



Gratitude in Action

2025 IMPACT REPORT



**19 YEARS OF
Community Building**



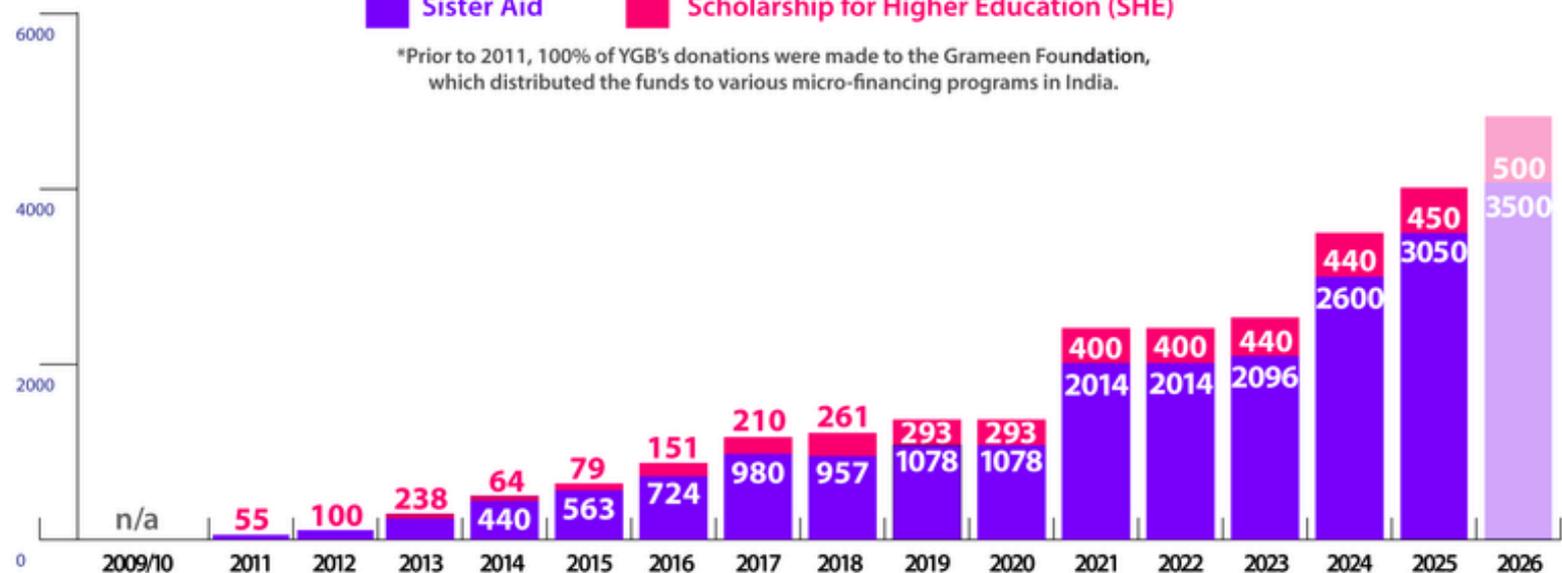
Scaling Our Impact: Lives Reached

- 2011: Tracking begins — 55 lives
- 2017: First milestone — 1,000 lives
- 2025: Today — 3,500+ lives
- 2026: Goal — 4,000+ lives

Growth in Women and Children Supported (2011–2026 goal)

■ Sister Aid
 ■ Scholarship for Higher Education (SHE)

*Prior to 2011, 100% of YGB's donations were made to the Grameen Foundation, which distributed the funds to various micro-financing programs in India.





Dear Friends,

Nearly two decades ago, I founded Yoga Gives Back as an expression of gratitude—to yoga, and to India, the birthplace of this sacred practice. I could not have imagined then how this simple intention would grow into a global circulation of gratitude, connecting yoga practitioners around the world with women and children whose lives are transformed through education, opportunity, and dignity.

