

Sl. No.	Particulars	2024-25	2023-24
1	Revenue	1000000000	950000000
2	Grants	500000000	450000000
3	Other Income	100000000	100000000
4	Capital Expenditure	(200000000)	(150000000)
5	Revenue Expenditure	(800000000)	(750000000)
6	Net Profit	100000000	100000000
7	Reserves	500000000	450000000
8	Provisions	100000000	100000000
9	Liabilities	100000000	100000000
10	Assets	1000000000	950000000
11	Current Assets	500000000	450000000
12	Fixed Assets	500000000	500000000
13	Current Liabilities	100000000	100000000
14	Long Term Liabilities	100000000	100000000
15	Equity	1000000000	950000000
16	Share Capital	500000000	500000000
17	Reserves	500000000	450000000
18	Provisions	100000000	100000000
19	Liabilities	100000000	100000000
20	Assets	1000000000	950000000
21	Current Assets	500000000	450000000
22	Fixed Assets	500000000	500000000
23	Current Liabilities	100000000	100000000
24	Long Term Liabilities	100000000	100000000
25	Equity	1000000000	950000000
26	Share Capital	500000000	500000000
27	Reserves	500000000	450000000
28	Provisions	100000000	100000000
29	Liabilities	100000000	100000000
30	Assets	1000000000	950000000
31	Current Assets	500000000	450000000
32	Fixed Assets	500000000	500000000
33	Current Liabilities	100000000	100000000
34	Long Term Liabilities	100000000	100000000
35	Equity	1000000000	950000000
36	Share Capital	500000000	500000000
37	Reserves	500000000	450000000
38	Provisions	100000000	100000000
39	Liabilities	100000000	100000000
40	Assets	1000000000	950000000
41	Current Assets	500000000	450000000
42	Fixed Assets	500000000	500000000
43	Current Liabilities	100000000	100000000
44	Long Term Liabilities	100000000	100000000
45	Equity	1000000000	950000000
46	Share Capital	500000000	500000000
47	Reserves	500000000	450000000
48	Provisions	100000000	100000000
49	Liabilities	100000000	100000000
50	Assets	1000000000	950000000
51	Current Assets	500000000	450000000
52	Fixed Assets	500000000	500000000
53	Current Liabilities	100000000	100000000
54	Long Term Liabilities	100000000	100000000
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57	Reserves	500000000	450000000
58	Provisions	100000000	100000000
59	Liabilities	100000000	100000000
60	Assets	1000000000	950000000
61	Current Assets	500000000	450000000
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64	Long Term Liabilities	100000000	100000000
65	Equity	1000000000	950000000
66	Share Capital	500000000	500000000
67	Reserves	500000000	450000000
68	Provisions	100000000	100000000
69	Liabilities	100000000	100000000
70	Assets	1000000000	950000000
71	Current Assets	500000000	450000000
72	Fixed Assets	500000000	500000000
73	Current Liabilities	100000000	100000000
74	Long Term Liabilities	100000000	100000000
75	Equity	1000000000	950000000
76	Share Capital	500000000	500000000
77	Reserves	500000000	450000000
78	Provisions	100000000	100000000
79	Liabilities	100000000	100000000
80	Assets	1000000000	950000000
81	Current Assets	500000000	450000000
82	Fixed Assets	500000000	500000000
83	Current Liabilities	100000000	100000000
84	Long Term Liabilities	100000000	100000000
85	Equity	1000000000	950000000
86	Share Capital	500000000	500000000
87	Reserves	500000000	450000000
88	Provisions	100000000	100000000
89	Liabilities	100000000	100000000
90	Assets	1000000000	950000000
91	Current Assets	500000000	450000000
92	Fixed Assets	500000000	500000000
93	Current Liabilities	100000000	100000000
94	Long Term Liabilities	100000000	100000000
95	Equity	1000000000	950000000
96	Share Capital	500000000	500000000
97	Reserves	500000000	450000000
98	Provisions	100000000	100000000
99	Liabilities	100000000	100000000
100	Assets	1000000000	950000000

