



YAMA FOUNDATION

2024 IMPACT REPORT

IRD 91/14823

www.yamahk.org

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INTRODUCTION



CHARITY OVERVIEW & VISION

Established in 2016, YAMA Foundation is a registered charity in Hong Kong whose mission is to provide cost-effective, therapeutic services such as yoga, expressive arts, and mindfulness therapies to underserved communities.

We encourage our beneficiaries to cultivate self-acceptance, build self-reliance, and enhance their quality of life to inspire them to positively impact the world around them.

Our work builds towards the UN's Sustainable Development Goals:



“

YAMA'S VISION IS THAT EVERYONE, REGARDLESS OF THEIR BACKGROUND OR ABILITY, HAS THE FUNDAMENTAL RIGHT TO FEEL GOOD IN THEIR BODIES, FIND PEACE IN THEIR MINDS, LIVE VIBRANTLY AND BELONG TO A CARING COMMUNITY.

WELCOME MESSAGE

2024 was truly a milestone year for the YAMA Foundation, and we're incredibly proud of all we've accomplished in building a more inclusive and accessible Hong Kong. As we reflect on the year, we're thrilled to share the impact of our work, including the success of our third Accessible Wellbeing Conference and delivering 1,480 classes to those in need, offering Yoga Therapy, Expressive Arts Therapy, and Mindfulness-based programming. We also continued our vital Community Outreach, Education & Advocacy initiatives, collaborating with companies, schools, and NGOs to support Hong Kong's most vulnerable.

None of this would have been possible without the unwavering support of our donors, volunteers, and the incredible YAMA team. To our dedicated teachers who lead with love and compassion across all our programmes—thank you for being the heart of our mission. And to everyone who supported us in any way, we offer our deepest gratitude.

As we step into 2025, we know that our work is more urgent than ever. Vulnerable communities still lack access to places and resources that promote physical and mental health. We plan to continue our progress towards opening Hong Kong's first accessible wellbeing centre. We're filled with hope and excitement for the journey ahead. Together, let's continue this important work and make an even greater impact. Welcome to another year of creating change with YAMA!

In service and with love,

A handwritten signature in black ink, appearing to read 'Hersha'.

Hersha Chellaram,

Co-Founder & Chief Executive Officer



WHY WE EXIST



534,200 Hong Kong People are living with a disability and have a higher risk of depression and poor mental health.



61% of Hong Kong adults suffer from poor mental wellbeing.



45% of citizens aged 65+ live in poverty.
37% face challenges related to functional disabilities and chronic pain.



Over half of secondary school students show signs of depression.

AT YAMA, WE STRIVE TO ADDRESS THESE CHALLENGES BY BRIDGING THE GAP TO OFFER ALTERNATIVE THERAPIES THAT ENHANCE BOTH THE PHYSICAL AND MENTAL WELLBEING OF THESE UNDERSERVED COMMUNITIES.

HOW WE HELP

Through our Yoga & Expressive Art Therapy Programmes, Outreach and Advocacy & Training, we are able to help:



PEOPLE WITH DISABILITIES & SPECIAL NEEDS (PWD/SEN):

Provide therapeutic support for people with disabilities and special needs.



PEOPLE WITH MENTAL HEALTH CHALLENGES:

Cultivate positive mental health and stress management for non-urgent cases.



PEOPLE LIVING IN POVERTY:

Nurture the wellbeing of low-income communities.



2024 IMPACT

1,480

TOTAL NUMBER OF CLASSES SPANNING ACROSS YOGA AND EXPRESSIVE ART THERAPY, OUTREACH AND MORE.

1,692

TOTAL NUMBER OF DIRECT BENEFICIARIES IMPACTED BY OUR WORK.

41

UNIQUE PARTNERSHIPS WITH HK NGO'S WHICH INCLUDE HAVEN OF HOPE, SOCO, WATCHDOG, CDC, LITTLE PEOPLE HONG KONG AND MORE.

97%

BENEFICIARIES' SATISFACTION RATING OF OUR PROGRAMMES.



2024 BENEFICIARY FEEDBACK

95%

OF TOTAL BENEFICIARIES REPORTED **IMPROVED BODY AWARENESS** (STRENGTH, MOBILITY, COORDINATION).

91%

OF TOTAL BENEFICIARIES REPORTED THAT THEY/THEIR CHILDREN EXPERIENCED **IMPROVED MOOD**.

89%

OF TOTAL BENEFICIARIES SAID THAT THEY/THEIR CHILDREN **CONTINUE TO USE THESE THERAPEUTIC TECHNIQUES AND PRACTICES ON THEIR OWN**.

93%

OF TOTAL BENEFICIARIES REPORTED THAT THEY/THEIR CHILDREN HAD **IMPROVED ENERGY**.

91%

OF TOTAL BENEFICIARIES REPORTED THAT THEY/THEIR CHILDREN GAINED **GREATER SELF-CONFIDENCE**.



PROGRAMMES



YOGA THERAPY SCHOLARSHIP SCHEME (YTSS)

In response to the critical shortage of early intervention and rehabilitation services for the growing number of children with special needs in Hong Kong, YAMA Foundation's Yoga Therapy Scholarship Scheme (YTSS) provides vital support to families with limited or no access to other therapeutic options for their children. The classes operate on a 1:1 basis in a ten-week intervention cycle. Benefits include gross and fine motor skill development, enhanced body awareness and emotional regulation, and improved focus and attention span.



270

TOTAL NUMBER OF
CLASSES.

92%

PROGRAMME
SATISFACTION RATE.

83%

CITED IMPROVED BODY
AWARENESS.

75%

CITED IMPROVED SELF-
CONFIDENCE.

YOGA THERAPY RESEARCH

100%

OF PARTICIPANTS
REPORTED A
POSITIVE CHANGE
IN PHYSICAL
WELLBEING AND
MOOD.



YAMA's Yoga Therapy Scholarship Scheme (YTSS) is backed by a research study. Each participating child undergoes independent assessments both before and after the intervention, with the results contributing to a comprehensive multi-year dataset. This research tracks the long-term impact of YTSS on children's development.

Findings from our study, conducted between January 2021 and December 2024, indicate that structured yoga therapy is a highly effective alternative treatment for children with disabilities and special needs.

The results show significant and promising improvements in their overall development, highlighting the transformative potential of yoga therapy.