This year, I am especially moved by the story of Ruchita, one of our Scholarship for Higher Education (SHE) students. Ruchita lost her parents at a young age and was raised by her grandmother, whose monthly income from selling flower garlands was barely enough to survive. Education once felt out of reach. Through YGB's SHE program, Ruchita is now continuing her studies with the dream of becoming an engineer. What inspires us most is not only her perseverance, but her vision—to help children in her own community access higher education and break the cycle of poverty. Ruchita's journey reflects the heart of our work: when education meets opportunity, hope becomes action.

You can watch ["Ruchita's Journey"](#) on our YouTube channel.

Stories like Ruchita's remind us that gratitude is not passive—it moves us to serve. Yoga Gives Back's work continues to introduce karma yoga (yoga in action) and seva (selfless service) within yoga communities globally, bringing the real goal of yoga to the forefront—transforming practice into meaningful action.

Thanks to your support for our mission, in 2025 we reached 3,500 women and children across India through scholarships, micro-loans, digital access, caring homes, and educational resources. This impact was made possible by 10% revenue growth, resulting in 17% growth in our program funding, allowing us to deepen and expand our work where it is needed most. I sincerely hope that this report shows you the real impact across global yoga communities in more than 30 countries—empowering women and children in India while inspiring gratitude and action worldwide.

As we reflect on our 18th year and step into our 19th, I am incredibly grateful for our growing community. Thank you for your support that continues to spark this miraculous CIRCULATION OF GRATITUDE.

Namaste.

Kayoko Mitsumatsu
Founder/Executive Director, Yoga Gives Back

Board of Directors
Ken Atchity, Chair
Annie Lau
Bhaskar Deva
Deborah Caruthers
Deepa Chemery
Kay Epple
Pritha Ogden

Programs That Drive Our Mission



Yoga Gives Back turns gratitude into measurable change by supporting underserved women and children in India through a focused set of programs—education, livelihoods, protection, and access. Each program is designed to create ripple effects beyond the individual: stronger families, safer communities, and the next generation of leaders giving back to their communities.

OUR PROGRAMS

- **Global Awareness Outreach**
- **Scholarship for Higher Education (SHE)**
- **Women’s Economic Independence — Micro-loan Program**
- **Protecting Children and Support Government Schools**
- **Digital Literacy Program**
- **Menstrual Equity Pad Project**

...and more creative programs to be added in 2026.

GLOBAL AWARENESS & OUTREACH

WHAT IS THE GOAL OF OUR PRACTICE - YOGA?



Japan Retreat, Fall 2025

10 Ambassadors from Japan, Korea and USA united with 70 participants

Karma Yoga — Yoga in Action

Karma yoga reminds us that practice does not end at the mat. Through conscious action, intention becomes impact. Each offering—time, voice, resources—flows outward as service, transforming inner awareness into lived compassion.

Seva — Selfless Service

Seva is service without expectation. It is the quiet power of showing up for others, rooted in humility and care. When service is given freely, dignity is restored, and community becomes sacred space.

Global Ambassadors Program

Our ambassadors bring karma yoga and seva to life. Nearly 200 YGB Ambassadors across 32 countries inspire their communities to act with gratitude and give back—hosting classes, gatherings, 108 Sun Salutations, and creative events that fuel annual global campaigns such as Global Gathering for India each June.

Global Gathering for India, June, 2025
100 Events in 20 countries participated.



How We Create Impact



Yoga Gives Back's programs share one model: **local partnership + practical support + leadership + protection**—designed to create ripple effects beyond each individual into their communities and next generation.

- **Partner locally:** We work through trusted grassroots NGOs in India.
- **Remove barriers:** Gender, caste, and religion should not stop opportunities.
- **Build leadership:** Children and women gain confidence and agency to lead.
- **Strengthen protection:** Community networks prevent child marriage, trafficking, and violence.
- **Create ripple effects:** Graduates and women leaders give back—teaching, mentoring, and strengthening village economies and younger generation.
- **Engage global yoga communities** to act with gratitude.