Notes to the Financial Statements

1. General Information

2. Significant Accounting Policies

3. Financial Instruments

4. Provisions and Contingent Liabilities

5. Related Party Transactions

6. Commitments and Contingencies

7. Management Discussion and Analysis

8. Auditor's Report

9. Other Information

Online Insight Meditation Sessions - BST					
This timezone sheet is not updated. Please check the EDT sheet for updated sits and times					
Please consider offering dana to the teachers and sanghas freely offering these resources					
	BST	Group	Teacher	Web Site	Link
1 Daily	7:30-8:30 AM	Sangha Live Daily Morning Meditation	Martin Aylward	Sangha Live	Sangha Live
1 Daily	3:00-3:30 pm	Morning Meditation	Mary Stancavage	Undenfeded Dharma	Zoom
1 Daily	3:00-3:30 PM	Morning Meditation	Rachel Lewis	British Columbia Insight Meditation Society	Zoom
1 Daily	3:00-3:30 pm	Sitting and Dharmette	Gil Fronsdal	Insight Meditation Center	YouTube
1 Daily	3:00-3:30 pm	Daily Sunrise Nature Meditation	Mark Coleman	Mark Coleman	Register Here
1 Daily	3:00-3:30 pm	Morning Meditation	Will Kabat-Zinn	Ashtanga Yoga Berkeley	Zoom
1 Daily	3:00-3:45 pm	Mon-Sat Morning Meditation	Robert Beatty	Portland Insight	Zoom
1 Daily	3:00-3:30 pm	Mon-Fri Meditation	Beth Sternlieb	Insight L.A.	Zoom
1 Daily	3:30-4.15pm	Bridging the Social Distancing Divide	Bill and Susan Morgan	Buddhist Inquiry	Zoom
1 Daily	3:45-4:30 pm	Mon-Fri Meditation	Jessica Escobedo, Joe Clements		Zoom
1 Daily	4-5pm	Daily Morning Meditation	Caverly Morgan	Sangha Live	Register Here
1 Daily	5:00-6:00 PM	Daily Meditation	Various Teachers	Insight Meditation Center of Charlottesville	Zoom
1 Daily	5-6pm	Garrison Institute Daily Noontime Meditation	Jane Kolley & Guests	Garrison Institute	Register Here
1 Daily	6-7pm	Nalanda Institute & Tibet House Weekday Lunchtime Meditation	Various	Nalanda Institute & Tibet House US	Register Here
1 Daily	6-7pm	Daily Reflections and Meditation	Sharon Salzberg, others	Insight Meditation Society	YouTube
1 Daily	7pm-8pm	Wisdom 2.0: Cultivating Mindfulness Daily Practice & Inquiry	Jon Kabat-Zinn	Wisdom 2.0	Register Here
1 Daily	8-8.20pm	Ten Percent Happier Live	Dan Harris & Guest Teachers	Ten Percent Happier	YouTube
1 Daily	3:00 AM	Evening Pujas	Various	Abhayagiri	You Tube
1 Daily	Various	English, French, POC, LGBTQI Groups	Various	True North Insight Canada	Online Groups
1 Daily	Various	San Francisco Zen Center	Various	SF Zen Online Programs	
1 Monday	2pm-3pm	1st Monday of the Month	Various	Gaia House U.K.	Zoom
1 Monday	4-4.30pm	Forest Refuge April Retreat (begins 4/6): Morning Reflection & Guided Meditation	Oren Jay Sofer	Oren Jay Sofer	Zoom: https://zoom.us/j/204024400 // YouTube: https://youtube.com/orenjaysofervideo
1 Monday	11.30pm-1.30am	2nd & 4th Monday of the Month: Insight Dialogue	Bart Van Melik	New York Insight	Zoom
1 Monday	11.30pm-1.30am	4th Monday of the Month: Insight OUT Refuge (LGBTQIA+)	Various Teachers	New York Insight	Zoom
1 Monday	11.30pm-1.30am	1st & 3rd Mondays: POC Sangha	New York Insight	New York Insight	Zoom
1 Monday	7:30-8:00 PM	Monday Night Meditation	Erin Treat, Yong Oh, others	Durango Dharma Center	Zoom
1 Monday	8:00-9:30 PM	Monday Nights	Lisa Ernst	One Dharma Nashville	Zoom
1 Monday	8:30-9:30 PM	Monday Night Meditation	Rebecca Dixon	Rebecca Dixon	Zoom
1 Monday	9:00-10:00 PM	Devon & Craig Hase Monday Sangha	Devon & Craig Hase	Devon & Craig Hase	Zoom
1 Monday	9:00-10:15 PM	Qigong Dharma	Teja Bell	Qigong Dharma	Register Here
1 Monday	9:00-10:15 PM	Sitting and Talk	John Martin	Insight Upper Market	Zoom
1 Monday	9:30-10:30 PM	Modern Mindfulness	Dan Petrie	SF Dharma Collective	Zoom
1 Monday	10:00-11:30 PM	All Community Sit	Bob Stahl	Insight Santa Cruz	Zoom
1 Monday	3:00 AM	Monday Dharma and Meditation	Tuere Sala, Time Geil	Seattle Insight	Zoom
1 Monday	4:00 AM	Monday Meeting	Brian Lesage	Flagstaff Insight	Zoom
1 Monday	5:00 AM	Monday Night	Jack Kornfield and others	Spirit Rock	Monday Night
1 Monday	6:00 AM	Sitting and Talk	Gil Fronsdal	Insight Meditation Center	YouTube
1 Monday	7:00 AM	Bay Area Pragmatic Sangha	Tucker Peck	SF Dharma Collective	Zoom
2 Tuesday	2-2.30pm	Weekly Sitting Group	Daryl Lynn Ross	True North Insight Canada	YouTube
2 Tuesday	4-4.30pm	Forest Refuge April Retreat (begins 4/7): Morning Reflection & Guided Meditation	Oren Jay Sofer	Oren Jay Sofer	
2 Tuesday	5-5.30pm	Weekly Sitting Group	Jill Davey	True North Insight Canada	Zoom
2 Tuesday	6-7pm	Tricycle Online Practice Sessions	Sharon Salzberg, others	Tricycle	Zoom
2 Tuesday	6-7pm	Aging as a Spiritual Practice	Various Teachers	New York Insight	Zoom
2 Tuesday	12am-2am	Tuesday Dharma Gathering	Elaine Retholtz, Brian Simmons	New York Insight	Zoom
2 Tuesday	3:00 AM	Boundless Heart Livestream	Gary Sanders	Portland Insight	Zoom
2 Tuesday	3:00 AM	Tuesday Night	Howie Cohn	Mission Dharma	Zoom
2 Tuesday	3:00 AM	Tuesday Night Sit	Various	Insight Santa Cruz	Zoom
2 Tuesday	3:00 AM	Insight Meditation Satsang	Sean Feit Oakes	Ashtanga Yoga Berkeley	Facebook
3 Wednesday	3-4.45pm	Wednesday Wake-Up Livestrem	Gergory Maloof	Portland Insight	Zoom
3 Wednesday	5-5.30pm	Weekly Sitting Group	Muriel Jaouich	True North Insight Canada	YouTube
3 Wednesday	6-8pm	Wednesday Morning Meditation	Sylvia Boorstein, Donald Rothberg	Spirit Rock	Register Here
3 Wednesday	7-8pm	Sitting and Talk	Gil Fronsdal	Insight Meditation Center	YouTube
3 Wednesday	11.30pm	CMC Wednesday Evening Session	Rachel Hammerman, Vera Ruantragool, Lauren Cohen	Community Meditation Center	Zoom
3 Wednesday	12.30am	Wednesdays with Tara	Tara Brach	Insight Meditation Center Washington	Facebook
3 Wednesday	3:00 AM	Weekly Practice Group	Shelly Graf	Common Ground	YouTube
3 Wednesday	3:00 AM	Drop In Dharma	Pamela Weiss and others	SF Insight	Zoom
3 Wednesday	3:00 AM	Happy Hour: Practicing Loving-Kindness	Diana Clark, Nikki Mirghafori	Insight Meditation Center	IMC
3 Wednesday	3:00 AM	Meditation Group	Rick Hanson	Rick Hanson	Zoom
3 Wednesday	3:00 AM	Saskatoon Insight Meditation Community	Jeanne Corrigan	Saskatoon Insight Meditation Community	Facebook
3 Wednesday	3:00 AM	Metta Dharma Foundation	Richard Shankman	Metta Dharma	Zoom