IN PARTNERSHIP
WITH

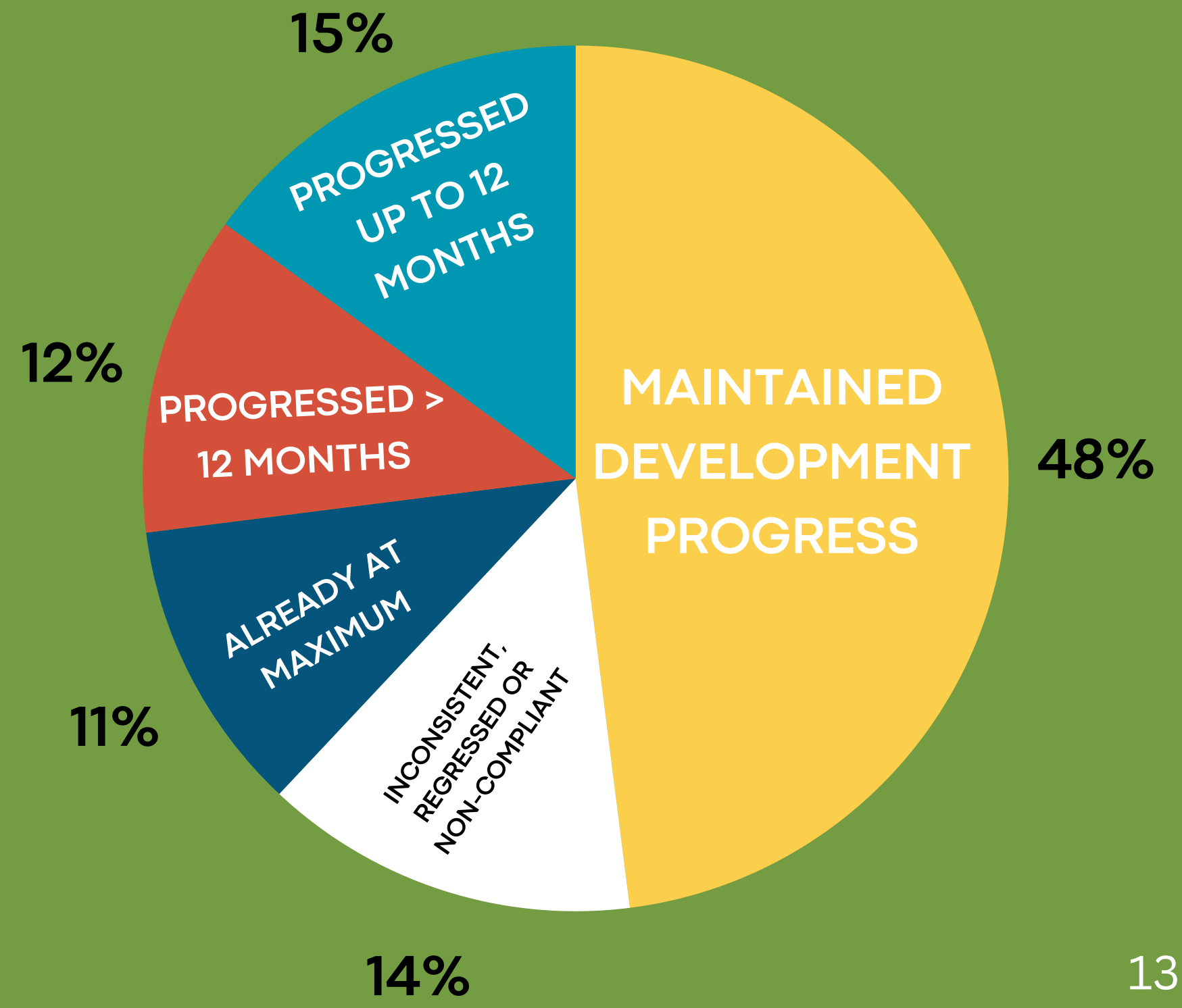
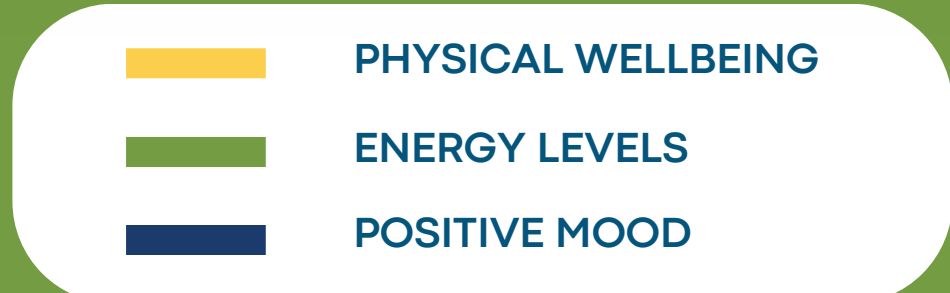
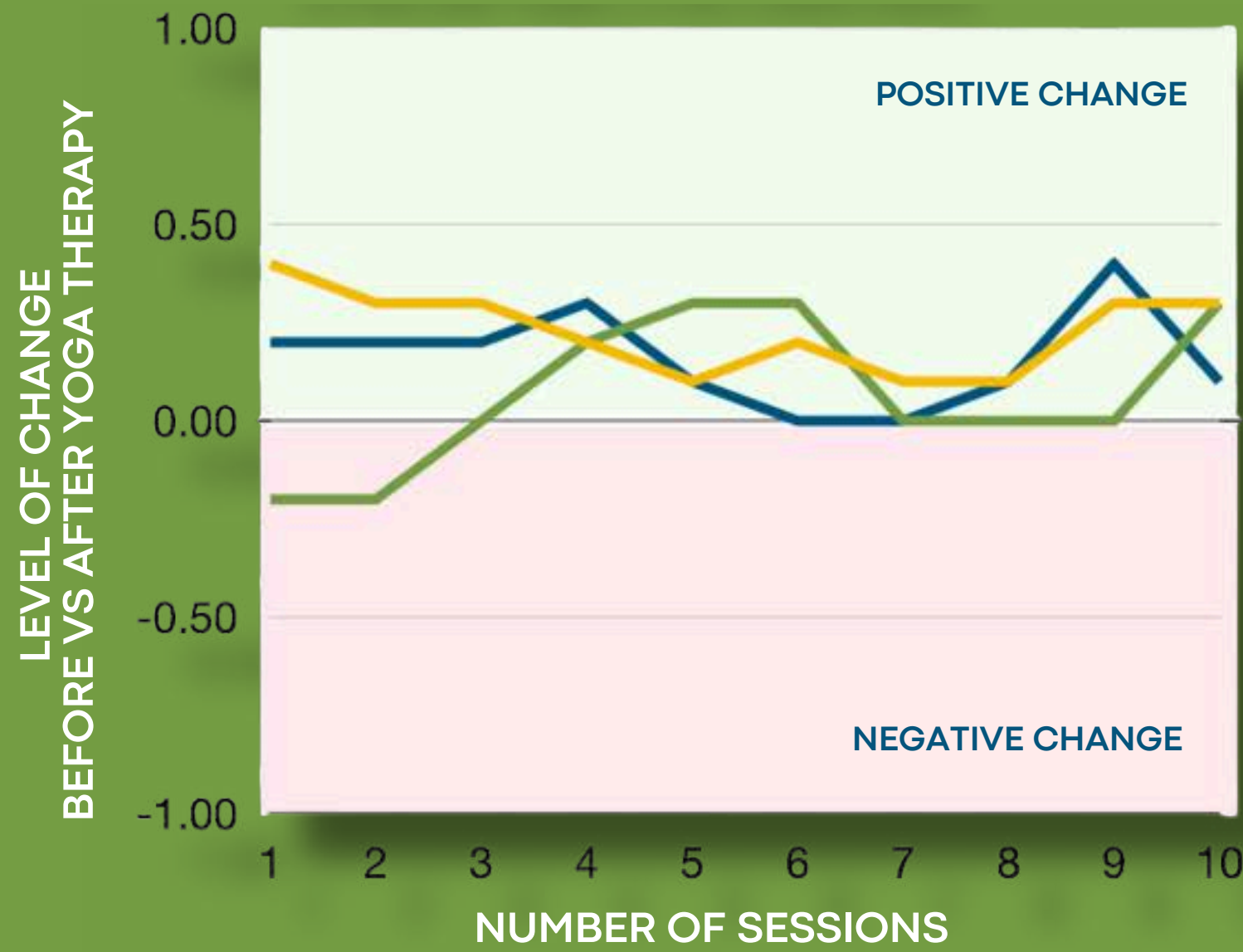


CHILD DEVELOPMENT CENTRE
明德兒童啟育中心

YOGA THERAPY RESEARCH RESULTS



Our beneficiaries reported significant positive improvements in physical wellbeing, energy levels, and mood after undergoing yoga therapy. Additionally, **27% showed notable progress in gross motor development**, while **48% achieved consistent developmental milestones**.



