



ANDIAPPAN YOGA COMMUNITY

ANNUAL REPORT 2022

www.yogacommunity.org





Welcome Message

2022 was another challenging year for Hong Kong and for AYC – that said, challenges are here to make us stronger and better. There are opportunities and wisdom in challenges, and AYC is here to work with them, to embrace them with greater openness and to learn from them.

Throughout the year, we have brought together more volunteers and provided more accessible yoga sessions to different groups of the community, achieving exciting milestones while spreading the benefits of yoga to all those in need. With an expansion of our medical rehabilitation classes and the introduction of more projects focusing on kids and youth empowerment, AYC's work in 2022 has captured a greater depth and breadth by providing more profound social support to a wider audience in Hong Kong.

AYC is authentic to our roots and our vision to bring accessible yoga and its benefits to all those in need. As you will see in the coming pages, we firmly believe that the power of AYC comes not only from our volunteers and generous donors, but from the passionate people who live and breathe our shared mission every day.

This annual report is a collective memory of our work in 2022 and going forward, we hope you will continue to support our work in enriching the lives of all those in need with yoga and through yoga.

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.



2022 in numbers

800

volunteers

4160

volunteer hours

16

projects

2

volunteer meetings

1

continuing education
workshops for volunteers

9230

student attendances

2

public events

1

media interviews





sharing



"Thank you organize AYC classes, I enjoyed the class very much. The teacher easily shifted my focus to have more body and breath awareness. Thank you so much."

- Christy 17/07/2022

NEW PROJECTS

in 2022

3 Jan 2022	Healthy Growth	Yoga Class for Youth	Youth Outreach
13 May 2022	Financially Accessible	Yoga Class for Women	Society for Community Organization (SoCO)
7 June 2022	Healthy Growth	Yoga Class for Kids (Age 4-8) undergoing Non-accidental injury (NAI) treatment	Playright Children's Play Association
11 July 2022	Medical Rehabilitation	Yoga Therapy for Rehabilitation with Integrated Centre on Smoking Cessation	Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation
11 July 2022	Positive-Ageing	Yoga Class for Elderly(Age over 60+ years old)	Social Welfare Department-Kwai Chung (East) Integrated Elderly Service Centre
15 July 2022	Medical Rehabilitation	Yoga Therapy Class for Breast Cancer Patients & Survivors	Global Chinese Breast Cancer Organizations Alliance (GCBC)



NEW PROJECTS

in 2022

3 November 2022	Healthy Growth	Yoga for VTC Students	Vocational Training Council (VTC)
3 December 2022	Medical Rehabilitation	Yoga Class for South Asia	The Aid and Rehabilitation of Drug Abusers (SARDA)
5 December 2022	Financially Accessible	Yoga for mothers of Children with Special education needs (SEN) ranging from Primary 2 to Secondary 1	The Caritas Jockey Club Integrated Service for Young People (Tak Tin)





Projects in 2022

ALL PROJECTS

Financially Accessible Yoga

- Online Yoga Class for All
- Outdoor Yoga Classes at Central Pier, Sai Kung, Discovery Bay, Stanley Blake Pier, Peng Chau Island
- Yoga for Homeless with Impact HK
- Yoga Class for women with Tung Wah Group of Hospitals Jockey Club Tai Kok Tsui Integrated Services Centre
- Yoga Class for mothers with SoCO
- Yoga for mothers of SEN Children with The Caritas at Tak Tin

Medical Rehabilitation Yoga

- Yoga Class for South Asian with SARDA
- Online Yoga Therapy and Meditation for Women in Substance-Use Rehabilitation
- Yoga Therapy for Patients from Queen Elizabeth Hospital
- Yoga Therapy Class for Breast Cancer Survivors
- Yoga Therapy Class for Breast Cancer Patients with GCBC
- Yoga Therapy for Rehabilitation with Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

Positive-Ageing Yoga

- Yoga Class for seniors with Lok Sin Tong Benevolent Society
- Yoga Class for elderly with Social Welfare Department-Kwai Chung (East) Integrated Elderly Service Centre

Healthy Growth Yoga

- Yoga Class for kids (age 4-8) undergoing non-accidental injury (NAI) treatment
- Yoga Class for Youth Outreach
- Yoga Class for youth with VTC





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



"It's always a pleasure to assist in this project. It is so rewarding to see students getting stronger and improving. Well done students! Great progress from students who attend regularly. Namaste.