Aligned with the UN Sustainable Development Goals:



SDG 1 No Poverty



SDG 4 Quality Education



SDG 8 Decent Work



SDG 5 Gender Equality

OUR NGO PARTNERS IN INDIA

Deenabandu Trust and Nishtha

Yoga Gives Back's impact is built on long-term partnership. Since 2010, we have worked side-by-side with two trusted grassroots NGOs in India —Deenabandhu Trust in Chamarajanagar, Karnataka, and Nishtha in South 24 Parganas, West Bengal. Together, we focus on lasting change by strengthening education, safety, and pathways to self-reliance that help families move out of poverty across generations.



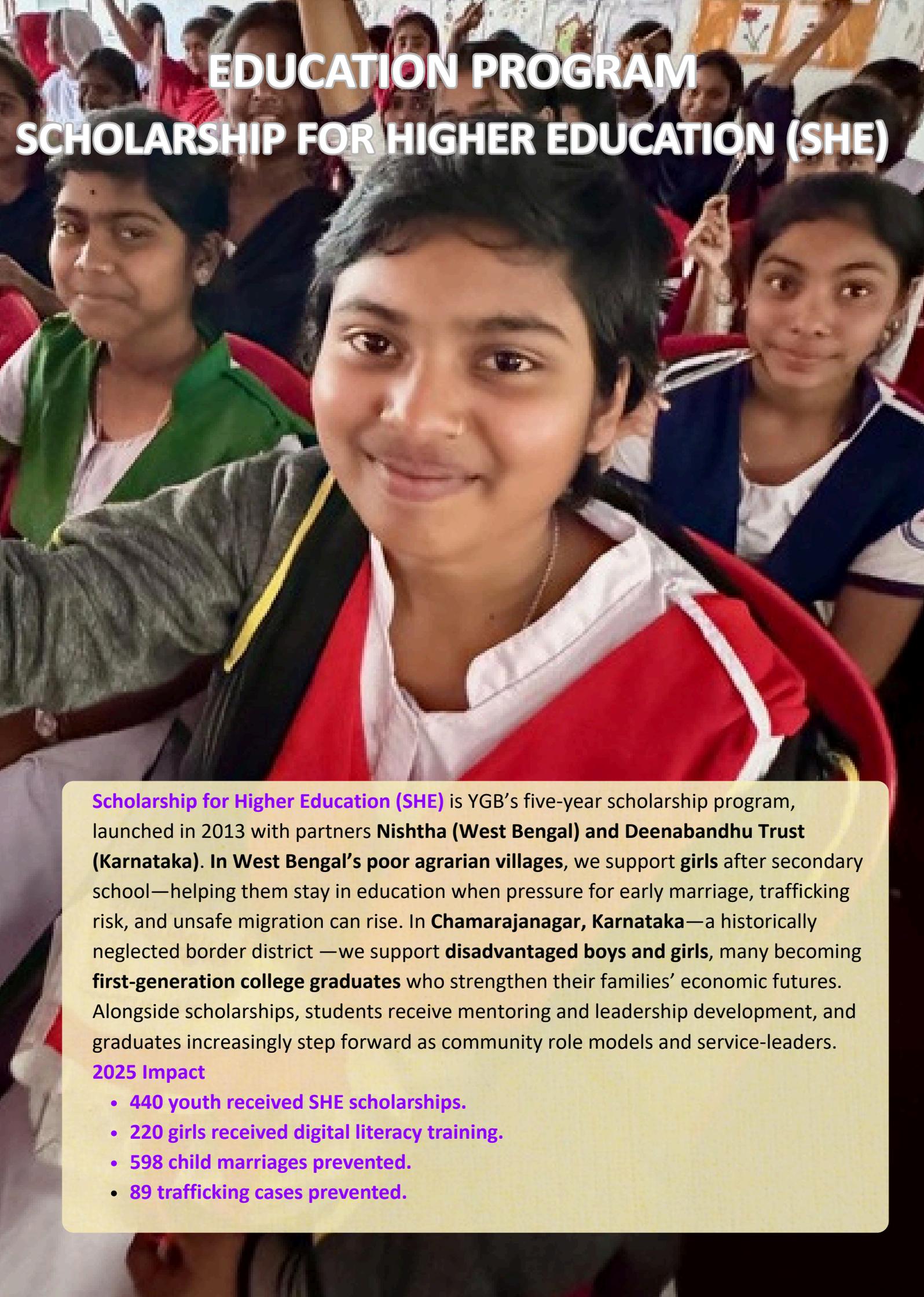
Deenabandhu Trust (Karnataka)

