



**AYC is a Social Service Organisation dedicated to enriching lives through evidence-based yoga therapy.**





## From our Founder's Desk

Dear All

I am delighted to present the annual report for the year 2023, highlighting our remarkable achievements and progress as an organization dedicated to serving the community.

It has been an exceptional year filled with numerous community yoga projects aimed at supporting the youth and elderly and individuals facing mental health challenges.

First and foremost, I would like to express my heartfelt gratitude to our dedicated volunteers. Their unwavering commitment and hard work have been instrumental in the success of our projects. Their selfless contributions have made a lasting impact on the lives of those we serve, fostering a stronger and more compassionate community.

I am pleased to announce that we have undertaken significant improvements to our yoga community website. Our revamped website now features separate portals for ongoing Yoga Teacher Training (YTT) student observations, student resources, and volunteer resources. This enhancement aims to streamline communication and provide valuable resources to our stakeholders, fostering a more engaging and supportive community.

As part of our commitment to continuous improvement, we have initiated a comprehensive survey of statistical data to assess the effectiveness of our projects in promoting mental health and well-being. Preliminary results are promising, showcasing the positive impact of our initiatives. We eagerly anticipate sharing detailed findings in the upcoming annual reports, enabling us to celebrate our collective achievements.

Furthermore, I extend my sincere appreciation to our generous donors. Your unwavering support has allowed us to bring our community projects to life. Your contributions have directly fueled our ability to make a difference. I kindly request your continued generosity, as your donations enable us to continue our vital work and ensure that we can deliver the best possible outcomes for our beneficiaries.

Looking ahead, I am excited about the future of our organization. We remain committed to expanding our endeavors, with a particular focus on targeting the underprivileged in Hong Kong. Our aim is to extend the transformative benefits of yoga to all, empowering individuals to lead healthier and more fulfilling lives.

In closing, I would like to express my deepest gratitude to all those who have contributed to our success throughout the year. Together, we have made a significant difference in our community, and I am confident that our collective efforts will continue to yield positive and lasting change.

Warm regards,  
Dr, Yogananth Andiappan

## Yoga for All:

Empowering individuals through the transformative practice of science based yoga therapy. Andiappan Yoga Community stands as Hong Kong's sole charitable organization with over 30 community yoga projects dedicated to offering free yoga therapy classes to the underprivileged in our city. By extending the benefits of yoga to those who lack the means or access, we have positively impacted the lives of thousands, including both the young and elderly, fostering physical and mental well-being.





WE SERVE  
THE  
COMMUNITY





We believe that yoga is for everyone, regardless of age, income, or health status. We are dedicated to serving the financially disadvantaged, youth, elderly, and those recovering from chronic diseases. Our mission is to use the ancient practice of yoga, integrated with modern science, to improve the lives of our community members.

**Join us in our mission to bring the healing power of yoga to those in need.**

Yoga is not just a physical exercise, but a holistic practice that can benefit both the mind and body. As such, there is a need for a yoga NGO that focuses on using this ancient practice integrated with modern science to help those in need but do not have the means to access yoga therapy classes.

**Our accessible and gentle yoga therapy classes provide a safe and nurturing environment for individuals to explore the mind-body connection to find relief from their conditions.**

# Our Community Project Categories

Our community yoga project focuses on supporting the underprivileged within the community across four categories.



## Financially Disadvantaged

(People with below HKD 5000 monthly income)



## Medical Rehabilitation Yoga

(People with Chronic Diseases such as stroke, cancer and other auto immune conditions)



## Positive Ageing

(People aged 65 and above) with pain and disability.



## Healthy Growth Yoga

(For Kids & Youth)