- Michelle Toh 03/08/2022



全球華人乳癌組織聯盟

Global Chinese Breast Cancer Organizations Alliance

我的感謝

新紅館



sharing



"Today class began with breathing awareness and dynamic warm ups, which were followed by gentle movements, standing balancing poses and a focus on upper back and shoulder relief. Students looked energetic and happy, they could see their improvement and new-comers were eager to learn."

Flora Yu 12 July 2022

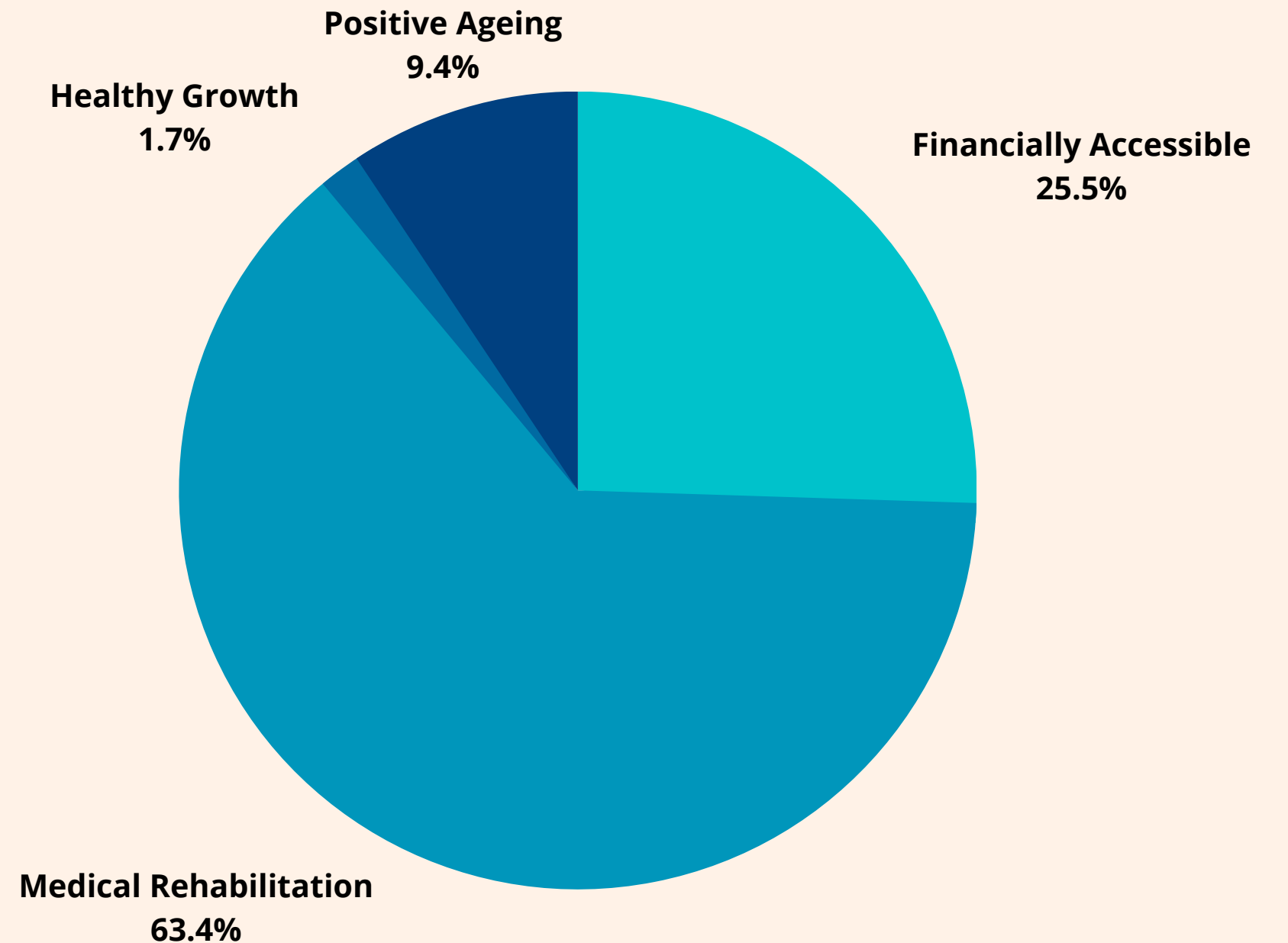


OUR STUDENTS

Over 939 students were taught yoga in 2022 through AYC. Collectively, there were 4807 class attendances this year.

2022 Class Attendances

Total attendances: 4807





sharing



Yoga allowed me to focus on the present moment and improve my mood. Today Class was really fun and enjoyable. Thank you teachers and AYC. Namaste

- Student - Nurhayani 13/12/2022



2022 HAPPENINGS

Sharing through MEDIA

Dr. Yogananth & Project Leader - Hazel was sharing the AYC Breast Cancer Survivors Project by Anna Pakula-Ranchet at LocalHood Website.

14 October 2022
AYC Breast Cancer
Survivors Project
was featuring by
LocalHood Website





EVENTS



18 June 2022

International day of **YOGA**

In recognition of yoga's universal appeal, the 7th Annual International Day of Yoga was celebrated at Anahata Yoga on 18 June 2022. A series of designated workshops including Partner Yoga, Wheel Yoga, Inverse Yoga, Yoga & Ayurveda,, Ashtanga Drills were led by experienced Masters. The theme was "Yoga for humanity", 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



18 June 2022



EVENTS

World AYURVEDA Day

