



ANDIAPPAN YOGA COMMUNITY

ANNUAL

REPORT

2020





Welcome Message

2020 presented numerous challenges for both Hong Kong and AYC. However, we firmly believe that challenges serve as catalysts for growth and improvement. AYC is here to confront these challenges head-on, embracing them with open minds and learning from them to become stronger.

Due to the ongoing pandemic, our regular yoga classes were unable to proceed, and society as a whole faced heightened concerns and increased cases of emotional issues. In response, AYC dedicated itself to implementing "Online Yoga Class for All," making yoga accessible to a wider audience. We believe that by alleviating physical and emotional stress, we can open hearts and restore joy to people's lives.

We have also made special arrangements for specific organizations to provide online teaching. This new approach signifies a significant milestone for us, as we successfully extend the reach of yoga beyond traditional boundaries.

AYC remains committed to our core values and vision of making yoga and its benefits accessible to all. As you will discover in the following pages, we firmly believe that the power of AYC stems not only from our dedicated volunteers and generous donors, but also from the passionate individuals who embody our shared mission every day.

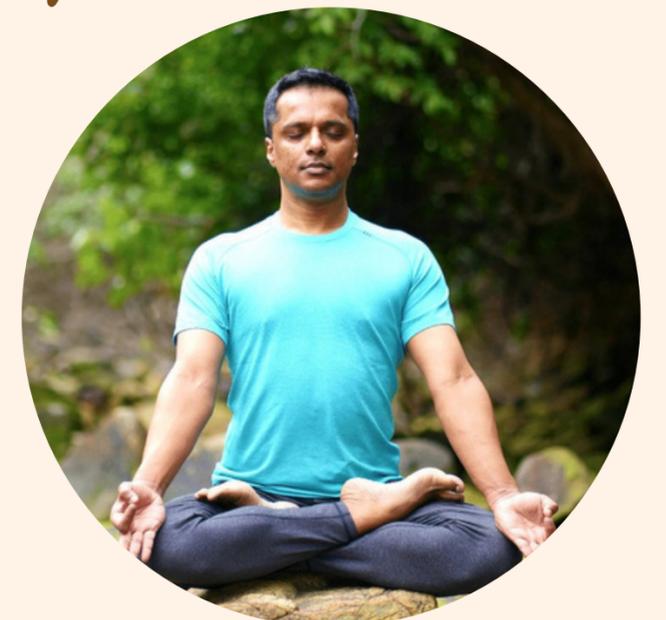
This annual report serves as a collective testament to our work in 2020. Moving forward, we hope you will continue to support us in our endeavors to enrich the lives of those in need through the practice of yoga.

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.

