



KUSALA EDUCATION

KUSALA EDUCATION ANNUAL REPORT

2021-2023

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Preface

Budding from a Wholesome Volition

August 2021 marks the founding of Kusala Education. We started as a group of young and passionate friends dedicated to serving communities—or so the textbook introduction goes. But the truth is, Kusala was founded by two human beings reeling from breakups (me being one of them) and a kind-hearted human being. Adversity is inevitable. As cliché as it may sound, it's difficult to deliver the line smoothly without having endured hardship time and again. Experiencing suffering allows us to learn and grow.

We believe that much suffering arises not from intrinsic ugliness or weakness in perpetrators or victims, but from gaps in mind-body-spirit education. Emotional trauma took a toll on my health, but I discovered that combining mindfulness with medical treatments significantly aided my recovery. With mindfulness as the foundation, our organisation integrates various fields, including medical sciences, art, sports, and languages and cultures.

We visit schools, charities, and non-governmental organisations, offering courses in stress relief and mind-body-spirit self-help to promote public awareness of holistic health: physical, mental, social, and spiritual. I hereby express my gratitude to every tutor and volunteer for their efforts, and to our partner organisations for their trust in us. We hope that everyone continues to uphold our wholesome intention

WONG Shin Tung
Founder and Director of Kusala Education



AGRICULTURE AND HORTICULTURE

Service recipients: the elderly, caregivers, rehabilitated individuals, students with special learning needs, new immigrants, low-income families, and single-parent families

Activity Review

During this period, we organised moss ball and terrarium workshops, and also offered farming experience activities to share the joy of planting with everyone. Besides hands-on activities, we collaborated with a community service centre to organise a workshop titled "Life Rings", where participants explored life topics through learning about nature.

Outlook

Kusala will continue to maintain good cooperative relationships with SideBySide and other partner organisations, promoting farming and gardening or other themed activities to serve the community. In addition to gardening experiences, we aim to focus on more themed activities, such as environmental protection, horticultural therapy, corporate training, and retreat activities.

Instructor Personal Reflections (Karl)

Through Kusala, I am fortunate to have received invitations and collaboration opportunities from various groups, allowing us to promote the beauty of gardening to the public. Whether these participants come from schools, corporates, or different families, they find a common language in the embrace of nature, sharing the joy of gardening. This is a rare and precious experience in urban life.

Through gardening as a bridge, I have been able to communicate with people from various backgrounds, which is undoubtedly a delightful experience. Seeing participants enjoy the activities and listening to them share their stories from their hearts brings me immense joy. What I find particularly memorable is the opportunity to lead gardening activities for corporate employees alongside rehabilitated individuals. These rehabilitated individuals find confidence and hope through gardening, and their interactions with the corporate employees not only enrich their own lives but also reveal to me the healing power of gardening.

Moreover, it was a memorable experience sharing caregiving experiences and personal feelings with caregivers through gardening. These caregivers often contribute silently, and our gardening activities provided them with a chance to relax and find resonance and support from each other. Besides, spending moments with different families in nature, and hearing children's laughter and parents' chatter made every event unforgettable.

In these activities, I have personally gained a lot. Not only have I learned more about gardening, but I have also deeply experienced the beauty of harmonious coexistence between people and nature through interactions with others. I am grateful for the many kind-hearted individuals who provided opportunities and resources over the past year, which contributed to the success of these events. I look forward to continuing to serve as a gardening instructor in the future and enjoying the joys of planting with everyone.



Participant Feedback

- It provides a chance to deepen our relationship with nature.
- I learned about nature and enjoyed relaxation through concentration.
- There is time for freeing the mind, and I had a sense of fulfillment.
- I learned how to make a moss ball, and I had more time to enjoy the process.
- The hands-on experience was healing. It was easy to make. [The final product] was beautiful. I had a sense of accomplishment.



MUSIC

Service recipients: new immigrants, low-income families and single-parent families

Activity Review

In May 2022, we organised two music activities, namely “Music Cafe: Parent-Child Music Sharing Session” and “Chit-Chat with a Composer”, a music talk on Zoom.

Instructor Personal Reflections (Sunny)

This year, it has been my pleasure to be part of the family of Kusala, allowing me to contribute, learn, and grow alongside everyone, serving the public through music. Although many things are still in their early stages and we have only held two events so far, these experiences are very new to me and different from previous services I have been involved in. I am also very grateful to have met my colleagues here and look forward to continuing to use music to benefit the public in the future at Kusala Education.

