



## TOWARDS NIRVANA

Nirvanavan Foundation Trust, reg. Charity No. 1124427

**YES** I would like to pledge my support with \_\_\_\_\_ a month.

Please complete the details on this form and return it today to:

Joanna MacDonald, 28 Fitzwilliam Road, London SW4 0DN (alternatively, you can make a standing order arrangement yourself with your bank, letting us know once you have completed the process.)

My Name: .....

My telephone number is: .....

Address: .....

Postcode: .....

My e-mail address: .....

Instructions to your bank or Building Society to pay Standing Order:

I want to start making a regular contribution of .....each month until further notice, starting on ..... (Please allow at least three weeks between signing the form and the date of the first payment).

Name(s) of Account Holder(s)

Bank or Building Society Account No. ....Sort Code: ..... - ..... - .....

How wonderful it is that nobody need wait a single moment before

starting to improve the world.

- Anne Frank

Name and full address of Bank or Building Society:

.....  
.....

Please pay The Nirvanavan Foundation the stated amount by standing order from the above account..

Signed: ..... date: .....

Receiving bank details: Co-op Bank, Northampton NN4 7WZ

Account name: Nirvanavan Foundation Trust

Account Number: 69379439

Sort Code: 08 92 99



Bodhivriksha  
'The Tree of Knowledge'

## Autumn 2011

---

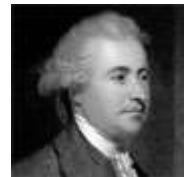
Nirvanavan Foundation Trust  
70, Thurleigh Road  
London SW12 8UD

e-mail: [towardsnirvana@gmx.co.uk](mailto:towardsnirvana@gmx.co.uk)

web site: [www.towardsnirvana.org](http://www.towardsnirvana.org)



How wonderful it is that nobody need wait a single moment before starting to improve the world.  
- Anne Frank



*Nobody made a greater mistake than he who did nothing because he could do only a little.*  
- Edmund Burke

As you may have noticed, Nirvanavan Foundation Trust UK has a new name: Towards Nirvana. We are still registered with the Charity Commission as Nirvanavan Foundation Trust – our official name – but we are allowed a ‘working name’. ‘Towards Nirvana’ is easier to pronounce, easier to spell, easier to understand. It will make it easier for all of us when talking to friends, work colleagues, potential donors etc about who we are and what we do. For those of you who find change difficult, rest assured that we are keeping our official name for now and our bank – the wonderful Co-operative Bank - is willing to accept cheques in both names.



Savita and Sunita, class 7, Advaita Garden School

more photos: <http://www.flickr.com/photos/nirvanavan/>

#### **SIGN HERE SO THE TAXMAN CAN HELP TOO**

Gift Aid allows Towards Nirvana to claim tax back from HMRC on all your donations. For every pound you give, they'll add an extra 25p from your taxes and it doesn't cost you anything. All you need to do to qualify is pay enough income tax or capital gains tax to cover the amount we will reclaim on your donations

*Example: Sally gives £10 per month - £120 a year. We are entitled to claim a quarter of that - £30. Therefore she needs to have paid at least £30 to the taxman for us to be able to reclaim that amount.*

I am a UK taxpayer and am willing for my donation to be treated as Gift Aid.

Name: .....

Signature: ..... date .....

## SUMMER 2011

The summer has flown past! I returned from India at the beginning of May. It always takes me a while to 'arrive back'. I reckon a week for every month I've been away before I truly feel that I am 'here' – as opposed to 'there'!! . Since then I've been moving between the Satyananda Yoga Centre at Thurleigh Road; Satvikananda's Centre in Surrey; the Shraddha Yoga Centre in Tarcento, Italy; Tufnell Park, north London; and a brief spell near the Tower at Blackpool! Now I'm busy packing my case again to return to India. (Not quite sure of the difference between 'here' and 'there' anymore!) My plans to spend time researching and applying to Charitable Trusts for grants this summer seems to have come to nought. (Too busy working to earn money!!) I did attend a very good course with the Directory of Social Change on Funding from Trusts and will be applying myself to this task whilst I am in India. I am really looking forward to attending a two week course on vedic chanting in Chennai at the Krishnamacharya Yoga Mandiram. This is an important part of my own personal sadhana (spiritual practice) and may lead to a two year teacher training in vedic chant.

Do have a look at our new website: <[www.towardsnirvana.org](http://www.towardsnirvana.org)> It's not finished (so please give us a few more weeks before telling us about spelling errors etc) but it's definitely on its way and viewable.

We still have <[www.nirvanavan.org.uk](http://www.nirvanavan.org.uk)> This will become more focused on the Foundation in India.

### INDIA

The new school year started in July. The Foundation now has over 550 children enrolled in twelve schools. The main school at Advaita Garden has expanded to eight classes, reaching its maximum number of classes. More classroom space has been built, doubling up as office space and accommodation for visitors. More cows have enrolled in the cowshed and we have at least two more calves.

Last Sunday, 2<sup>nd</sup> October was the 4<sup>th</sup> Art Mela for World Peace.. This is an annual event where children from all the schools come together, with children from a range of schools in Alwar city, and spend the day drawing and colouring. This year more than 800 children participated. "Our schools are located in remote areas of the Alwar district and this is also an opportunity for our children to come out of their villages and enjoy being together in the grandeur of the scenic beauty at Advaita Garden" Nirvana Bodhisattva.