Pandemic Care Resources from Teachers & Organizations		
Organization	Teacher	Link
UCSF Department of Psychiatry COVID-19 Community and Coping Communications Working Group	Dr. Elissa Epel	http://psychiatry.ucsf.edu/coronavirus
	Sharon Salzberg	https://www.sharonsalzberg.com/covid-19-resources/
Ten Percent Happier		https://www.tenpercent.com/coronavirusandtyguide
	Tara Brach	https://www.tarabrach.com/pandemic/
	Jack Kornfield	https://jackkornfield.com/pandemic-resources/
Nalanda Institute for Contemplative Science		https://nalanda.institute.org/guided-meditations-for-compassion-and-resilience?mc_cid=052263d427&mc_eid=a90f9308b4
Tricycle Magazine List of Virtual Sanghas		https://zoom.us/join/zoom/register?NN_DBZ6KBoQYyc35907HzBQ?_x_zm_rtaid=LGHZr0ZSyGUD_zQVAF3Mw.1585418759727.359c798847cfa1de5b0c3578b4c1d5e&_x_zm_rtaid=671
Insight Meditation Society		https://www.dharma.org/online-daily-reflection-and-meditation/?fbclid=IwAR2HdJRBkP4Qd7C_GXlhljWfPpsJWXuhkX52qW5H_bdZuUatvOPDV3wQ
Sangha Live		https://sangha.livesdaily?utm_source=Sangha+Live&utm_campaign=597c0ffbedfEMAIL_CAMPAIGN_2020_03_20_02_52_COPY_01&utm_medium=email&utm_term=0_e43a640a8-597c0ffbedf&44-303838097
Embodied Heart Mind - Comprehensive List of Resources	Oren Jay Sofer	https://www.orenjaysofer.com/covid-resources
Headspace - a NY state of mind		http://www.headspace.com/ny
Tibet House US Archived Video Library (Free Access)		https://tibethouse.us/video-library/