Outlook

We will establish the Kusala Chamber Orchestra, centering on Western string music. We will maintain collaborative relationships with our partner musicians and continue to promote mindful music education, enhancing awareness among musicians and the public about the impact of music on mental and physical health.



Participant Feedback

- I didn't know even babies can play musical instruments! (participant of *Music Cafe: Parent-Child Music Sharing Session*)
- It's fun to have parent-child activities with music.
- It was a fun experience to talk to a composer. (participant of *Chit-Chat with a Composer*)

MINDFULNESS

Service recipients: the elderly, caregivers, students, deaf individuals, new immigrants, low income individuals, single-parent families



Activity Review

Since 2021, Kusala Education has been offering experiential courses in Traditional Chinese Medicine and mindfulness to a diverse audience, including teachers and students in tertiary institutions, caregivers, the elderly, and the deaf community. From late 2021 to 2022, COVID-19 epidemic continued to plague Hong Kong, leaving people in a state of panic. Isolation from family and friends, the direct impacts and long-term effects of COVID-19, and the uncertainties about the future caused significant physical and mental distress.

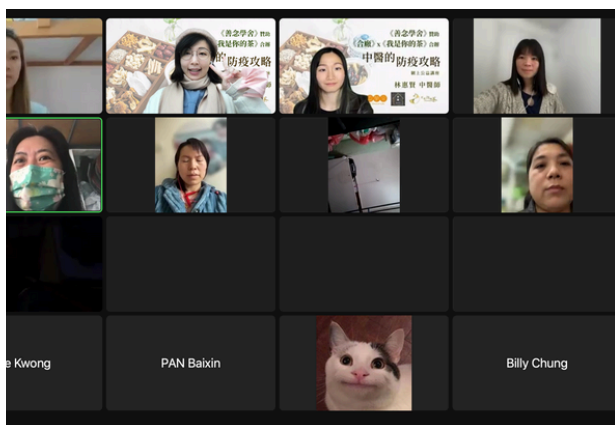
In response, Kusala Education has initiated a interprofessional and interdisciplinary care model, integrating the concept of mind-body connection from Traditional Chinese Medicine with mindfulness practices to enhance our audience's understanding of physical and mental health. Through observing changes in the environment and within oneself, this approach aims to strengthen physical and mental resilience and establish a holistic state of body, mind, spirit, and social well-being.

We organised "Pathways to Self-Care: Understanding Your Emotions & Mindful Singing" workshop under the HKU Well-being in Law's WISE Programme for the staff and students of the Faculty of Law at the University of Hong Kong. We have provided introductory experiences in walking meditation, tea meditation, and Baduanjin qigong, as well as online pastel Nagomi art classes for healthcare workers and domestic helpers. After the pandemic situation stabilised, our registered social workers and singing bowl therapists offered singing bowl sound baths to elderly individuals to help alleviate their stress.

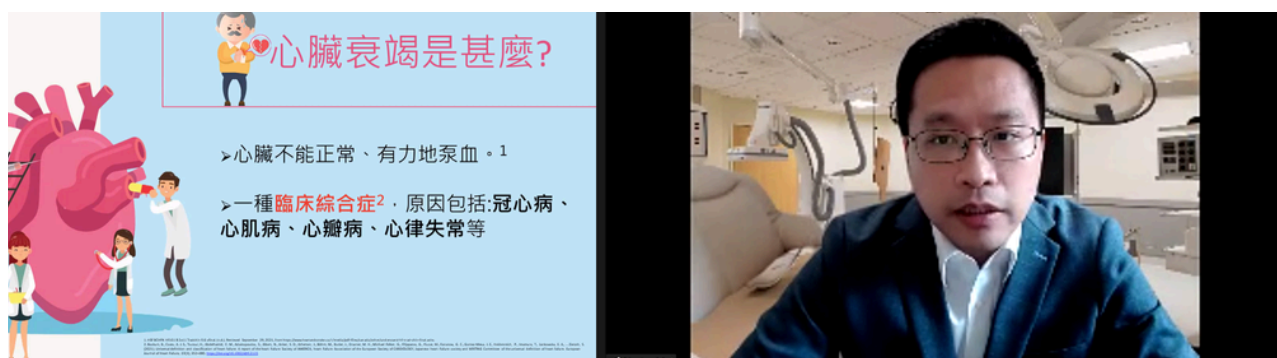
Outlook

We are committed to promoting the concept of “Awareness in Everyday Life” and hope to integrate this philosophy into a broader range of academic disciplines in the future. We aim to provide volunteers, instructors, and staff with more comprehensive and systematic mindfulness training. Our goal is to enable everyone to empower others, fostering relationships between body, mind, society, and spirit..

