

2021 ANNUAL REPORT



YOGA MEDICINE
SEVA FOUNDATION

FROM THE FOUNDER

What I love about the simple act of appreciation & gratitude is that there is no ceiling to how much we have, feel or give. I think the secret ingredient to amplifying our gratitude is combining it with purposeful work to serve the communities around us. This is why the Yoga Medicine® Seva Foundation is so dear to me. Not only does it fill my heart to see our community show up and give - the appreciation & gratitude the women and girls in our programs give back in immeasurable!

I've always been drawn to the idea of providing women the skills and resources needed to overcome obstacles, and reach their full potential. When our partner nonprofit asked us to help renovate, and create, a workshop space in their new Learning Center in Kolkata, I was thrilled to be a part of this project, and to share it with you.

The Seva Center will serve as a healing and community-building space, offering therapeutic modalities such as yoga, karate and mindfulness practices. It will also host workshops such as women's health, human rights & legal rights, and environmental education.

I feel blessed to be able to do work I love, and help ensure women around the world can, too. This is all possible because of the generous, kindhearted members of our community.

Thank you for taking this journey with us,

Tiffany Cruikshank



IN 2021 WE WERE ABLE TO

- Uphold our promise (since 2015) to support and sustain shelter, education and vocational training programs
- Provide tablets, phone cards and remote learning stations to ensure education reached girls during the second wave of covid-19 lockdowns
- Provide emergent medical kits and food rations to over 1000+ families
- Support the women metalsmith's of the former Jewelry Vocational Program turn it into a 100% female survivor owned & operated business
- Renovate and create The Seva Center in the heart of Kolkata's largest slum community

100%

- Keep 100% of women and girls in our programs safe, with zero being trafficked, or re-trafficked, during the disproportional hardships of the pandemic



OUR MISSION is to combat human trafficking and exploitation by empowering young women in India through education and entrepreneurial opportunities.

Her Future Coalition is our 501c3 operating partner, helping make our mission come to fruition with hearts and boots on the ground.



COMMUNICATION
SKILLS



LOGICAL THINKING
AND LIFE SKILLS



EMPLOYABLE
OPPORTUNITY



INFORMED
CHOICES



BETTER QUALITY
OF LIFE



CONTRIBUTORS TO
SOCIETY

IMPACT, FINANCIALS & THE SEVA CENTER

75K

2021 DONATIONS

1500

GIRLS REACHED

1060

INDIVIDUAL DONORS

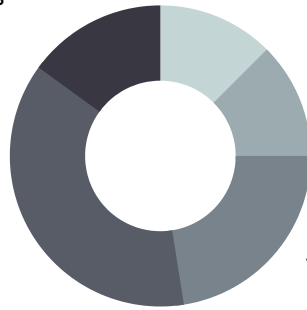
Admin & Marketing
15%

Resource Centers
12.5%

Shelter Care
12.5%

Seva Center
37.5%

Vocational Training
22.5%



With holistic services addressing the whole person's needs - emotional, intellectual, vocational and physical - we help people heal from trauma of their past. In our programs, they gain resources and skills to overcome the root causes of exploitation: poverty, discrimination and lack of education.

Through mental health counseling, team-building, therapeutic arts, and consistently showing up, we are able to create a healing environment where girls can move from a place of utter hopelessness, disassociation, and PTSD, to a place of resilience and promise. We are a listening organization, frequently adapting our approach to better meet the needs of the girls.



Sneak Peak! While it took most of 2021 to renovate and furnish, we are proud to share the doors opened in early 2022! Ever since, the space has filled with women and girls ready to learn new skill sets, and expand their potential. The Seva Center has already held workshops on Gender Desensitization & Equality, Recycling & Composting, and an Emotional Freedom Technique - EFT Tapping.

In addition, The Learning Center has:

- Launched vocational training programs in Tailoring and Cooking and Hospitality
- Began three sessions of 6-month immersive computer training courses
- Hosted speakers and workshops on mental health, job opportunities, gender issues, environmental solutions, therapeutic arts, and more
- Began Life Skills classes and Library Sessions for those attending various other programs at the center, and for community members



I am very happy because I learnt some tools to love myself and I can teach others too the same.

When I coming the first day I feel alone but doing 5 days yoga classes I felt that life is so beautiful, colourful and happier!

THANK YOU FOR YOUR LOVE AND SUPPORT!

The Yoga Medicine® Seva Foundation
c/o Her Future Coalition
PO Box 3403
St. Augustine, FL 32085

YogaMedicineSeva.com
Seva@YogaMedicine.com
@Yoga_Medicine_Seva