“

I THOUGHT IT WAS **REALLY BENEFICIAL** HOW THE CLASS CONTENT WAS ADJUSTED TO IDI'S* PARTICULAR CHARACTER. THE FOCUS WAS ON HELPING IDI TO SLOW DOWN AND BE **MORE CALM**. AND IT WORKED! IDI WAS SO **MUCH MORE REGULATED** BY THE END OF EACH SESSION.

- **IDI'S MOTHER**



IDI AND TEACHER PACSY.

*NAMES HAVE BEEN CHANGED TO PROTECT IDENTITIES

SUBSIDISED YOGA PROGRAMME (SYP)

We offer private yoga therapy, providing partially subsidised one-to-one sessions for individuals with moderate to severe special needs who do not qualify for the Yoga Therapy Scholarship Scheme. Students participating in this scheme must satisfy the financial assistance criteria to be eligible for the subsidised rate.

40

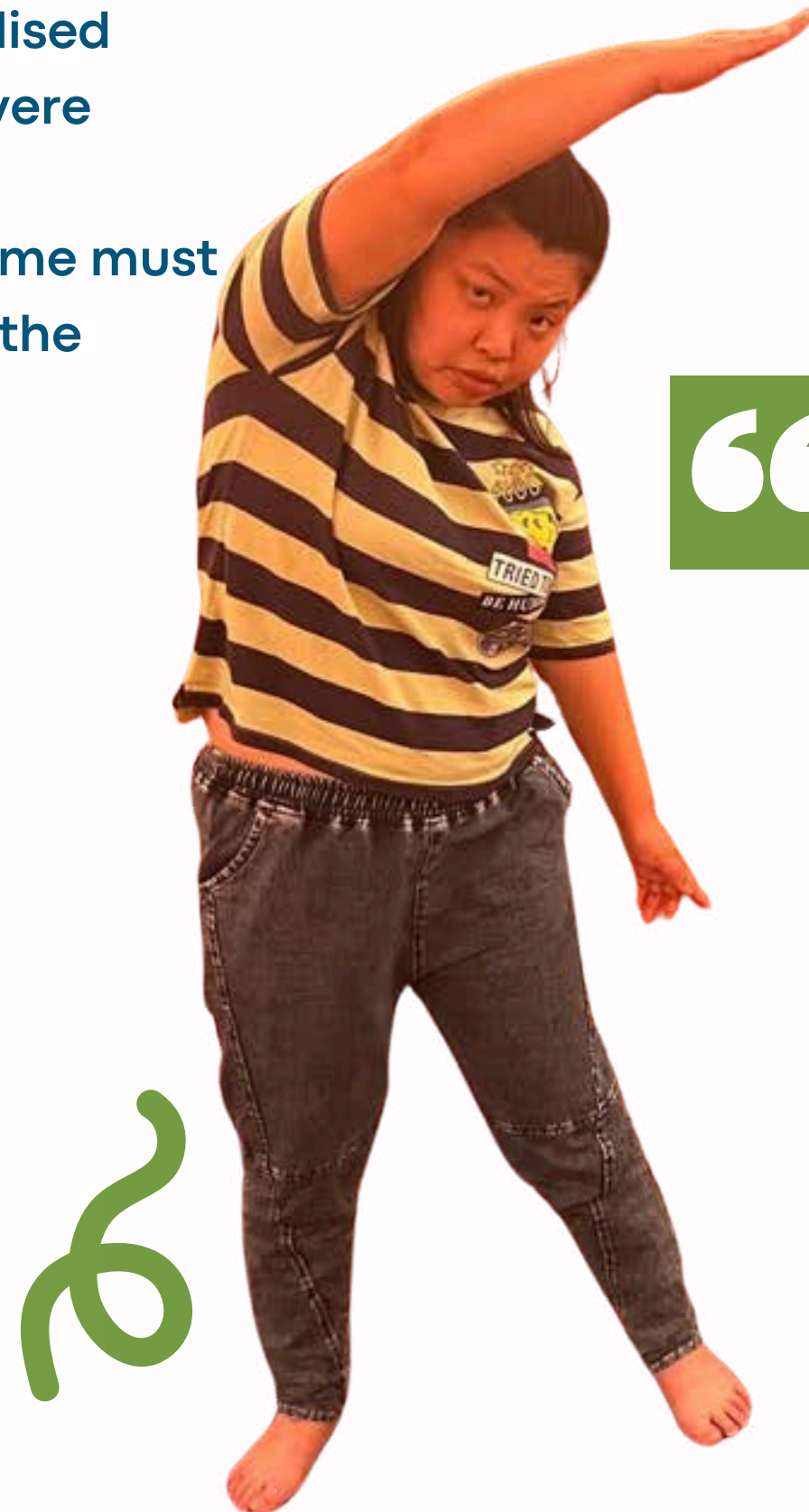
TOTAL NUMBER OF CLASSES.

100%

PROGRAMME SATISFACTION RATE.

75%

OF STUDENTS SHOWED MARKED IMPROVEMENT IN COORDINATION, SELF-REGULATION AND IMPROVED FEEDBACK.



KELLY IS MORE HAPPY AND PHYSICALLY FLEXIBLE AFTER LEARNING YOGA WITH TEACHER PACSY, SHE HAS ALSO BUILT UP MORE CONFIDENCE.

-KELLY'S BROTHER



SMALL GROUP CLASSES YOGA THERAPY (SGC)

Small Group Classes (SGCs) are thoughtfully designed by age and ability to foster social development across an eight-week intake cycle. Participants join one of four weekly small group classes, with a maximum of six students per class. This approach ensures personalised attention for each student, helping them thrive socially, while also creating a supportive community for parents and caregivers. Providing a holistic focus on physical, emotional and social growth.

158

TOTAL NUMBER
OF CLASSES.

98%

CITED IMPROVED BODY
AWARENESS.

100%

PROGRAMME
SATISFACTION RATE.





“

GIGI'S* YOGA SKILLS HAVE BEEN IMPROVED A LOT, AND SHE **FEELS CONFIDENT** TO SHOW HERSELF DOING YOGA IN FRONT OF HER FAMILY AND FRIENDS. SHE **REALLY ENJOYS EVERY MOMENT OF THE CLASS.** SHE USED TO REFUSE TO GO TO ANY OTHER CLASSES – BUT NOW SHE WILL HAPPILY LEAVE HOME FOR HER YAMA YOGA CLASSES EVERY MONDAY.

-GIGI'S MUM

EXPRESSIVE ART THERAPY: ART & MUSIC

YAMA offers two expressive arts programmes: Group Music & Movement and Group Creative Art. These programmes are powerful tools for enhancing physical and mental health, creating enriching experiences, and building lasting memories that empower individuals. Designed for youth, children, and families from low-income backgrounds, both programmes focus on fostering community connections, providing a safe space for emotional expression, and addressing mental health challenges.

96

TOTAL NUMBER
OF CLASSES.

97%

PROGRAMME
SATISFACTION RATE.

97%

CITED IMPROVED
BODY AWARENESS.

100%

CITED IMPROVED
ENERGY.



My child is very happy during the classes.

I have the courage to draw by myself, my confidence has increased.