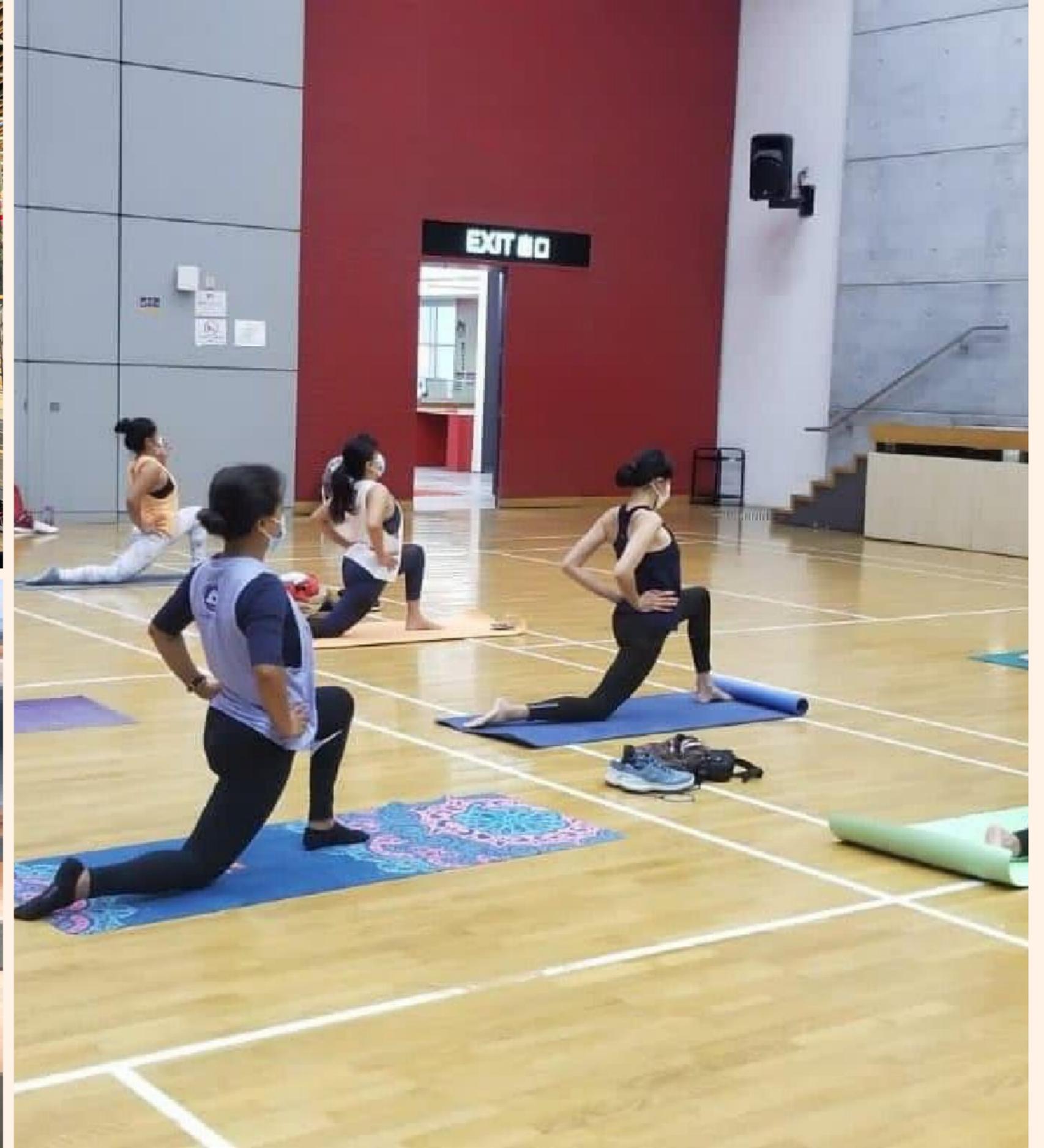
VISION

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.



2020 in numbers

594

volunteers

2557

volunteer hours

1

public events

20

projects

1557

student attendances





sharing



It was enlightening to know that Pranayama is a good way to start our practice. It also helps to align our body and release our worries so we can focus ourselves to the practice. Moreover, the right way of breathing ease out the pain as we do our Asanas.

- Rodiatrix Yabis Diaz 05/04/2020



Projects in 2020

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
- Destress Yoga and Meditation Class at Prime Credit Office Central Saturday
- Changing Young Lives Foundation