Ayurveda Day is celebrated every year on Dhanwantri Jayanti. Ayurveda is considered as one of the most ancient and well-documented systems of therapies equally relevant in modern times. Its holistic approach remains unparalleled, whether for healthy individuals or diseased ones. As the main goal of Ayurveda is to prevent diseases and promoted health, a number of principles can be easily adapted to our daily lives to help boost our immunity.

22 October 2022





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 2022, we had 462 volunteers total in our community. Together our volunteers served 3960 hours of volunteering in 2022. All our volunteers are certified teachers who embody our values of safe and professional teaching.

462

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

286

Certified Foundation Level Teachers

45

Certified Hatha Yoga Intermediate Level Teachers

33

Certified Hatha Yoga Advanced Level Teachers

15

Certified Kids Yoga Teachers

36

Certified Yoga Therapists

29

Certified Prenatal Yoga Teachers

18

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



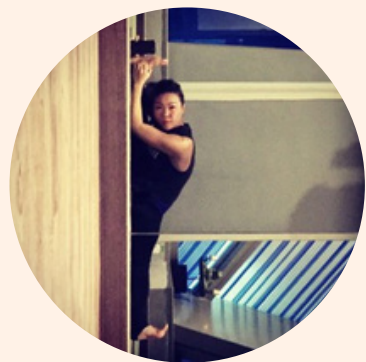
Fiona Yun



Floriane Begasse
de Dhaem



Flora Yu



Hazel Chan



Chun Yip



Melody Tin



Olivia Torres



Tanny Tang



Vienna Mak



Xintong Wang



Yiu Wah Chan



2022 STAR VOLUNTEERS

Victoria Ahn | Ceris Wong | Keith Watson | Lau Yuk Ping
| Emily Kowk | Marilou Daupan | Hope Lui Sze Ning |
Chenen Chiang | Vikki Yeung | Bowling Lai | Angel Wong
| Catherine Lau | Teresa Sun



Meet all volunteers →

www.yogacommunity.org/our-volunteers/



VOLUNTEER MEETINGS & MORE

In 2022, we began conducting regular volunteer meetings as a step to further operational development. 2 Volunteer Meetings were conducted over the course of the year on: 27 August, 5 November 2022.