Instructor Personal Reflections (Shin Tung)



In the face of the challenging circumstances during the pandemic, every instructor has dedicated themselves wholeheartedly, overcoming the barriers imposed by the outbreak to share heartwarming methods of physical and mental care with the public. Many Traditional Chinese Medicine practitioners, despite their extremely busy schedules, were still willing to participate in these efforts. The kindness and compassion demonstrated by everyone involved are truly admirable.



Participant Feedback

- “We were fortunate to have met people at Kusala. Otherwise, we would have been very anxious” (Participant of the 7-day Long COVID19 Challenge by COMM,ON)
- “Listening to sound can be surprisingly calming. Didn’t expect Chinese medicine to be so helpful for calming emotions.” (Participant of the workshop “Pathways to Self-Care: Understanding your Emotions & Mindful Singing” under the HKU Well-being in Law’s WISE Programme)
- “Haven’t felt so relaxed in a long time!” (Participant of the Singing Bowl Sound Bath Experience for the Elderly workshop)

MEDICAL SCIENCES

Service recipients: community members interested in health and wellness, caregivers of chronic patients

Activity Review

Physical and mental well-being are essential for a happy life. With this in mind, Kusala Education has organised a series of health lectures covering various topics. Our aim is to enhance awareness of personal health and foster the adoption of healthy lifestyle habits, ultimately leading to a healthier life.

Since 2022, Kusala Education has organised seven lectures and workshops, starting with the "End-of-Life Care Support Lecture on Caring for Heart Failure" in March 2022, followed by the "What to do with Menstrual Pain? An Easy Talk by TCM Practitioner" in September, the "Timely Fall-Winter Nourishment for Body—An Easy Talk by TCM Practitioner" in October, the "A Guide for Relieving Pain—An Easy Talk by TCM Practitioner" in November, and the "What are TCM Practitioners after in their Inspection?—An Easy Talk by TCM Practitioner" in December. In 2023, the "How to Save Your Lungs from Severe Coughs?—An Easy Talk by TCM Practitioner" was held in February, and the "A Talk on Health Preservation during Spring" was held in March.



Outlook

In the blink of an eye, Kusala has successfully organised many health talks. We hope to stay true to our original aspiration and continue to contribute to the health of the public in the future. Kusala will continue to seek cooperation with different organisations to cater for people with different needs. For the blind and deaf, Kusala seeks to help them relieve their pain as much as possible despite their physical limitations. We also hope that persons in custody or discharged prisoners can receive both physical and mental care so that they can be well-prepared for their new lives in good health.

Instructor Personal Reflection (Billy)

I am very pleased to be able to provide the hearing-impaired, the elderly and low-income families with Chinese medicine education through Kusula and make them more able to take care of themselves and people around them. I hope that Kusula can continue to provide physical and mental support to the public!

Up to now, Kusula has organised a lot of health talks for the elderly, women, caregivers, drug addicts, low-income families and single-parent families. We hope the health knowledge has been sowed in everyone's mind like seeds, which one day will blossom and bear fruit to make everyone healthy and delighted.

Participant Feedback

Participants mostly expressed that they gained more knowledge of the topics after the talks. Direct exchange with the speakers deepened the participants' understanding of their own or their family members' health conditions. Through the talks, participants learned how to use 2-3 Chinese herbal medicines to make soup or tea, and to press relevant acupuncture points to improve their health.

LANGUAGES AND CULTURES

Service recipients: local students, individuals interested in Cantonese

Activity Review

During April to June this year, we organised online Cantonese experience classes, providing valuable learning opportunities for international students studying in Hong Kong and international friends who are interested in Cantonese to learn the language and Hong Kong culture. Notably, Carolin, a student from Germany, developed profound interest in Chinese culture after completing the course. She is currently learning Mandarin with Teacher Ah Sing.

In June, Kusala Education held an internal Online Beginner German Class, mainly focused on basic daily conversations. This class was specifically designed for colleagues in the Music Department. We believe that understanding the German language and culture will help to gain a deeper understanding of European classical music culture, given that many renowned classical musicians such as Bach, Mozart, and Beethoven, were German natives. The Online Beginner German Class was initially led by Teacher Ah Sing, head of the Department of Languages and Cultures. Later, Carolin, a student learning Chinese at Kusala, took over the class. In addition to teaching, Carolin and two other students, Shin Tung and Sunny, regularly engage in German-Chinese language exchanges.