Medical Rehabilitation

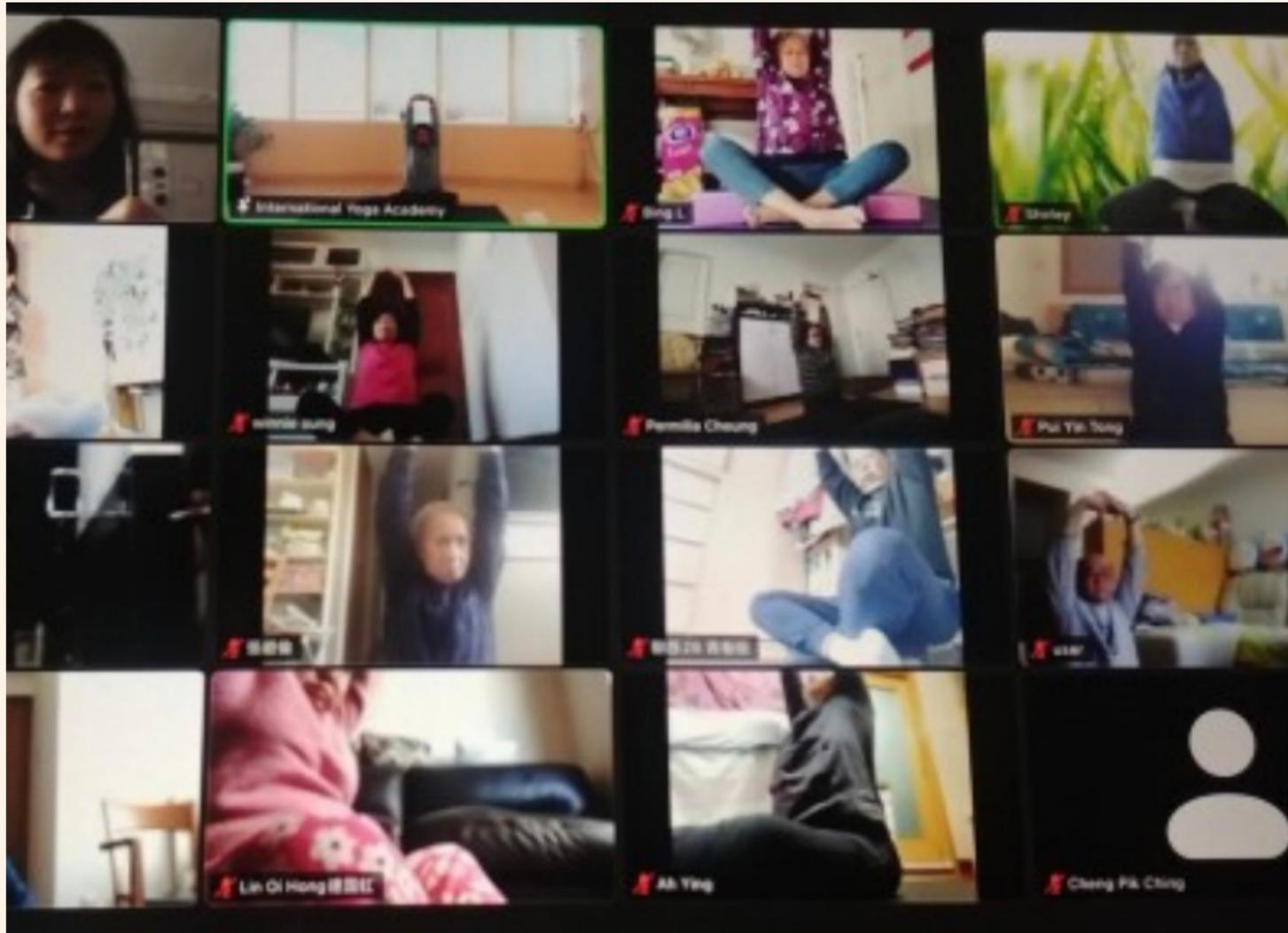
- Yoga Therapy for Rehabilitation with SARDA
- Yoga Therapy for Patients from Queen Elizabeth Hospital
- Yoga Therapy Class for Breast Cancer Survivors
- Yoga Therapy for Stroke Patients at QEH

Healthy Growth Yoga

- Yoga Class for seniors with Lok

Positive-Ageing Yoga

- Yoga Class for youth with VTC
- Yoga for HK Open University Students
- AYC class for Primary School Children at Po Leung Kuk Luk Hing Too Primary School





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



This is the second last class of this batch, and today is the 1st class after holiday. Students are so happy to be back and I am so happy to be back too. our founder Master Yogananth adds some new poses today, they all enjoy doing it. Wish they will keep practicing at home, yoga could help them for sure.