Since 2010, we have shared the benefits of yoga with

**107**

Community  
Yoga Projects

**92,000+**  
Beneficiaries

**3800+**

Certified Volunteers  
with Yoga  
Qualifications

**900+**

Active Community  
Volunteers

One Mission  
Enriching People Lives  
Through Yoga

**55,000+**

Volunteer Hours



**Financially  
Disdvantaged**



**Medical  
Rehablitation  
Yoga**



**Healthy Growth  
Yoga**

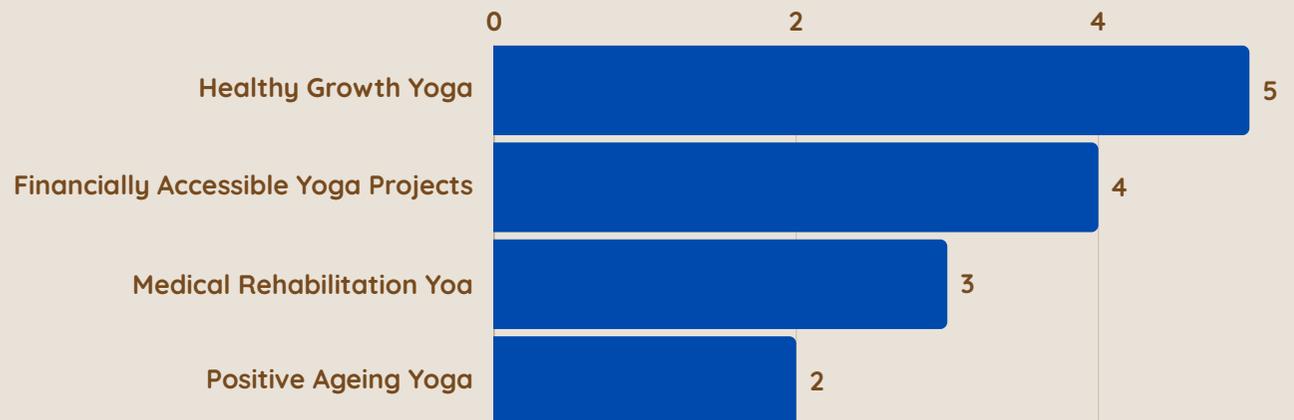


**Positive Ageing  
Yoga**

## Total Number of Community Yoga Projects Since Establishment.



## Total Number of Community Yoga Projects Launched in 2023.





# 2023 at a glance

## 342 New participants enrolled in our community yoga projects

This year, a significant number of participants, including elderly individuals and those with cancer-related pain conditions, have joined our projects. Witnessing the positive impact on the current students, hospitals have decided to increase the frequency of yoga therapy classes for the patients.

## BRONZE AWARD from the Agency for Volunteer Service, HAB, Hong Kong

AYC has been honored with the BRONZE AWARD by the Agency of Volunteer Service for providing more than 3000 hours of volunteering service to the community.

## Scientific research analysis to study the effectiveness of the projects

AYC has been gathering data through a range of health questionnaires to analyze the physical and mental health development of our participants. We have already received positive results and feedback from both the participants and organizations involved.

## Major revamp of the website

The AYC website has been updated with a student and volunteer portal for recording attendance and completing health questionnaires after classes. Additionally, the website offers resources like yoga videos in Chinese and English for students to maintain a regular yoga practice at home.

Click Here To Check Out Our New Website - <https://www.yogacommunity.org/>



**We embrace inclusivity  
and openness for all**





Healing with Yoga Therapy : Rehabilitation and Recovery for Breast Cancer Survivors



Yoga for Wellness: Therapeutic Yoga Classes for Low-Income Women



Yoga to Promote Physical and Mental Health for the Financially Disadvantaged

## Do you know?

A recent study published by the Hong Kong health bureau reveals that a larger number of senior citizens need extensive care and community support to address their diverse needs. A local study had shown that the incidence of dementia increased with age and approximately doubled for every 5 years. And by the age of 90, approximately one in four older persons had developed dementia.

## AYC Projects for Elderly Health and Well-being

Yoga Therapy Class for Seniors at Kwai Chung East Integrated Family Service Centre - Since July 2022

Yoga Therapy Class for Seniors at Yan Oi Tong (Jockey Club Community eHealth Care Project) - Since - November 2021

Yoga Therapy for Pain relief for Care givers - Lok Sin Tong - Since July 2021



Yoga Class for Elderly with Po Leung Kok Chu Lee Yuet Wah Day Care Centre - Since Nov 2023

Yoga Therapy Class for Seniors at Lok Sin Tong Benevolent Society - Since July 2017

Yoga for Seniors with Asia Women's League Limited Yaumatei Neighbourhood Elderly Centre - Since Aug 2023

## Do you know?

According to Hong Kong Hospital Authority, In 2021, there were 38,462 new cases diagnosed with cancer in Hong Kong. This included 18,943 males and 19,519 females. On average, 105 people were diagnosed with cancer every day.

AYC Projects for people with chronic health conditions.



Yoga Therapy for  
Breast Cancer Survivors  
- Since Jan 2012



Yoga Therapy Class for  
Breast Cancer Patients &  
Survivors with Global Chinese  
Breast Cancer Organizations  
Alliance (GCBC) - Since July  
2022



Yoga class for  
Mothers/Caregivers of  
Children with SEN - Since  
October 2023



Yoga Therapy for Pain  
Patients from Queen  
Elizabeth Hospital - Since July  
2019

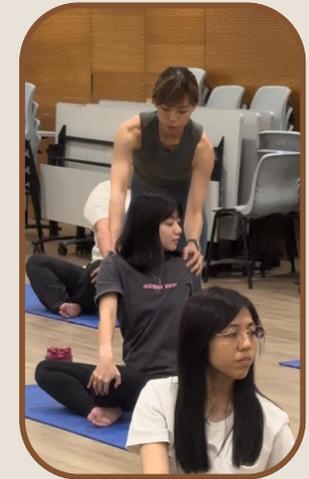


Yoga Therapy Class for  
Seniors at Kwai Chung East  
Integrated Family Service  
Centre - Since July 2022



## Do you know?

According to MIND HK, 61% of Hong Kong adults currently suffer from poor mental well-being, with 1 in every 7 people developing a common mental disorder in their lifetime.