I love how it lets me express myself.

I am able now to understand more about how my daughter feels.



OUTREACH PROGRAMMES

YAMA provides customised yoga and expressive arts programmes to community partners throughout every district of Hong Kong, including 41 NGOs, schools, care homes, neighbourhood centres, and other charities supporting underserved communities. These programmes significantly enhance the wellbeing and social connections of participants, including the elderly, individuals with physical or learning disabilities, and those from low-income backgrounds.

OUTREACH PROGRAMMES INCLUDED:

- "HERE TO BE" PROGRAMME
- ACCESSIBLE YOGA FOR SENIORS
- CAREGIVER WELLBEING SUPPORT

OUR PARTNERS INCLUDED:

- THE CDC
- KELLETT SCHOOL
- ST. JAMES SETTLEMENT
- WATCHDOG
- LOVE21 AND MORE

819

TOTAL NUMBER
OF CLASSES.

690

TOTAL NUMBER OF
PARTICIPANTS.



“HERE TO BE”: MENTAL HEALTH PROGRAMME

YAMA’s “Here To Be: Yoga & Mindfulness for Mental Health” is a programme developed in collaboration with OCD Anxiety Hong Kong & Hersha Yoga Academy, designed to support mental health by fostering self-esteem and resilience for both physical and mental wellbeing. YAMA offers an eight-week programme and stress management workshops that combine yoga, mindfulness practices, and group activities focused on enhancing mental health. The sessions cover key topics such as body positivity, self-esteem, and cultivating resilience, providing valuable tools to help teens, young adults and caregivers navigate their mental health journey.

509

BENEFICIARY COUNT.

97%

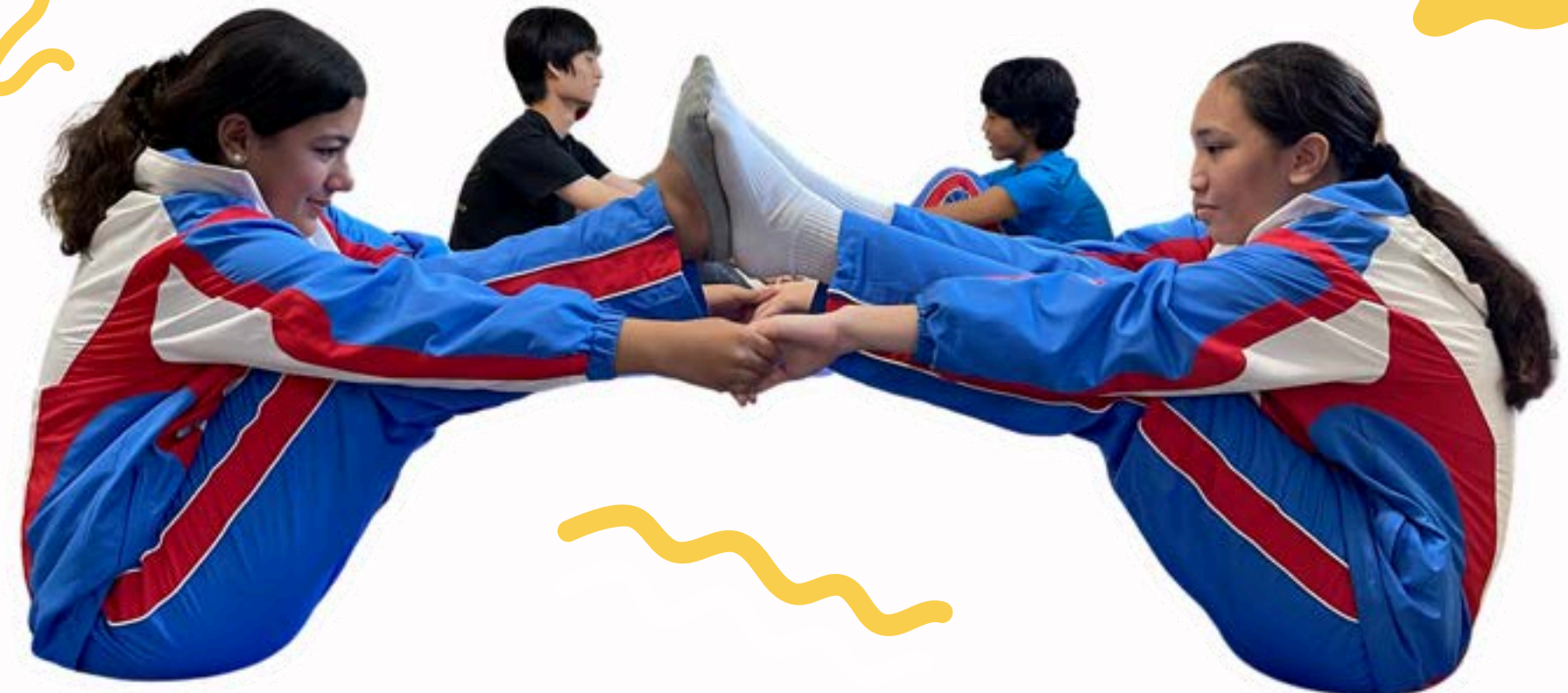
PROGRAMME
SATISFACTION RATE.

93%

CITED IMPROVED BODY
AWARENESS.

87%

CITED IMPROVED ENERGY.