-Volunteer - Pasty Chan 08/01/2020





sharing



"Today's class was very energetic and full of good vibes. Thanks to teacher Aubrey for teaching and Ms. Daisy for assisting."

-Student - Lienary M.
Murillo 05/01/2020



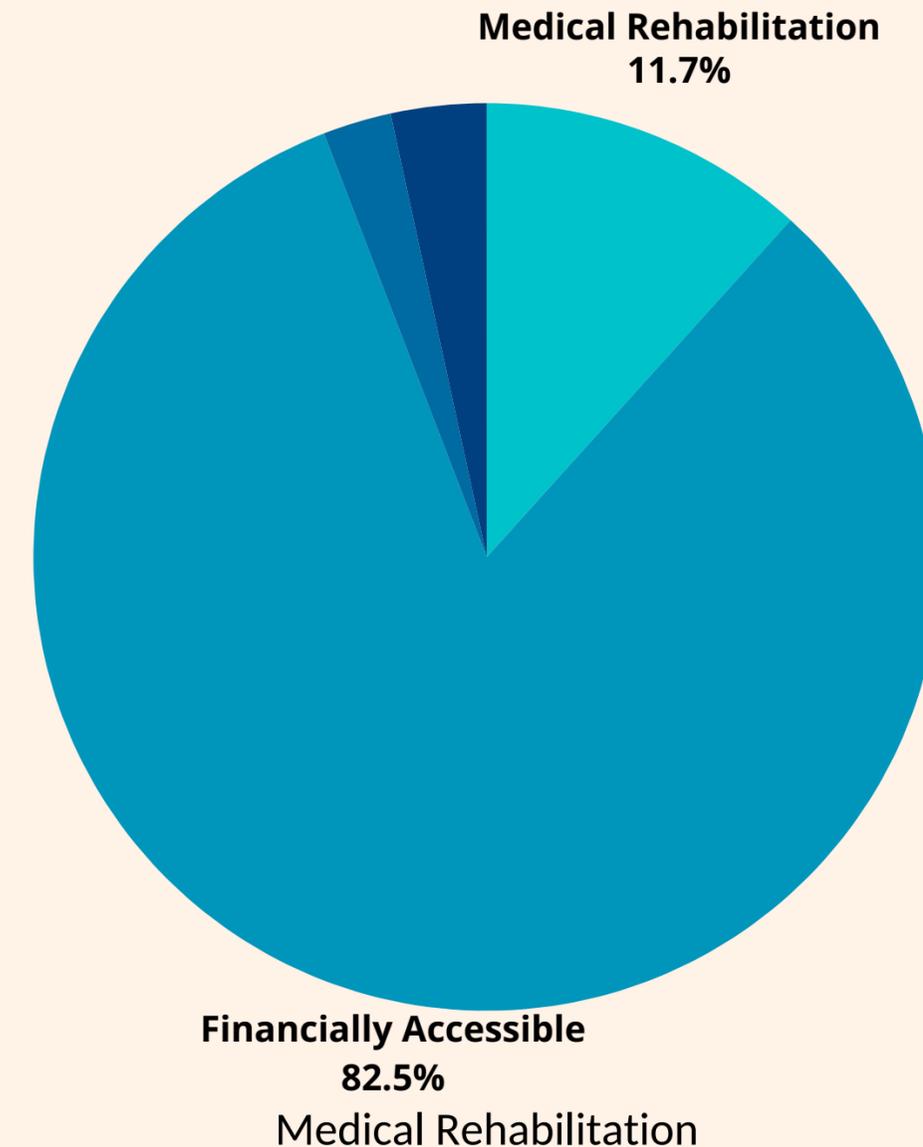
OUR STUDENTS

Over 608 students were taught yoga in 2020 through AYC.