Although the Language and Culture Department is still in its early stages, our success in matching language partners has marked a promising beginning. Kusala Education hopes that these exchange activities and courses will not only improve students' language skills but also foster cultural exchanges, build international friendships, and connect Kusala Education to the world. In the future, we will continue to provide educational opportunities in Cantonese and other languages, enabling people from diverse linguistic backgrounds to build bridges of communication.

Outlook

Kusala Education plans to, based on students' needs and interests, continuously design and provide courses in Cantonese, Mandarin, English and German. In addition to online teaching, we also plan to promote in-person workshops to make learning more multifaceted and lively. Furthermore, we plan to improve the language partner program by matching language partners according to students' language proficiency levels and learning goals, providing more opportunities for language exchange, and promoting exchange and progress among different cultures. In the future, Kusala Education will continue to strive for becoming a platform for multicultural exchange.

Instructor Personal Reflections (Ah Sing)

I am delighted to see students actively engaging in German-Chinese language exchange meet-ups, interacting with people from different language backgrounds with confidence, applying their newly acquired knowledge, and building cross-cultural friendships. This proactive approach to communicating in real life is more effective than passively sitting through a traditional language class that emphasises on getting good grades in tests. The language learning provided by Kusala Education doesn't aim at excelling in exams but for the capability to communicate with people, which cannot be measured simply by the mastery of vocabulary and grammar.

Learning a language is a challenge of stepping out of one's cultural comfort zone and an adventure into the unknown. When speaking in an unfamiliar language, we may be anxious, but the process can help us break away from our usual way of communication. We thus become more perceptive to others' experiences and their ways of life, allowing us to be open-minded and inclusive. This experience is far more important than simply mastering vocabulary and grammar.

Learning a language is by no means easy, nor is it difficult as long as we are courageous and always treat people with kindness.

Participant Feedback

- Language exchange is a wonderful experience. You can look at the language from locals' lens, understand the culture and customs behind it, and obtain a comprehensive understanding of the language itself. This class is highly recommended and worth keeping as a regular activity in Kusala Education! (Student of Online Beginner German Class)
- Super fun, interactive, personal and highly intuitive Cantonese classes. Never had so much fun learning something new! (Student of Online Beginner Cantonese Class)
- It was very fun and chill learning basic Cantonese with Teacher Ah Sing! The course was very well organised, with a topic overview, a comprehensive workbook and well designed learning materials (vocab lists, dialogs, texts, speaking tasks, etc). The learning environment was supportive and the instructor responded to individual needs and left no one behind. His warmhearted and patient mindset made me confident in speaking up in class. I especially enjoyed getting insight into Cantonese and Hong Kong culture! (Student of Online Beginner Cantonese Class)

ART OF LIFE

Service recipients: general public, grassroots families*, children's homes*, mental health support seekers*

*Kusala Education donated part of the income from this program to Well Family Charity Foundation, SKH St. Christopher's Home, and The Samaritan Befrienders Hong Kong. Through donating to other charity organisations, we hope to transform the blessings we have received into love and warmth for everyone.

Activity Review

The scope of art is far broader than just learning how to use a palette of colours. There are many things in life that we have to deal with, but we often lack the opportunity to slow down and appreciate the art in them. Kusala Education held four art of life workshops in 2021 and 2022. The "Christmas Warmth – Gingerbread Man Baking Workshop" took place in December 2021 to celebrate the festive season. Three additional activities were conducted between February and April 2022: "Painting from the Heart – Pastel Nagomi Art Workshop", "Physical and Mental Wealth – Sharing Session on Financial Management in the Time of Pandemic", and "Cultivating the Heart with a Brush – Introduction to Calligraphy and Demonstration". These online and in-person workshops were new attempts during the pandemic, aiming to explore our daily lives from an artistic perspective.

Future Outlook

This series of activities is a new attempt by Kusala Education, and we look forward to continuing organising them in the future. We aim to explore various aspects of life from an artistic perspective with the public by slowing down ourselves to explore various possibilities in life.

For instance, the etiquette of interpersonal communication and the appreciation of food also contain infinite knowledge and art. As long as we are willing to slow ourselves down and start from our grounded life experiences, we can embrace the inner child inside us and take care of our inner needs.

