

Preface



The year 2023 marked a period of significant growth of Kusala. In August, we received approval from the HKSAR government to be a tax-exempt charity. Together, may we continue to transform our experiences, sow seeds of kindness, and illuminate the world with more light.

Over the past year, Kusala has expanded its core team and collaborated with new partners to enhance our services. We have also strengthened the training of our tutors and volunteers, while dedicating efforts to optimise our organisational management. All of these endeavours are rooted in our commitment to nurturing the growth of the seeds of our original aspiration.

As the Chinese classic *The Book of Changes* states, “A family that accumulates good deeds will always be blessed.” This traditional wisdom serves as a timeless reminder of the importance of kindness and the blessings it brings, even in an ever-changing world. We extend our deepest gratitude and blessings to all friends and supporters who have enriched our journey, as well as to the broader community.

WONG Shin Tung

Founder and Director of Kusala Education





Service recipients : Caregivers, rehabilitated individuals, corporate employees, parent-child groups, and the general public

1.1 Activity review

From June to August 2023, we worked with the Sham Shui Po District Health Centre to organise monthly caregiver meetings. These sessions provided caregivers with a much-needed opportunity to unwind and practise self-care through gardening, despite their often hectic schedules.

We also focused on stress reduction through gardening. Between June and September 2023, we organised five gardening stress relief groups. During these sessions, participants learned to create moss balls, traditional Chinese penjing (tray scenery), Chinese painting, and stress-relieving terrariums. Additionally, we visited hydroponic farms, all of which provided a relaxing environment to help alleviate their stress.

We also supported the “Life-Imbuing Gardening Workshop” in partnership with the Society of Rehabilitation and Crime Prevention, assisting in the smooth facilitation of two sessions, which were independently led by trained members of the Society.

Besides, we worked with various social welfare organisations, including the Boys’ and Girls’ Clubs Association of Hong Kong and the Hong Kong Federation of Youth Groups, to lead children and families in farming activities. Not only did they experience the joy of farm life, but also jointly produced Christmas-themed gardening projects, adding festive cheer to the holiday season.

1.2 Outlook

We plan to continue our partnership with the Society of Rehabilitation and Crime Prevention and other current partner organisations. Additionally, we will seek collaborations with new organisations to explore innovative ways of using gardening to benefit the community.



1.3 Instructor Personal Reflections

(Karl Poon - Tutor of Agriculture and Horticulture)

This year, as we deepened our cooperation with the Society of Rehabilitation and Crime Prevention, I witnessed a positive shift in the members' abilities. Through training, they have become increasingly capable of taking on independent roles. As a result, my focus has shifted from leadership to providing logistical support and knowledge transfer. Moving forward, I hope to have more opportunities in this new role to observe their learning journey and continued growth.

During our monthly gardening activities, we introduced several innovative ideas, such as combining Chinese painting with penjing (tray scenery) and integrating farming with mindfulness practices. These experiences not only enriched my own skills but also allowed me to collaborate with different organisations and instructors, building many long-term partnerships along the way.

Collaborating with social welfare organisations and district health centres has given me, as a service provider, the chance to design tailored gardening experiences for diverse groups of service users. Each of these experiences is etched in my memory, especially those involving caregiver support groups. Hearing caregivers share their planting experiences and insights into family care has been truly inspiring. The entire process has not only benefited the participants but has also significantly contributed to my personal growth.

1.4 Participant Feedback

"The planting process allowed me to relax. Thank you for organising it." – *Monthly gardening group participant*

"It was unexpected that trying out novel hydroponic vegetables could be so connected with mindfulness. During the activities, we also explored tastes and sensations with new friends, which was very interesting!" – *Monthly gardening group participant*

"Much gratitude goes to Karl's guidance. Planting has become a meaningful way for me to express my emotions as a caregiver. I will continue to find relaxation through planting!"
– *Caregiver gardening group participant*





Service recipients : Seniors, students, deaf individuals, new immigrants, low-income families and single-parent families

2.1 Activity Review

In view of the intricacies between physical and mental health, Kusala Education provides opportunities of mindful music education with a special emphasis on the underprivileged communities including the above-mentioned service recipients and adult beginners. We are committed to creating a platform where the community can enjoy music in a healthy environment, and to promote physical and mental health as well as diversity and inclusion.

Throughout the year 2023, Kusala Education organised three music workshops altogether, namely Music Workshop: Why can't deaf people play music? in mid-May, an eight-week "Music Revelations / 50+ Body, Body and Soul Music Workshop" for seniors between May to July, and the "Mindful Violin Class" from July to November. In addition, we were honoured to be invited to organise the free concert "Coalescence: A Harmonic Resolution" held at The University of Hong Kong. Leveraging music as a medium, the concert integrates "elements of various styles, religions and cultures" with the aim of promoting cultural integration and inclusion.

2.2 Outlook

Looking ahead, we plan to establish "Kusala Chamber Orchestra", with Western string music as its foundation. Through this orchestra, we will continue to promote mindful music by fostering collaborations with fellow musicians and enhancing physical and mental awareness among both the public and the performers.