- Founded in 1990 by Founder Prof Jayadev, it runs a home for orphan and destitute children.
- “Love and Acceptance” is the founding philosophy of this home.
- It also runs a local school from primary to high school.
- 143 youths from poor families in the Chamarajanagar community are supported with our SHE Scholarship for Higher Education, with grants by Guru Krupa Foundation.



Nishtha (West Bengal)

- Founded 50 years ago, NISHTHA works for women's empowerment, supporting over 40,000 lives with their diverse programs.
- Distributing microloans for women, reinvested in primary education for girls through YGB's Sister Aid Program.
- 300 young girls are with Scholarships for Higher Education Program (SHE).
- Digital Literacy Chrome Book Project supported by New Learning Foundation.
- Menstrual equity and sustainable business creation through the Pad Project.



EDUCATION PROGRAM SCHOLARSHIP FOR HIGHER EDUCATION (SHE)

Scholarship for Higher Education (SHE) is YGB's five-year scholarship program, launched in 2013 with partners **Nishtha (West Bengal)** and **Deenabandhu Trust (Karnataka)**. In West Bengal's poor agrarian villages, we support girls after secondary school—helping them stay in education when pressure for early marriage, trafficking risk, and unsafe migration can rise. In **Chamarajanagar, Karnataka**—a historically neglected border district—we support **disadvantaged boys and girls**, many becoming **first-generation college graduates** who strengthen their families' economic futures. Alongside scholarships, students receive mentoring and leadership development, and graduates increasingly step forward as community role models and service-leaders.

2025 Impact

- 440 youth received SHE scholarships.
- 220 girls received digital literacy training.
- 598 child marriages prevented.
- 89 trafficking cases prevented.

WOMEN'S ECONOMIC EMPOWERMENT



Women's Economic Independence — Micro-loan Program (since 2010)

Yoga Gives Back's Micro-loan Program (launched in 2010) empowers women through small, practical loans and ongoing community support to start or expand home-based businesses, stabilize household income, and invest in their children's education. **Over the past 15 years, the program has grown from 1 group to 49 women's groups, with average income growth of 600%.** Beyond finances, these peer-led circles save together, share skills, and show up for one another—**helping women face domestic violence and community threats.** The Pad Project sits within this program—creating an additional pathway to earnings while advancing menstrual equity through local pad production and access.

2025 IMPACT

- 539 women join Micro-loan program.
- 550 young daughters education ensured.
- 1000 girls provided menstrual equity education and sanitary napkins.
- 853 domestic violence cases resolved.

SUCCESS STORY

FATHERS FOR DAUGHTERS' EDUCATION



"I feel regret that poverty forced me to marry off my first daughter. But I am grateful to see my second daughter living with bright hope—through education and the opportunity to become a nurse."

--a father's reflection

In West Bengal, we're seeing a powerful ripple effect of the SHE program: **more fathers are advocating for girls' education**, helping shift community norms, reduce pressure for early marriage, and keep girls in school to pursue brighter futures with dignity.