Collectively, there were 1557 class attendances this year.

2020 Class Attendances

Total attendances: 1557





sharing

Master Anurag started off in Cantonese and Chinese New Year greetings so everyone relaxed and was in good spirits. It was a very comprehensive class with students working from neck to shoulders to upper and lower body, hips and legs to toes and ankles. Ended with some breathing pranayama. One of the best classes taught and students except for a few (new) or back issues could all follow. We assisted by demonstrating next to students or adjusting with help of blocks or with slight modifications.



- Volunteer - Michelle Toh 11/1/2020



EVENTS



21 June 2020

International day of **YOGA**

In recognition of yoga's universal appeal, the 7th Annual International Day of Yoga was celebrated at Anahata Yoga on 21 June 2020.

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.



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



OUR VOLUNTEERS

AYC is what it is today because of our volunteers. In 2020, we had 594 volunteers total in our community. All our volunteers are certified teachers who embody our values of safe and professional teaching.

594

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

355

Certified Foundation Level Teachers

71

Certified Hatha Yoga Intermediate Level Teachers

40

Certified Hatha Yoga Advanced Level Teachers

21

Certified Kids Yoga Teachers

47

Certified Yoga Therapists

33

Certified Prenatal Yoga Teachers

27

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

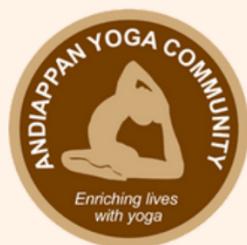


TEACHING VOLUNTEER TIERS

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



OUR DONORS

AYC is a charitable organisation powered by volunteers.

We are grateful to our 2020 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.





