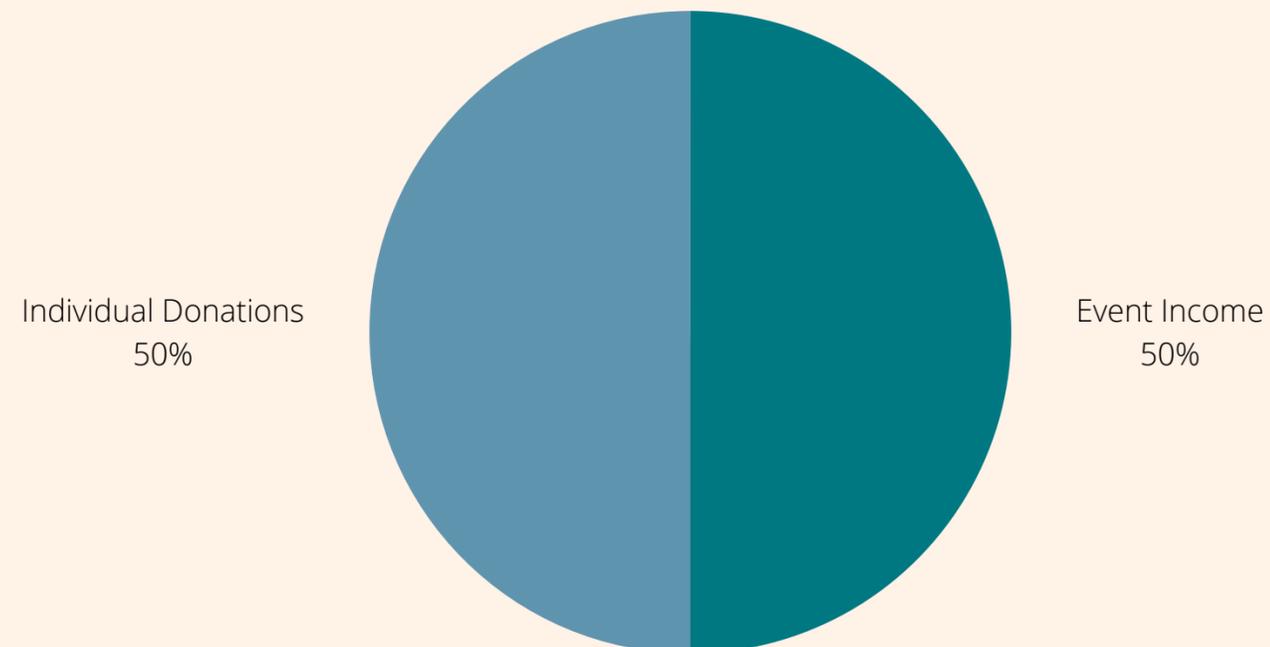
Total Income: HK\$44,380

Total Expenses: HK\$29,635

Accumulated Surplus \$14,745

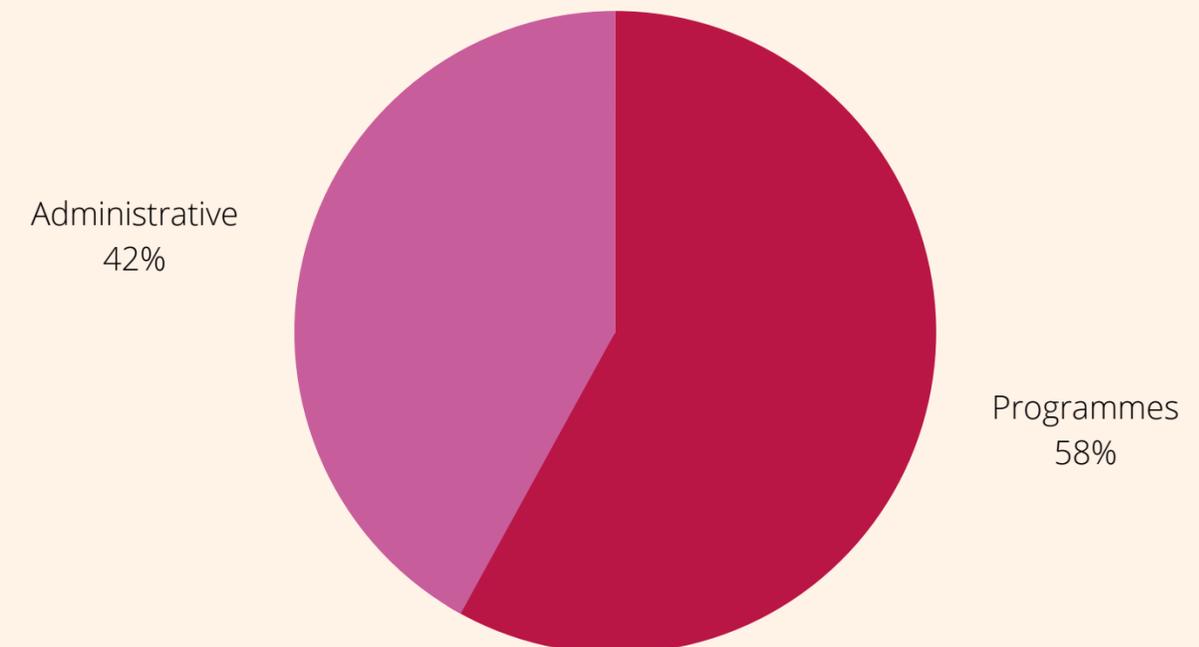
## Income

Total Income: HK\$44,380



## Expenses

Total Expenses: HK\$29,635



# Looking ahead 2022 AND BEYOND

Mental health is an immediate and major concern across communities around the world and in Hong Kong. According to the World Health Organization (WHO), global prevalence of anxiety and depression increased by a massive 25% in just the first year of the COVID-19 pandemic. In Hong Kong, suicide rates reached crisis level earlier this year.

As part of the AYC community, we have experienced the mental health benefits of practicing yoga. In the next year, **we will focus on contributing to the mental health wellbeing of Hong Kong**, especially in our four core areas: **Financial Accessibility** for low-income groups, **Healthy Growth** for youth, **Positive Ageing** for elderly, and **Medical Rehabilitation** for spectrum of patients.

We will do this by:

- Equipping teaching volunteers with mental health information and guideline on how to teach yoga for mental health, for their target groups. We will develop and deliver informational materials and training.
- Collaborating with community partners such as NGOs to tailor project for their needs through expanded project coordination.
- Ensuring the safety of students practicing yoga in our projects with the rental and logistics of equipment and venue space.

We will be raising funds to achieve these objectives. As a charitable and volunteer-run organisation, we look forward to your valuable support in these efforts and year ahead. Together, we can help our communities heal.

Thank you for hosting the free online yoga class. Absolutely need yoga to release my stress during this pandemic.

- Vicky Wong  
17/02/2022