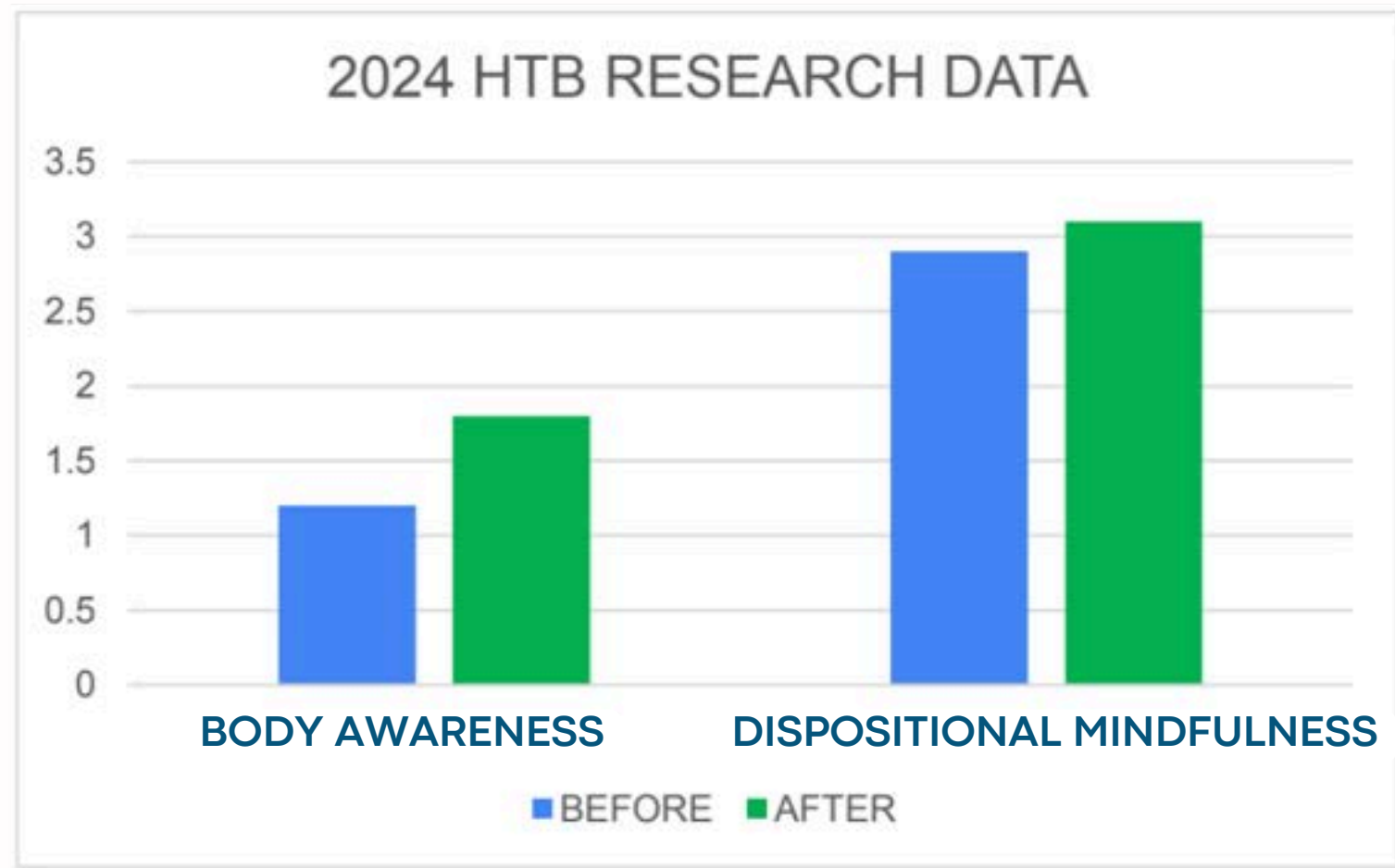


STUDENTS SAID:

“INCREASED MY SELF CONFIDENCE” – “IT CALMS ME DOWN” – “HELPED ME WITH MY PHYSICAL WELLBEING” 21

“HERE TO BE”: MENTAL HEALTH PROGRAMME

YAMA tracks participant wellbeing using Scale of Body Connection (SBC) and Mindfulness Attention Awareness Scale (MAAS). Research studies show that when body awareness and dispositional mindfulness are increased, a person’s mental health improves.



“ HERE TO BE OFFERS AN ESCAPE FROM SCHOOL STRESS, A PLACE TO IMPROVE WELLBEING AND MOOD.

-HERE TO BE STUDENT



50%

INCREASE IN BODY AWARENESS AFTER 8 SESSIONS.

7%

INCREASE IN DISPOSITIONAL MINDFULNESS AFTER 8 SESSIONS.



SUPPORTING ACTIVE AGING IN PLACE

Hong Kong's aging population is facing increasing challenges, with 37% experiencing functional disabilities, another 37% living with chronic pain, and a growing number reporting mental health struggles. Depression affects 11% of elderly men and 14% of elderly women, highlighting the urgent need for holistic support. YAMA is dedicated to addressing these issues by offering Accessible Yoga & Chair Yoga classes tailored to this demographic. Classes are designed to improve physical strength and balance, with community support and connection, supporting their independence and ability to participate in society.



98%

ELDERLY PROGRAMME
SATISFACTION RATE.

98%

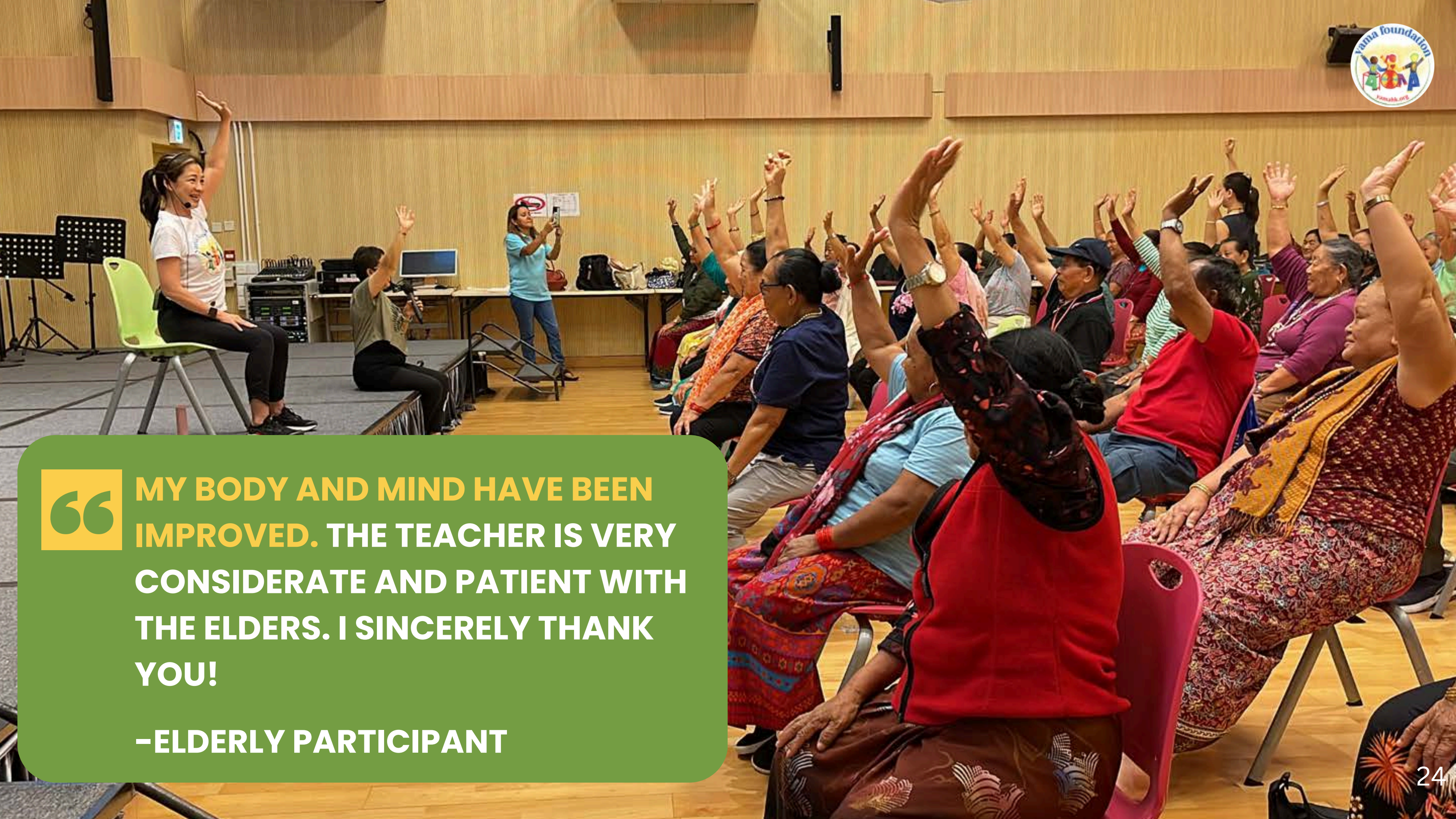
CITED FEELING
STRONGER.

96%

CITED IMPROVED
MOOD.

97%

CITED IMPROVED
ENERGY.



MY BODY AND MIND HAVE BEEN IMPROVED. THE TEACHER IS VERY CONSIDERATE AND PATIENT WITH THE ELDERS. I SINCERELY THANK YOU!