A group of children from the Foundation will be taking part in an International Sufi Festival in Ajmer on October 23<sup>rd</sup>. When I left at the beginning of May the children were just beginning their rehearsals. I am travelling to India on 6<sup>th</sup> October and will spend the first two weeks in Chennai before travelling to Ajmer on the 23rd. This will be a big trip for the children, very few of whom have ever travelled further than the local villages. Ajmer is a large city about five hours from Alwar.

The annual cricket tournament for teams from the slum area of Alwar city, organised and hosted by the Childline Team will be taking place in October, and November. This is a very popular event – it receives coverage on TV and radio and is an excellent way of advertising the work of Childline.

I will be sending more news later in the year.

Love and maitri

Krishnadhyana October 4<sup>th</sup> 2011

### First, a message from our 'Chair' Swami Satvikananda:-

*I find myself writing this piece for our Newsletter on one of the hottest October days ever recorded so it is difficult for me to realise that in just over a month it will be the middle of November and I will once more be in Alwar. Krishnadhyana has been staying with us on and off since he returned from India in May and I said goodbye to him this morning as he is returning to India on Thursday until next April. Where does the time go? This year it seems to have flown rather more than it usually does!! However a lot has been achieved.*

*We have a new name for the UK branch of the Nirvanavan Foundation – Towards Nirvana. I hope you all like it and approve. We have a new logo and a new UK website and best of all we have a new team of helpers who have been working tirelessly to move this wonderful charity forward. We need to grow to be able to continue with the worthwhile support of Nirvanavan Foundation, India and more importantly we need to grow for all of us to be able to move forward.*

*If you are already a regular supporter and feel that there is any way you can raise your monthly subscription then please think about doing it. If you are not a regular supporter and feel that you can become one, then do act now!! (A standing order form is attached.)*

*Having said that, we do realise that times are hard for everyone at the moment and we are truly grateful to have the loyal regular supporters that we do have. It doesn't matter how small, (or even how big!!!), your monthly donation is, it is ALL put to good use and there is no wastage. So thank you.*

*Can you help us in other ways? Do you know any individuals or even companies aching to find a small charity to give money to??! Can you spread the word and encourage friends, acquaintances or even work colleagues to look up our new website and take an interest in what we do? Once they have familiarised themselves with our great charity they may too like to become a supporter. Is there a fund raising idea you can think of doing? A sponsored dinner where your guests pay a donation for your meal, a sponsored run or similar - and yoga people how about a sponsored Surya Namaskara or even a sponsored silence??! I am sure many people have friends and family that would pay good money for a day's peace and quiet!!!!*

*So it just leaves me to say a heartfelt thanks to our new helpers. . At a Trustees Meeting in May we welcomed four new members of 'Team Nirvana'. Adrian Wallace is creating a new website for us, Naz Alam is helping us with fundraising, Lucinda Gibson is helping with media relationships, and Karuna Sagar has created and looks after our data base and 'membership'.*

*I really feel that we are moving forward now with all your help. Up until now it has really just been Krishnadhyana, who always spends six months of the year in India working with the children over there, and we Trustees. We now have a core of people who can work together in his absence to help our charity grow and advance 'Towards Nirvana'.*

Satvikananda





More photos: <http://www.flickr.com/photos/23805009@N08/>

from Lucinda Gibson, our media person:

The Yoga Show - October 28th, 29th and 30th

This year we will be raising awareness of the Nirvanavan Foundation at the Yoga Show. You will find us sharing information about the Foundation and distributing leaflets on the FRYOG stand C3, throughout the weekend. If anyone would like to volunteer to help 'spread the good news' about the charity at the show please email me at: [gibsonlucinda@hotmail.com](mailto:gibsonlucinda@hotmail.com)

Can you help with printing/photocopying?

We would like to produce further posters and leaflets to let people know about Towards Nirvana and Nirvanavan Foundation. Do you know of anyone who would be willing to print/photocopy leaflets or posters for us at a reduced rate? If so please could you contact me on the above e-mail address. We are needing leaflets soon for the Yoga Show in a few weeks.

Lucinda

## ACCOUNTS 2010-2011

Enclosed with this newsletter is a summary of accounts for 2010-2011. (More detailed accounts are available on request.) Last year we had an income of £23,571.90 . (Up from £18,926.99 the year before.) We are happy to say that 97% of this was given in grants to Nirvanavan Foundation, India.

We have received income from a wide variety of fund-raising events including a pot plant sale in someone's garden in Essex, a children's yoga day in Hampshire, a share of someone's accident compensation in Ireland, proceeds from a sale of children's unwanted toys in Brixton, a sale of family memorabilia from an attic up in the roof and many donations from various teachers who collect small donations from their regular students (- over the months these add up to a sizeable amount.) Like Satvikananda says, it is ALL put to good use.

Last year we received £3,000 in legacy donations. Occasionally directly to us but mainly from people who have benefited from someone else's will by sending us a donation. This is a valuable source of income. So please -remember us in your will !! We really don't want to see you go but if you do you will be remembered as a much appreciated donor 'Towards Nirvana'!!



So much trouble in the world now  
So much trouble in the world now  
All you got to do is give a little  
Give a little, give a little.  
- Bob Marley



<http://www.flickr.com/photos/52552745@N05/>