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.

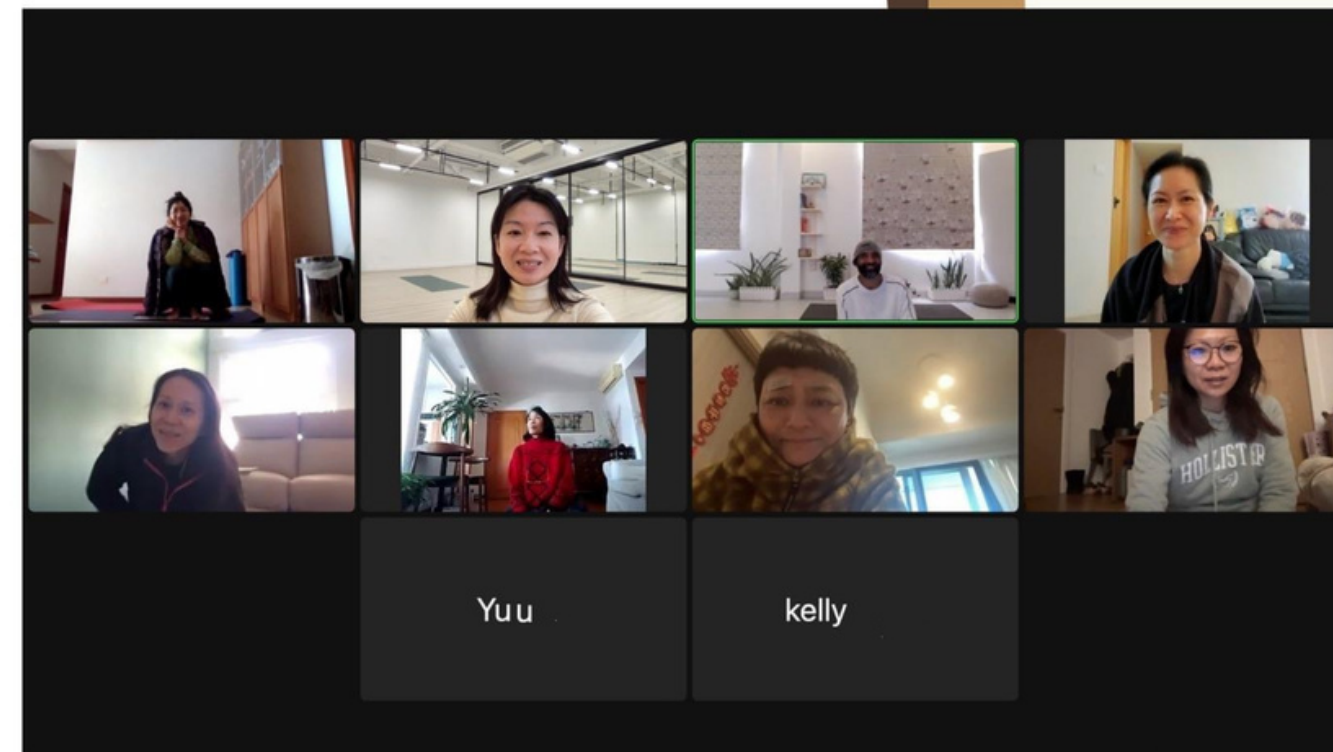
In 2022, Anahata Studio yoga master conducted one workshops on 18 December 2022

- How to Teach Laughter Yoga To Students To Help Destress And Relax

Andiappan Yoga Community Continuous Education Program (AYCCEP) 安迪潘瑜伽聯盟持續進修計劃

How To Teach Laughter Yoga To Students To Help Destress And Relax

如何教授大笑瑜伽來幫助學生減壓和放鬆
By Master Dhiraj



HOW TO TEACH LAUGHTER YOGA TO STUDENTS TO
HELP DESTRESS AND RELAX - ONLINE
MASTER DHIRAJI
18 DECEMBER 2022



OUR DONORS

AYC is a charitable organisation powered by volunteers.