## AYC Projects Targeting Youth for Mental Health

Yoga for Youth with VTC Youth College (Tseung Kwan O) - Since May 2023

Yoga for Stress Relief at IVE (Haking Wong) - Since March 2023

Yoga Therapy for Rehabilitation with SARDA - Online - Since Nov 2020

Yoga for Youth with Juvenile Protection Section of Kowloon West - Feb 2023



Yoga Program for VTC\_Students - Since Oct 2017

Yoga for Youth with the Lingnan University - Since March 2023

Yoga Class for South Asian with SARDA - Since Dec 2022

Yoga for Children with SEN at Caritas Jockey Club Integrated Services for Young People (Tak Tin) - Since July 2023

## Do you know?

According to Oxfam Hong Kong released its 'Hong Kong Poverty Report 2023', It found that the overall poverty rate reached 20 per cent in the first quarter of 2023, with over 1.36 million people living in poverty.

## Projects by AYC for the Financially Disadvantaged.



Tai Kok Tsui Integrated Services Centre, Hong Kong - Since Oct 2014



Yoga for Mothers at Caritas Jockey Club Integrated Services for Young People (Tak Tin) - Since Dec 2022



Yoga for the Homeless with ImpactHK - Since Jan 2019



Yoga for Financially Disadvantaged (DB) - Since April 2016



Yoga Class for Women with Society for Community Organization (SoCO) - Since May 2022



Online Yoga Class For Mental Health - Since April 2020



Yoga Sessions for Parents with Caritas Jockey Club Integrated Service for Young People (Tuen Mun) - Since Nov 2023



# Volunteer Sharing



## *Volunteer Sharing*

I am filled with immense gratitude and joy as I reflect on this experience of sharing my yoga practice with a group of young students.

Everyone could explore their bodies, minds, and spirits. Through a harmonious flow of postures, focusing on breath awareness and mindful movement. The energy in the room was palpable as everyone immersed themselves in the practice.

Beyond the physical benefits, I witnessed a profound transformation in their mental and emotional well-being. As students delved deeper into their practice, they began to release tension, stress, and negative emotions. I observed a newfound sense of clarity, inner stillness, and self-acceptance.

I am truly grateful for the opportunity to share my love and knowledge of yoga with these lovely students. Their participation, openness, and willingness to explore their inner realms continue to inspire me on my own path.

Joanne Yeung, volunteer of Yoga for Youth with Technological and Higher Education Institute of Hong Kong



# Volunteer Sharing

“



## *Volunteer Sharing*

It's always a pleasure to assist in this project. **It is so rewarding to see students getting stronger and improving.** Today, Master Yogananth taught more strengthening and lifting poses. Final challenging poses included a shoulder stand, and a few students could manage without blocks! Well done students! Great progress from students who attend regularly. Namaste.

Michelle Toh, volunteer of AYC Yoga Therapy for Pain Patients from Queen Elizabeth Hospital

”



## Student's Testimonial



### *Student Sharing*

i learned a new stretch in class that release the muscle in my back which is tight from me using crutches.

**I tried it by myself at home. I can feel the muscle is relieved.**

Wendy, student of AYC Yoga Therapy for Pain Patients





# Meet our Star Volunteers 2023

Our Star Volunteers have dedicated a significant amount of time to volunteering and overseeing community projects. They guide new volunteers and ensure the yoga therapy projects run smoothly and with the highest level of care and quality.



Keith



Heidi



Tanny



Wah Gor



Fiona



Shilpa



Olivia



Yuli



# Welcome Our New Volunteers 2023

New volunteers with diverse yoga certifications have joined our community to contribute to our projects. Here are some of the volunteers we welcomed in 2023.



Christine Lai



Lina Cheung



Sharon Wan



Sharleen  
Cooney



Norris Wong



Tracy Wong



Kinki Mak



May Lin Ho



Divya Gurung



Gary Allen

# Volunteer Training Programs 2023

AYC conducts frequent volunteer training programs on various topics to educate and equip volunteers with the latest advancements in yoga therapy and its application for different conditions. Volunteers receive certification after each program. Our training programs are conducted to ensure that classes are effective and are conducted in a highly professional manner.