-ELDERLY PARTICIPANT

CAREGIVER SUPPORT & ONLINE CLASSES

CAREGIVER WORKSHOPS

Caregivers have access to regular wellbeing support and education workshops, designed to support their own self-care and mental health, to allow them to cultivate healthier relationships with their family members. We hope with the advent of our Accessible Wellbeing Centre that we will be able to provide more support to caregivers, and host additional training and development opportunities.

ONLINE YOGA CLASSES

Sustained demand for online classes post-COVID meant that YAMA continued weekly online yoga classes. Designed for people who lack time or capacity to leave their homes, online classes included Chair Yoga, Community Yoga & Caregiver Yoga, all designed to be inclusive and suit diverse needs.





PROGRAMME TESTIMONIALS



“ I got less insecure and also learnt how to control myself and how to relieve the stress. ”

“ In this programme, I can visualise things in my mind, which makes me more relaxed. ”

“ Learning how to control my breathing, has helped me a lot through my stressful times. ”

“ My son's mobility, emotions, and reactions have all improved ”

“ I find the stretches most beneficial as I am able to apply it to my daily life with ease. ”

“ There is a high-quality instructor who carefully teaches our group of friends, making us feel confident to do every action, and there are solutions for us even if we can't do it. ”

YAMA COLLECTED QUALITATIVE FEEDBACK FROM EACH OF OUR BENEFICIARIES AND INPUT THE DATA INTO A WORD CLOUD. HERE ARE THE MAIN BENEFITS REPORTED BY OUR BENEFICIARIES.

ADVOCACY & TRAINING





IMPACT HIGHLIGHTS

At YAMA, training yoga teachers and wellbeing professionals is central to our mission. Through professional development and scholarships, we equip teachers with accessible practices and skills in trauma-informed care and cultural sensitivity. All YAMA teaching staff must complete our "Safeguarding Communities Training" before beginning their 8-week practicum.

We also partnered with a leading yoga therapy academy to offer an Adaptive Yoga Therapy workshop, expanding skills and breaking barriers for people with disabilities to access tailored teaching. YAMA also provides training and support to NGO community partners, helping parents, caregivers, and volunteers recognise how they might unintentionally harm beneficiaries or trigger trauma responses.

3

SAFEGUARDING WORKSHOPS.

4

WORKSHOPS FOR PARENTS, CAREGIVERS & VOLUNTEERS.

6

PROFESSIONAL DEVELOPMENT SCHOLARSHIPS.

18

ADAPTIVE YOGA THERAPY TRAINING PARTICIPANTS (100 HRS).





AS A PARENT WITH AN AUTISTIC CHILD, COMPLETING THE ADAPTIVE YOGA TEACHER PROGRAMME HAS BEEN TREMENDOUSLY BENEFICIAL. THE PROGRAMME GAVE ME A DEEPER UNDERSTANDING OF MY CHILD'S UNIQUE NEEDS, TAUGHT ME TAILORED YOGA PRACTICES WE CAN ENJOY TOGETHER, AND HAS FOSTERED STRONGER BONDING THROUGH THIS CALMING, SENSORY-FRIENDLY ACTIVITY.

-FROM A TRAINING PARTICIPANT



TRAINING IMPACT

Mui, one of our dedicated Yoga Ambassadors and a valued member of our team, completed her yoga training with YAMA and has always been passionate about making yoga accessible to everyone. In a wonderful turn of events, Mui had the incredible opportunity to attend the Foundation for Ichthyosis & Related Skin Types (FIRST) 2024 National Conference, New Mexico, USA in June, where she led her first-ever yoga class for individuals with Ichthyosis.

“ AS AN YAMA YOGA AMBASSADOR IN HONG KONG, ONE OF HERSHA’S WISHES FOR ME WHEN I STARTED MY YOGA TEACHING JOURNEY WAS TO BE ABLE TO BRING A CLASS TO THOSE LIKE ME AND OTHERS WHO MIGHT BE SELF-CONSCIOUS OF BEING IN AN ENVIRONMENT WITH OTHERS FOR WHATEVER REASON – BUT STILL WANTED A PRACTICE JUST LIKE EVERYONE ELSE AND I THINK THIS OPPORTUNITY WAS A FULL CIRCLE MOMENT.

-MUI



EVENTS



2024 EVENTS



2024 was a year filled with incredible opportunities to host meaningful events. Highlights included:

BACK TO WELLBEING:

- Featuring an inclusive yoga session, engaging performances, and impactful activities, all in support of our Accessible Wellbeing Centre.

MAGICAL MYSTICAL CHRISTMAS:

- A festive celebration that drew over 300 attendees, spreading joy and holiday cheer.

AIA VITALITY HUB SESSIONS:

- 10 yoga sessions during the year open to all, offering a space for relaxation and mindfulness at beneficiaries' convenience.



LITTLE PEOPLE HK 10TH ANNIVERSARY:

- We proudly contributed to this milestone event with inclusive yoga sessions and engaging activities for all participants.

HK CHILDREN'S HOSPITAL:

- Hosted parent-and-child yoga sessions at the Patient Resource Centre, fostering connection and wellbeing for families.

S+ EXPO 2024:

- A platform to showcase the vital work we do and share our mission with a wider audience.

ACCESSIBLE WELLBEING CONFERENCE:

- Our biennial event dedicated to promoting inclusivity and wellness.



OUR **BACK TO WELLBEING EVENT** WAS A CELEBRATION OF THE INCREDIBLE STORIES, TALENTS, AND RESILIENCE WITHIN OUR COMMUNITY. IT PROVIDED A VIBRANT PLATFORM FOR INDIVIDUALS TO SHINE, FEATURING CAPTIVATING DANCE PERFORMANCES, CALMING YOGA SESSIONS, AND AN INSPIRING ARTWORK AUCTION SHOWCASING CREATIONS BY OUR TALENTED BENEFICIARIES.



ONE OF THE MOST MOVING HIGHLIGHTS WAS WITNESSING THE PROFOUND IMPACT OF OUR YOGA THERAPY PROGRAMMES, WHICH HAVE HELPED BENEFICIARIES **BUILD CONFIDENCE AND EMBRACE THEIR AUTHENTIC SELVES**. EMPOWERING INDIVIDUALS LIES AT THE HEART OF OUR MISSION— FOSTERING A SUPPORTIVE COMMUNITY WHERE THEY CAN **SHOW UP AS THEY ARE AND THRIVE**. SEEING THEIR **POSITIVE CONTRIBUTIONS TO THE WORLD** SIMPLY BY BEING THEMSELVES IS A PRIVILEGE AND A TRUE TESTAMENT TO THE JOY AND PURPOSE OF THE WORK WE DO.



-CEO & CO-FOUNDER, HERSHA CHELLARAM



ACCESSIBLE WELLBEING CONFERENCE

On November 30th, 2024, the YAMA Foundation hosted the Accessible Wellbeing Conference at Quarryside with the theme “Cultivating Resilience and Fortitude.” The event promoted inclusive wellbeing through activities like yoga, dance, a ZENSory zone, sound healing, and panel discussions with experts such as Lai Chi Wai and Dr. Czarina Leung. A Parent Support Q&A session addressed challenges in raising children with disabilities, offering practical advice and reflections. The conference created a space for families to connect, reducing feelings of isolation often experienced by individuals with disabilities or their caregivers. Information booths and activity stations provided additional resources and support from other NGOs and services. An attendee said of the event that it was, *“inclusive, accessible, had a great calibre of speakers with rich lived experiences- I also loved the translation headsets that were made available at the panel discussions”*.