We are grateful to our 2022 donors. There were over hundred 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
Tang Sau Ying
Bidya Rai
Cecis Wong

Special thanks to our major
donors of 2022



OUR FINANCIALS

as of 30 April 2022

Total Income: HK\$208,957

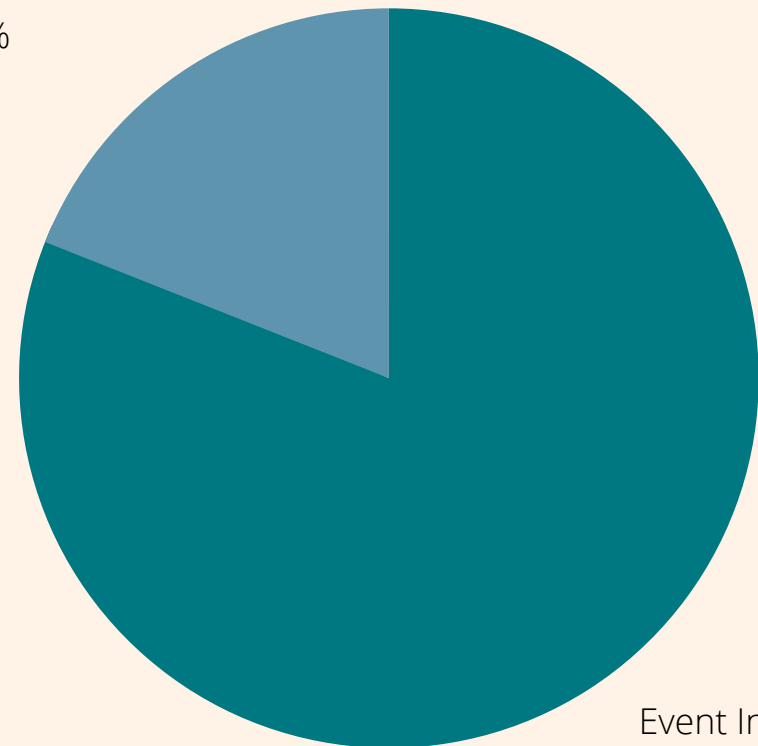
Total Expenses: HK\$112,900

Accumulated Surplus \$96,057

Income

Total Income: HK\$208,957

Individual Donations
19%

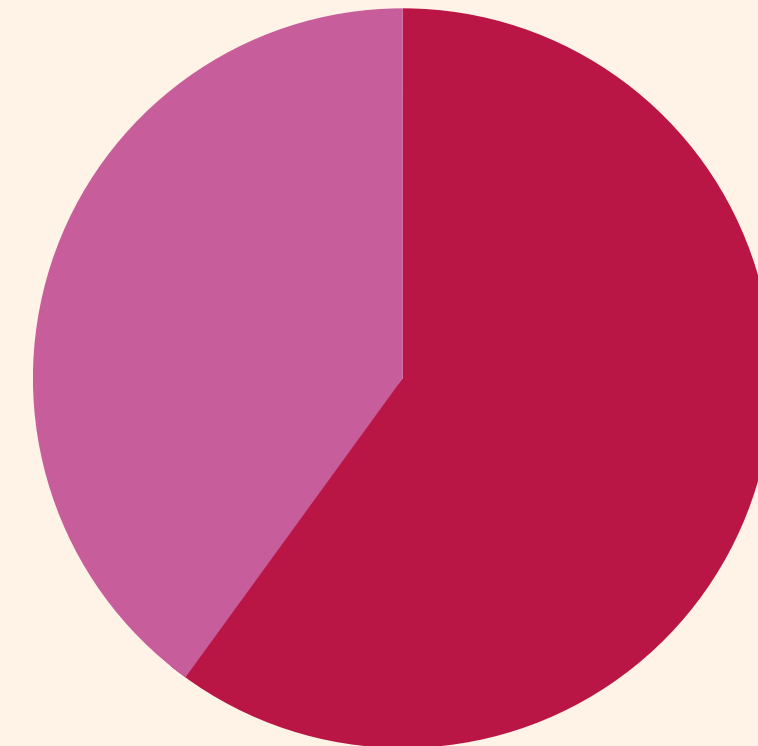


Event Income
81%

Expenses

Total Expenses: HK\$112,900

Administrative
40%



Programmes
60%

looking ahead

2023 AND BEYOND

YOGA FOR MENTAL HEALTH
AND WELLNESS

Mental health and wellness have become crucial in today's fast-paced and demanding world, where stress and anxiety are prevalent. Yoga, with its therapeutic benefits, offers a holistic approach to mental well-being by fostering a balance between the body, mind, and spirit. Our NGO's yoga projects aim to make these benefits accessible to all, by providing free classes, workshops, and resources. By promoting yoga and its restorative effects, our organization strives to create a healthier, happier, and more resilient society, where individuals feel empowered to overcome challenges and thrive in every aspect of life.

AYC believes in the transformative power of yoga to enrich the lives of all. We imagine a world where yoga would become accessible to all and where the physical and mental benefits of this ancient form of practice can be embraced by communities everywhere.

To bring this world to bear, we will work further in 2023 to promote the physical and mental health benefits of yoga by expanding our yoga sessions to a wider spectrum of communities, including children with special education needs (SEN), families and caretakers of SEN children, marginalised women and youth, patients with chronic health issues as well as other low-income groups in Hong Kong. By collaborating with more social organisations and local groups, we hope to provide tailor-made projects that are suitable for the needs of different students in a safe, inclusive and holistic manner.