OUR FINANCIALS

as of 30 April 2021

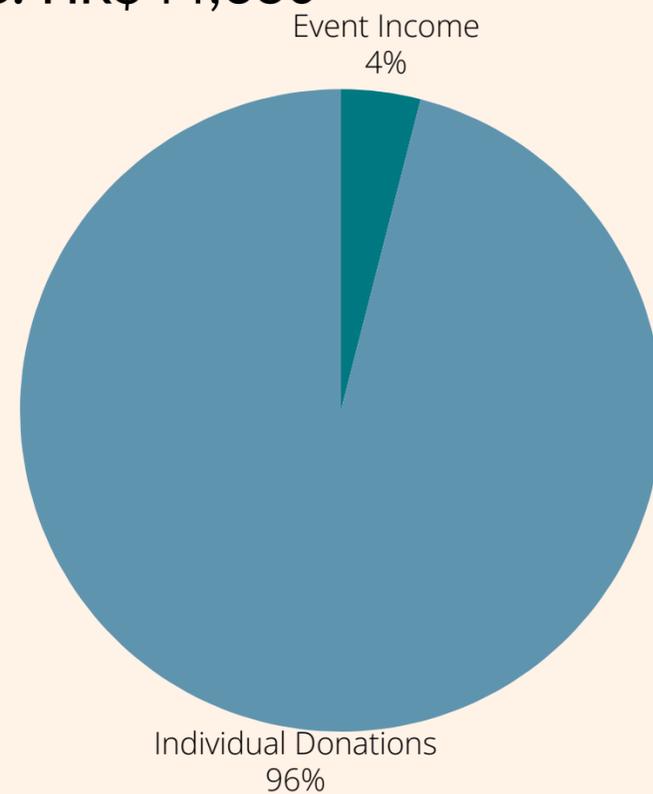
Total Income: HK\$44,380

Total Expenses: HK\$29,635

Accumulated Surplus \$14,745

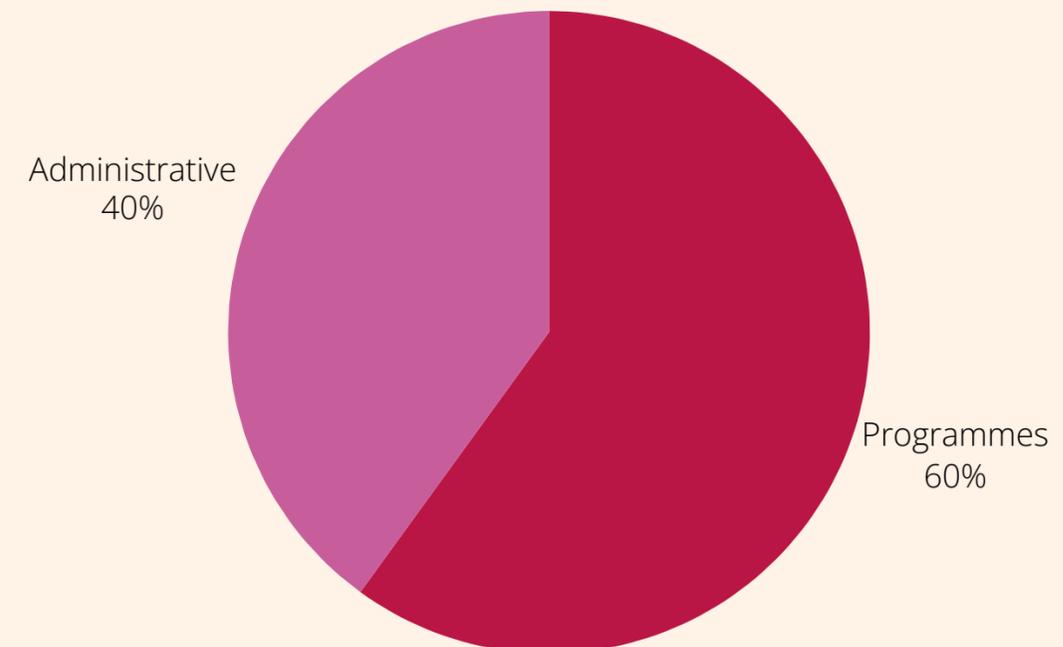
Income

Total Income: HK\$44,380



Expenses

Total Expenses: HK\$29,635



looking ahead

2021 AND BEYOND

YOGA FOR MENTAL HEALTH
AND WELLNESS

Mental health and wellness In today's world, mental health and wellness have become increasingly important, especially in light of the ongoing pandemic where stress and anxiety are prevalent. Yoga, with its therapeutic benefits, offers a comprehensive approach to promoting mental well-being by fostering harmony between the body, mind, and spirit. Our NGO's yoga initiatives aim to make these benefits accessible to everyone by providing free classes, workshops, and resources. Through the promotion of yoga and its healing effects, our organization strives to create a healthier, happier, and more resilient society where individuals feel empowered to overcome challenges and thrive in all aspects of life.

At AYC, we firmly believe in the transformative power of yoga to enrich the lives of all individuals. We envision a world where yoga is accessible to everyone and where communities worldwide can embrace the physical and mental benefits of this ancient practice.

To realize this vision, we will continue our efforts in 2021 to promote the physical and mental health benefits of yoga by expanding our online yoga sessions platform to a wider range of communities. By collaborating with more social organizations and local groups, we hope to develop tailor-made projects that meet the specific needs of different students in a safe, inclusive, and holistic manner.

In order to ensure the effective delivery of our yoga classes and other initiatives, AYC will also focus on providing continuous training programs and other community resources to support our volunteer teachers and students both on and off the mat.

As we continue our work in the year ahead to build a dedicated and resilient community that is passionate about improving the lives of all individuals, we look forward to your ongoing support in our upcoming projects and events. Together, we can unite our community and make a difference.



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

- 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**.
- **Volunteer with us** as a teacher or with other valuable skills we need!



Thank you

for your continued support

Andiappan Yoga Community 2020 Annual Report

www.yogacommunity.org

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