We look forward to celebrating this incredible community again in 2025. Huge thanks to our generous sponsors: lululemon, Swire Trust, St. James’s Place Charitable Foundation, and the Hong Kong Club Foundation—this day wouldn’t have been possible without your support!

100%

**EVENT
ATTENDEE
SATISFACTION.**

166

**REGISTRATIONS
/ATTENDEES.**

12

**WORKSHOPS
& ZENSORY
ZONE
ACTIVITIES.**





THERE ARE TOO FEW OPPORTUNITIES IN HONG KONG FOR PEOPLE OF ALL ABILITIES TO **CELEBRATE DIVERSITY.**

THE YAMA ACCESSIBLE WELLBEING CONFERENCE WAS **A BEAUTIFUL, SUPPORTIVE SPACE FOR EVERYONE TO CONNECT AND FEEL GOOD.**

-GUEST SPEAKER,
CRUZANNE MACALLIGAN





OPERATIONS





GOVERNANCE & ADVOCACY

OUR LEADERSHIP TEAM



Hersha Chellaram
CEO &
Co-Founder



Shaman Chellaram
Board Director &
Co-Founder



Alex Norton
Board Chair



Pilar Morais
Board Director &
Treasurer



Rina Hiranand
Board Director



Victor Leung
Company
Secretary

OUR AMBASSADORS



Catrin Anderson



Mui Thomas

We are grateful to our team of experts and passionate individuals who make our work possible. Our board is composed of individuals with a wealth of practical experience in the wellbeing space and have passed our legal health check.

Our teaching team are all yoga teachers with accreditations beyond foundational yoga teacher training, with specialised or higher-level qualifications, first aid training, and who have undergone both criminal background checks and YAMA's Safeguarding Communities training and 8-week practicum training.