To ensure effective delivery of our yoga classes and beyond, AYC will also work further on providing continuous training programs and other community resources to support our volunteer teachers and students both on and off their mats. While AYC primarily relies on the generous donation from our donors to support its mission, we will also seek to host further fundraising events and community programs to maximise our reach in Hong Kong.

AYC works as a community to ensure that no one has to walk through their journey alone. As we continue our work to build a dedicated and resilient community that is passionate in improving the lives of all in the year ahead, we look forward to your continued support in our upcoming projects and events. We are all in this together to bring our community to one.



Volunteer Sharing

From the first day that I joined this project to now, **I can see the students have improved a lot and really enjoy yoga.** They really try hard.

I am learning so much as I teach

Sonia Lam volunteer of AYC Yoga Class for Youth with Youth Outreach



Student Sharing

我的宗旨，不但只是與癌共存 (Live with cancer) 在癌中找到新生活(Live through cancer)繼而跨越癌症(Live beyond cancer)

我的人生體會，是超出了疾病本身，讓一件本來唔開心的事，可以跳出來，更上一層樓。

我會活好每一天。因為生命難掌控。人或病或有意外。醫生曾說我只有數月或不到一年的生命，但只要積極面對至今活了快4年💪😊

很幸運認識你們這班咁有心的團隊，尤其是你同 Fiona令我身心獲得好大幫助，謝謝你們的付出🙏🙏

Michelle - student of AYC Yoga for Breast Cancer Survivors



Student Sharing

Thank you Master Vishnu for the great therapeutic class focused more on shoulder mobility, knees & ankle joints strengthening today. Thank you Hazel, Jeanette, Allen and Eva for assisting 🙏❤️



Volunteer Sharing

It's such a privilege to share yoga and practice with the students and volunteer teachers every Sunday at the pier. **There is a great energy and openness that everyone brings.** We all feel so light, refreshed and balanced at the end of the hour.

Victoria Ahn volunteer of AYC Central Pier Sunday Project

YOGA FOR MENTAL HEALTH AND WELLNESS

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



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 2022 Annual Report

www.yogacommunity.org

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