EDUCATION IN ACTION

GIRLS LEADING CHANGE





Kulsuma's Story

Once a lone artisan in rural West Bengal, Kulsuma now employs **160 women** in remote villages to produce crafts for sale. **SHE scholars like Shilpa (Law) and Swagata (Accounting)** mentor micro-loan groups with design, pricing, simple bookkeeping, and shop management—helping small businesses grow and explore emerging e-commerce pathways. Education is creating confident young leaders who uplift village women and strengthen women-led livelihoods.



FINANCIALS

- 150 girls with digital literacy training
- 443 scholarships for higher education
- 553 mothers supported with micro-loans
- 600 orphans and young girls supported in early education
- 800 children and teachers with Math and Science resources
- 1000 girls with sanitary napkins and menstrual equity awareness

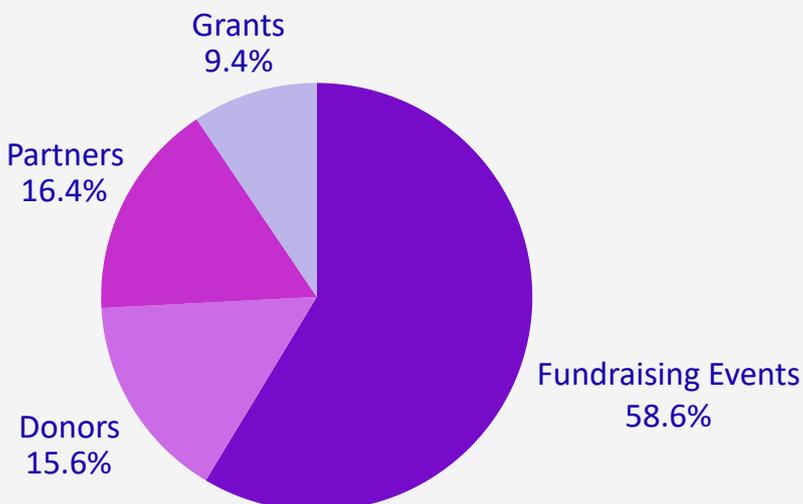
Global Outreach

+32 Countries
+150 Outreach events
+200 YGB Ambassadors

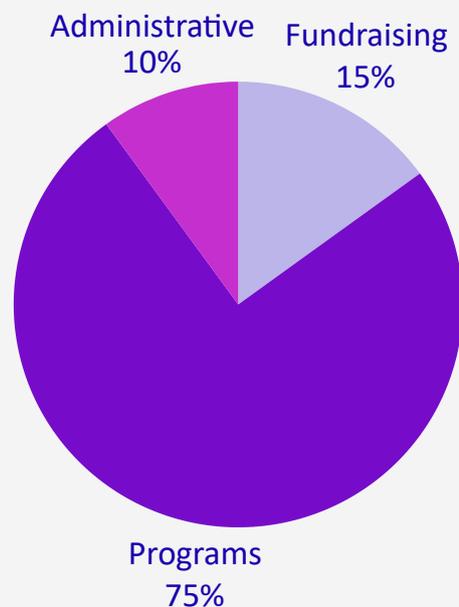
Revenue

2023 \$257,095
2024 \$315,786
2025 \$414,644

REVENUE



EXPENSE



ANNUAL PARTNERS & FOUNDATIONS



KEY WEST
YOGA SANCTUARY



Food for Health
Foundation



TOTO



**Kay & Tom Epple, Jocelyn Solomon & Daughters
Hiroko & Tadashi Maruoka, Nancy Megil
The Yoga Heals Fund**

**Adam Weissburg & Francie Jones,
Annie Lau, Kamla & Bala Subramanian,
Vladimir & Araxia Buckhantz Foundation,
Nisha Asnani, Reggie Molly Britt**

**Ariel Investments,
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Markus Hanna, Maria Sanudo, Michael Cypers
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Turning Gratitude Into a Brighter Tomorrow

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Platinum
Transparency
2025

Candid.

We act with integrity!
We've earned a



✦ FOUR-STAR RATING ✦

from

✦ Charity Navigator