OPERATIONS & PROGRAMMING

OUR PROGRAMMES & OPERATIONS TEAM



Melo Ng
Programme
Coordinator



Wendy Choo
Operations Officer &
Specialist Yoga Teacher



Angelita Li
Research Assistant &
Specialist Yoga
Teacher



Mel Patching
Programme
Communications
Officer



Victoria Ahn
Art Therapist &
Specialist Yoga
Teacher



Pacy Lam
Yoga for the Special
Child Practitioner



Melody Tse
Yoga Therapist
and Yoga for the
Special Child
Practitioner



Lucia Yiu
Yoga for the Special
Child Practitioner



Hung Yan Lo
Specialist
Yoga Teacher



Angel Leung
US and Canada Credentialed
Music Therapist,
NICU Music Therapist



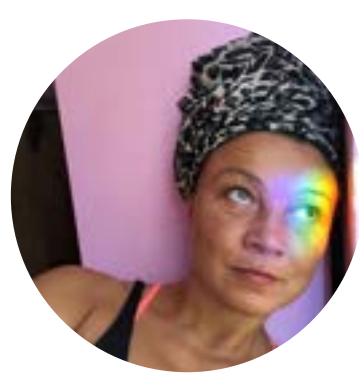
Michelle Lai
Music
Therapist



Geetha Nagendra
Specialist Yoga
Teacher



Jam Usa
Specialist Yoga
Teacher



Melanie Anderson
Specialist Yoga
Teacher



Emily Fung
Specialist
Yoga
Teacher



Dorothy Hung
Specialist Yoga
Teacher

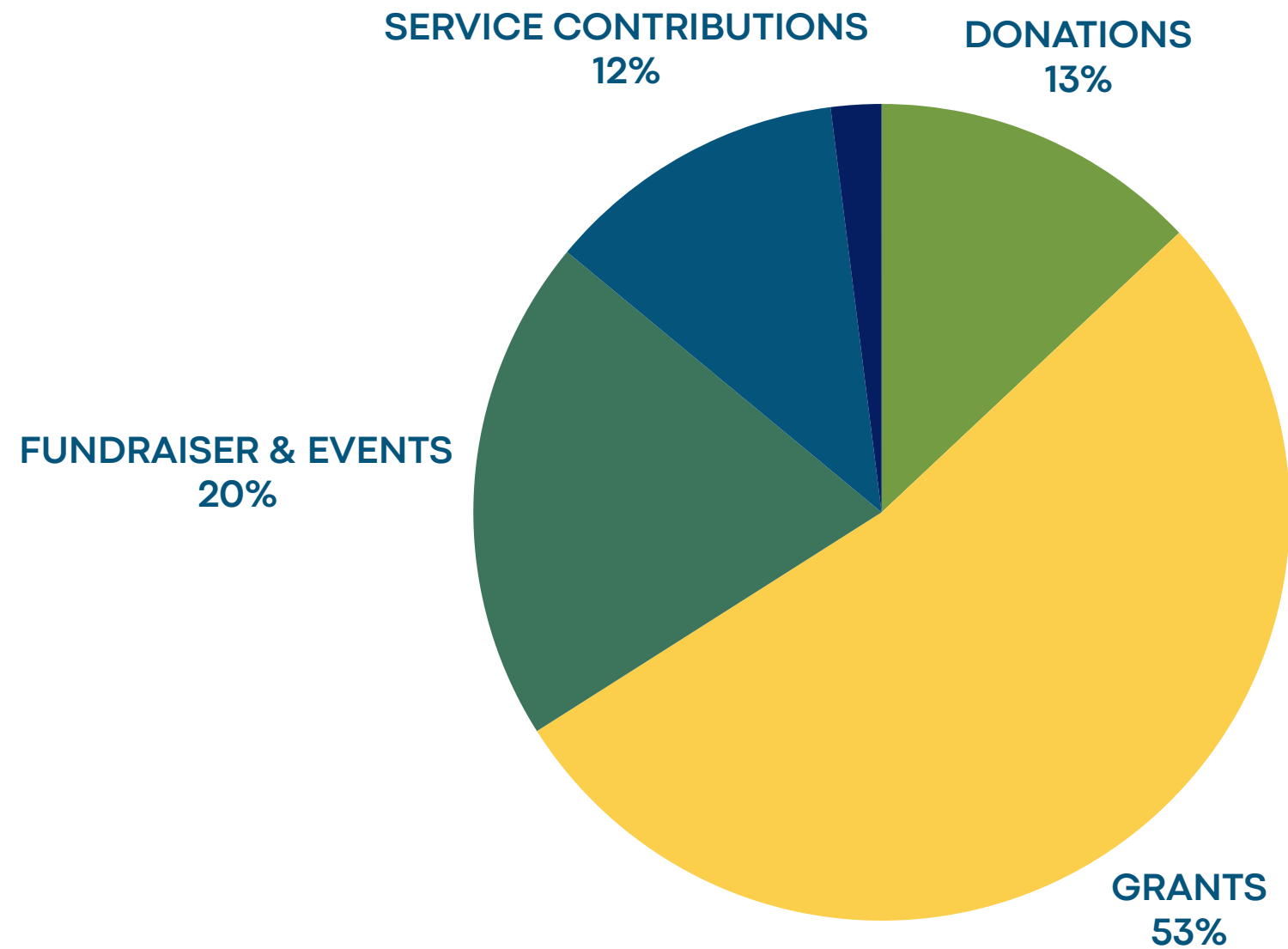


Sitarani Dasi
Specialist Yoga
Teacher

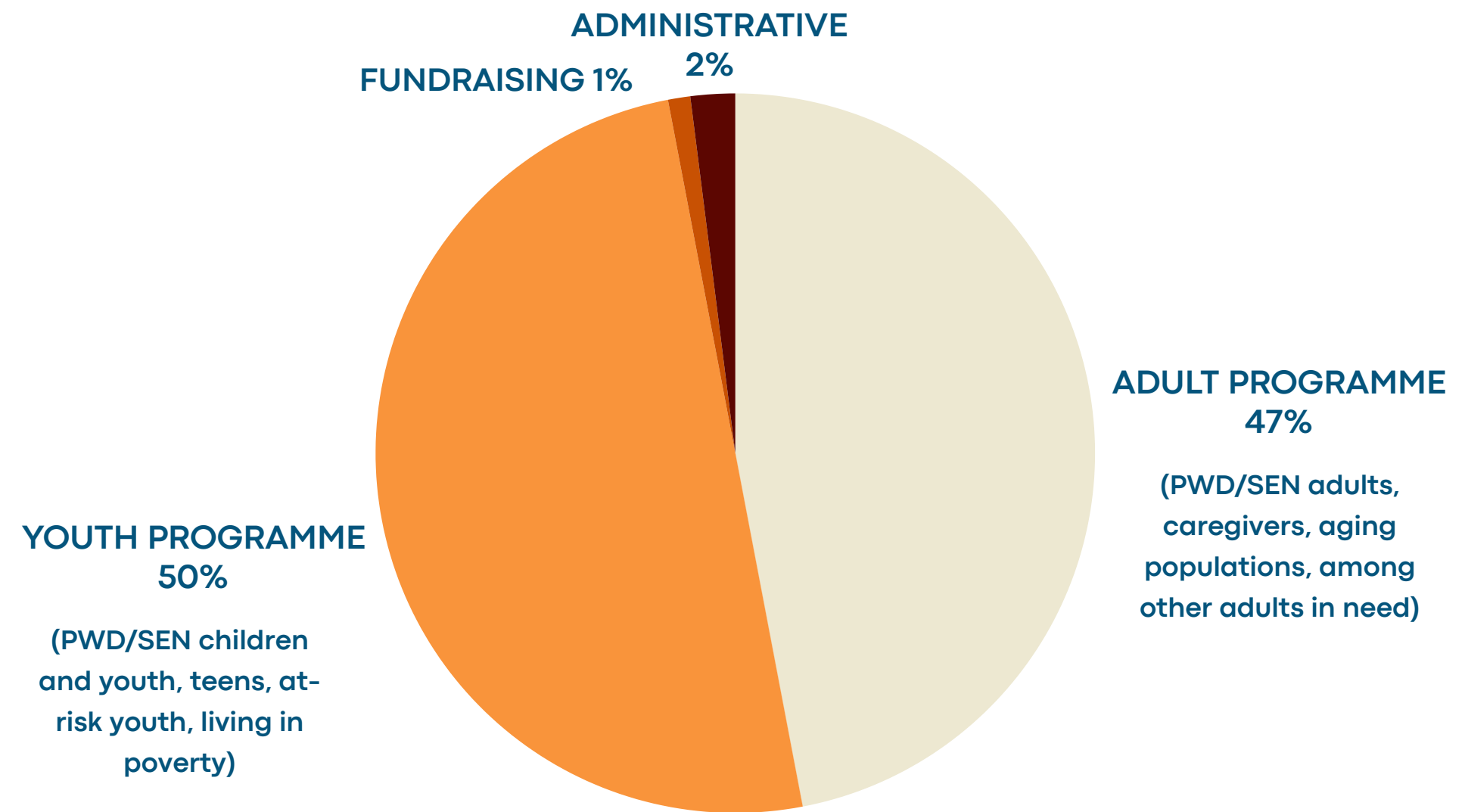


FINANCIAL INFORMATION

INCOME: HK\$2,409,113



EXPENDITURE: HK\$2,221,162



NUMBERS BASED ON YAMA FOUNDATION'S 2023-2024 DIRECTOR'S REPORT & AUDITED FINANCIAL STATEMENTS. YAMA FOUNDATION'S AUDITED ACCOUNTS ARE FURNISHED UPON REQUEST.

OUR SUPPORTERS



Our heartfelt gratitude goes to the individuals and organisations for their support: donations, engagement, partnerships, sponsorships, volunteering, and more. Thank you for your service and dedication to YAMA Foundation.

ORGANISATIONS

Alpha Designs Limited
Apex Tax Advisory Limited
Arrived
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Cindy Dance Academy
Colliers International (HK) Limited
Conspiracy Chocolate
Creative China Creations Limited
D.S. Mohan Foundation
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Sam's Tailor
SCMP Charities Limited - Operation
Santa Claus
Sensational Foundation

Shikha S. Lamba
SIE Fund
Special Needs Newtork Hong Kong
St. James Settlement
St. James' Place Foundation
Still Together HK Limited
Tessa's Kitchen Hong Kong
The Child Development Centre Hong Kong
The George & Chandra Harilela Foundation
The Gift Horse
The Hari Hong Kong
The Hong Kong Club Foundation
The Hong Kong Council of Social Services
The Leprosy Project
The Mira Hong Kong
The Nesbitt Centre
The Swire Group Charitable Trust
The UK Online Giving Foundation
The Upper House
The Vault Fitness
Zoku Restaurant & The Terrace

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Sumit Choudhury
Susan Khua Son Chiok
Tse Kam Tsuen Dennis

Donations over HK\$10,000 or recurring monthly donors.
If we have missed any names, please email us at hello@yamahk.org

OUR SUPPORTERS



Our heartfelt gratitude goes to the individuals and organisations for their support: donations, engagement, partnerships, sponsorships, volunteering, and more. Thank you for your service and dedication to YAMA Foundation.

INDIVIDUAL DONORS

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 Keita Svetlana
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 Kwan Sin Har Sharon
 Lakshmi Harilela
 Lam Chui Lan
 Lindsay Vaughan Narain
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 MaryAnn Voli
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 Shalini Mahtani
 Sharon Leddel
 Sherina Harilela
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 To Wai Siu
 Varsha sani
 Victoria Ahn
 Vikram Chellaram
 Wai Yan Tse
 Wan Oi Chi
 Wong Chun Long Samuel
 Wong Chun Mun Rebecca
 Yeung Ling Fung

Donations over HK\$1000.

If we have missed any names, please email us at hello@yamahk.org

ACCESSIBLE WELLBEING CENTRE



WHAT WE'RE DOING

We're creating an Accessible Wellbeing Centre (AWC) – a space where everyone can thrive.

- State-of-the-art, fully accessible facilities designed for PWD/SEN.
- Highly trained staff fostering a warm, inclusive environment.
- A strong sense of community to combat isolation and build belonging.

This vision is becoming a reality, thanks to the incredible support of our community. Together, we're building a place where everyone feels they truly belong.

WHY WE'RE DOING THIS



- People with disabilities face 10x higher risk of depression and poor mental health.
- Social exclusion and isolation, worsened by COVID, intensify these challenges.



- Limited "universal design" in public spaces and services leaves PWD/SEN excluded.
- Few inclusive, welcoming spaces exist with properly trained staff.



More information about the AWC here:
<https://bit.ly/4bkn5Xu>

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WHEN YOU CAN MEET ANOTHER HUMAN BEING WHERE THEY ARE AT, WITHOUT THE INTENTION TO “FIX” THEM, YOU SOW THE SEEDS FOR PERSONAL TRANSFORMATION.

**SUPPORT OUR MISSION
DONATE HERE:**





FOLLOW OUR WORK HERE:
@YAMAFUNDATION



THANK YOU!