A happy class for me. Yoga helps me to smile from the bottom of my heart. Thank you AYC

- Happy Leung  
27/03/2022

Have a good stretch out. Feel so amazing after class, refreshing my body and mind.

- Mary Ann Fernando  
22/05/2022

# YOGA FOR MENTAL WELLBEING

I was looking forward to AYC yoga class every week. I love yoga but I may not afford the classes in town, so I m always grateful AYC and teachers for organizing classes for us.

- Rea

22/05/2022

I learn everything from you, my yoga gurus. Thanks so much Master Vishnu for your guidance towards Restorative Yoga on Sunday.. hmmm... Always fun and with laughter

🙏🧘🧘🧘 N...

- Intan Rastini Ambara

22/05/2022

Stress-free after a yoga class, was so stressful last week. I am happy to take up some yoga challenge and looking forward to my next class.

- Rachael

19/02/2022

My perception for Yoga is hard and not easy.I totally change my mind after today's class. Interesting, fun and feel so good after practice. Thank you teacher and AYC community.

- Dominga

13/03/2022

# YOGA FOR MENTAL WELLBEING

Help us help Hong Kong heal through the practice of yoga.

Your donations will help us deliver safe & quality yoga interventions across the community.

**Donate now: [yogacommunity.org/donate](https://yogacommunity.org/donate)**



# Support Us

*help us share the benefits of Yoga*

There are many ways you can support AYC:

- You can **support AYC with vital donations** to fund our programmes across Hong Kong.
- **Share this annual report** with people who are interested in mental and physical health and the benefits of yoga!
- Follow AYC on **Facebook**, **Instagram**, and **Linkedin**.
- **Volunteer with us** as a teacher or with other valuable skills we need!



# Thank you

*for your continued support*

**Andiappan Yoga Community 2021 Annual Report**

**[www.yogacommunity.org](http://www.yogacommunity.org)**

**[info@yogacommunity.org](mailto:info@yogacommunity.org)**