Participant Feedback

- My husband and I both really love the gingerbread men we made. They are cute and delicious. Even a simple Christmas gift can be filled with love. Thank you! (participant of the Gingerbread Man Baking Workshop)
- I'm grateful that this workshop allowed me to slow down and draw in the midst of my busy life. I realised that paying attention to each breath along the way is also a great help to regaining inner peace. (participant of the Pastel Nagomi Art Workshop)
- I never thought financial management could be so interesting. Understanding the logic behind decision-making is also an art, and it's closely related to life! (Participant of Sharing Session on Financial Management)
- Even though it was just through the screen, I could feel the sophistication of Arthur's brushwork. Every stroke is delicate... It also rekindled my passion for calligraphy as a way to calm my mind. (participant of the Introduction to Calligraphy and Demonstration workshop)

FINANCIAL STATEMENTS

Income and Expenses

from 7 December 2021 (Data of incorporation) to 31 March 2023

INCOME	
Description	Amount HKD (\$)
Course Income	\$57,202
Donation Income	\$46,133
Total Income	\$103,335

EXPENSES	
Description	Amount HKD (\$)
Course Expenses	\$32,825
Printing and Stationary Expenses	\$360
Promotion Expenses	\$1,867
Insurance Expenses	\$677
Service Subscription Fees	\$3,392
Outgoing Donation	\$4,530
Sponsorship Fees	\$3,730
Accounting Fees	\$7,000
Auditing Fees	\$12,500
Business Registration Fee*	\$400
Company Secretary Fees	\$2,989
Preliminary Expenses	\$305
Professional Fees	\$15,000
Miscellaneous Expenses	\$14,443
Total Expenditure	\$100,009

* Before obtaining tax-exempt charities status from the Inland Revenue Department.

Profit Before Tax	\$3,326
Income Tax Expenses	-
Comprehensive Income	\$3,326

Statement of Financial Position From 7 December 2021 (Date of incorporation) to 31 March 2023

CURRENT ASSETS

Cash Balance	\$26,466
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CURRENT LIABILITIES

Accruals	\$23,140
Net Assets	\$3,326

EQUITY

Retained Earnings	\$3,326
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*Remarks: The above summary is extracted from the audited financial statements of Kusala Education Limited for the financial year ended 31 March 2023.

DONATIONS IN KIND

Donated Items	Quality	Donor
4/4 Cello	1	Ms Sin
Asalato	100	Private Corporation
Castanets	100	Private Corporation
Triangle	88	Private Corporation
Djembe	1	Private Corporation
Güiro	30	Private Corporation
Stationary Set	3	Ms Fung
Fabric	1	JCCAC Artist
DIY Stationery Set	1 pack	JCCAC Artist

ACKNOWLEDGEMENTS

We are grateful for the generous support rendered by all volunteers, friends and partners in the past year. Your selfless contribution and invaluable help underpinned the success of our many programmes and services which brighten up the society at large.

Our heartfelt gratitude goes to all anonymous donors, individuals, organisations and corporations below (in alphabetical order):

- Agrician
- Buddhist Sin Tak College
- Cardiologist Dr. MUI Chun Yu
- Choi Hung Community Centre for Senior Citizens, Kingsford Terrace Centre, Yang Memorial Methodist Social Service
- Choi Hung Community Centre for Senior Citizens, Yang Memorial Methodist Social Service
- COMM, ON
- Hong Kong Federation of Youth Groups
- Mr Gordon LEE
- Orff4Kids
- Sham Shui Po District Health Centre
- SideBySide
- Silence
- The Boys' & Girls' Clubs Association of Hong Kong
- Mr Arthur WONG King Hang
- Registered Chinese Medicine Practitioner Dr YU Kin Cho
- Registered Chinese Medicine Practitioner Ms. CHEUNG Yan Lam
- Registered Chinese Medicine Practitioner Ms. Grace LAM
- Registered Chinese Medicine Practitioner Mr. LO Wing Fung
- Registered Chinese Medicine Practitioner Ms. Mandy LAU
- Hoeng Gong Nyun Lau (香江暖流), Radio Television Hong Kong



EPILOGUE

Within the short but seemingly long time span of two years of 2021 to 2023, all of us have devoted our utmost effort, coupled with sweat and genuine love, in this formidable journey of bringing up Kusala.

We are pleased to be blessed with your sincere trust and kindness, which equip us to carry on fulfilling our mission of helping oneself and others. May we continue to transform our experiences and suffering, and keep plating seeds of goodwills, so that we may become a beacon of hope in the world.

May you all be well and happy!



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Editor-in-Chief
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KUSALA EDUCATION