14

Volunteer  
Training Events  
Conducted

368

Volunteers  
Trained &  
Certified



# Our Community Partners

AYC Collaborated with these organisations and charities to promote our mission “Yoga for All”





# Participants Attendance Record -2023



4523  
Volunteer  
Hours

8536  
Participants

14 New  
Projects

875  
Yoga Classes

# Participants Attendance Record -2023

**98%**

of participants aim to enhance their health by practicing yoga with our community classes on a weekly basis.

**38%**

of participants practice yoga at home once a week.

**30%**

of participants practice yoga at home twice a week.

**25%**

of participants practice yoga at home more than three times a week.





## Volunteers and Their Tiers - Total

**654**

**Assistant  
volunteers  
Teachers**

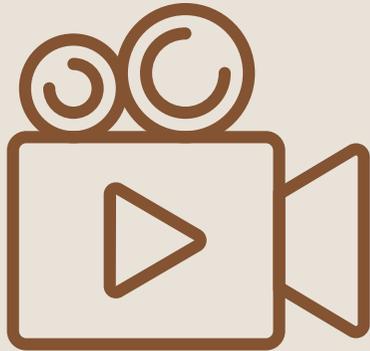
**44**

**Volunteer  
Teachers**

**19**

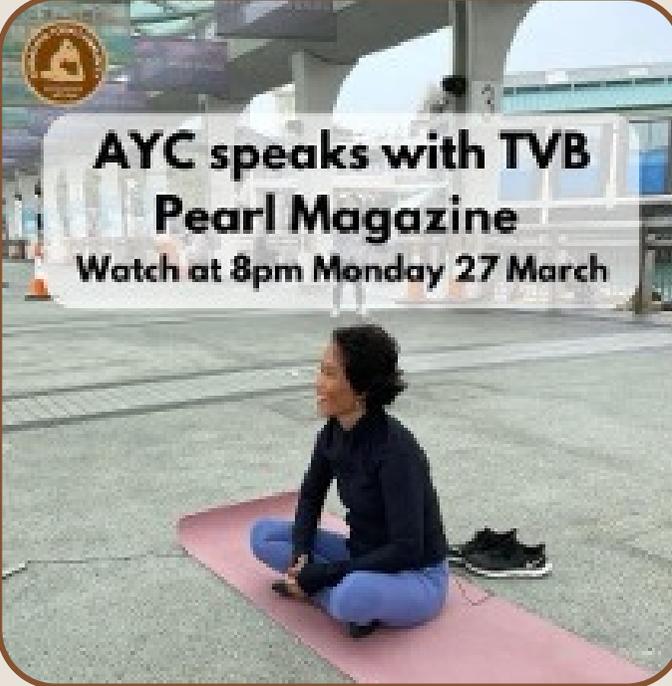
**Senior Volunteer  
Teachers**

# Press Highlights



Interviewed by RTHK Radio 2  
同理.繼續傾-Sтивен Ma

@andiappanyoga Andiappan Yoga Community



AYC speaks with TVB  
Pearl Magazine  
Watch at 8pm Monday 27 March



RTHK AM621 新人類大世界

Broadcast on 23/9 (Saturday)  
from 10:00 am to 12:00 pm

@andiappanyoga Andiappan Yoga Community



Our Community Projects are featured in RTHK Radio 2 同理繼續傾 as hosted by Steven Ma, RTHK AM621新人類大世界, TVB Pearl Magazine





# Our Network

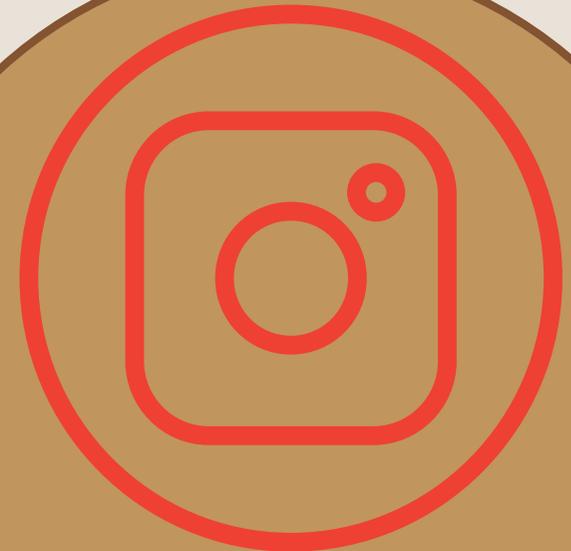


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**Followers**



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**Followers**