In the first half of 2025, we will host a charity concert. "Musicians will perform using string instruments handcrafted by a luthier." The concert will also feature music scores arranged and composed by our resident composer, incorporating pieces from various cultures to promote inclusivity and celebrate cultural diversity through music.





2.3 Instructor Personal Reflections (Sunny Wu - Violinist)

It is my pleasure to have joined Kusala Education and have spent the past two years working, learning and growing up with everyone in the team.

In participating in all our activities, regardless of their scale, we continually push the boundaries and discover the limitless opportunities that lie ahead. Not only does music ignite our passion, but also create meaningful benefits for the community at large.

My most memorable experience is the music workshop which we organised with Silence. At the outset, even I had doubts about whether the idea was feasible. Yet, the amazing performance of the participants blew me away. I was thrilled that they were able to play up to the beat, feel the music and even dance to the music and try out some lyrics. It is the best testimony that deaf people can also appreciate music. Society has often overlooked this need, offering little support for their music education. This workshop has vividly demonstrated its feasibility and serves as a promising starting point.

In the workshop Musical Revelations, I joined a group of individuals aged 50 or above, many of whom didn't have the opportunity to learn music when they were young. This workshop made up for their regrets. I watched as the students transformed from being hesitant to even touch an instrument to gradually building the courage to play. By the end of the eight lessons, they were even able to hold a small music-sharing session. Witnessing their growing confidence and fulfilment of their musical dreams was incredibly rewarding. Many were reluctant to leave the class and expressed deep gratitude to the organisers. I am grateful, as their tutor, to have accompanied them in their music journey. In return, they have taught me a lot, such as how to connect with them and find joy in simple things...

Over the past two years, music has allowed me to meet people coming from different backgrounds in society, ranging from infants and adults to deaf individuals and seniors. I have gained a deeper understanding that everyone has their own experience and needs. I've also learned that nothing comes easy, as every event requires tremendous effort behind the scenes.

Again, I am grateful for the chance to have worked with everyone in Kusala over the past two years. This opportunity has allowed me to keep enhancing myself to help those in need. Together, we learn from each other and help each other grow.





2.4 Participant Feedback

"After each mindfulness exercise, my whole body feels very calm and relaxed." – *Music Revelations for Seniors*

"I really hope that the Music Revelations workshop will be held again. I never thought I could put on a performance after just eight lessons and play so many musical instruments!" – *Music Revelations for Seniors*

"I had so much fun throughout the workshop. I never imagined I would be able to jam with other students. We played music, we felt music. I look forward to learning different types of music." – *Participant from Silence*

"Thank you for teaching me the warm-up exercises and the correct way to hold the violin, which has helped me avoid injuries. The mindfulness exercise gave me a new understanding of the sound of my violin, fostering a deeper sense of acceptance and appreciation for the instrument." – *Student from Mindful Violin Class*

"The special luthier workshop unveiled the mystery I've had for years about the structure of the violin." – *Student from Mindful Violin Class*

"My heartfelt thanks for your performance last night. It was a great success, and I look forward to hearing more of your music soon." – *Email from an audience member**

**April 26, 2023 RTHK media*





**Service Recipients : Caregivers, rehabilitated individuals,
parent-child groups, and the general public**

3.1 Activity Review

Throughout 2023, Kusala Education collaborated with health organisations across various districts and organised a series of Chinese medicine health talks. These talks addressed diverse topics such as Chinese medicine, daily healthcare, and mental well-being, catering to the varied needs of our community.

Health is an important part of overall well-being, and is also an important focus of Kusala Education. Looking ahead, we will continue to spare no effort in promoting health knowledge and popularising medical education. Given the current shortage of primary health care, popularising medical education can help the public to acquire basic knowledge of medical science. By improving their daily and dietary habits, and recognising the impact of emotions on health, the public will be able to develop a healthier lifestyle, hence reducing the chances of falling ill and developing various types of chronic diseases. Our mission extends to providing medical education opportunities for all, including children, students, seniors, and those with physical challenges, through talks, workshops, and social media outreach.

It is also our hope to internationalise medical education. With our wealth of language and translation talents, we wish to present traditional medicine on a global stage. Through translation and re-interpreting it in modern languages, we seek to make medical education universally accessible, transcending geographical and cultural boundaries. We firmly believe that through acquiring accurate medical knowledge, everyone can improve their health. We will remain dedicated to this goal.

3.2 Outlook

In the future, we hope to make traditional Chinese medicine and other medical knowledge easier to understand and more accessible to the public, allowing people to gain more information about physical and mental health. Additionally, we will continue to promote professional exchanges in various fields of healthcare and mental well-being, and even organise free medical consultations, so that people from all walks of life can benefit from more comprehensive care for their physical, mental, social, and spiritual health.



3.3 Instructor Personal Reflections

(Billy Fung - Chinese Medicine Practitioner)

Over the past year, as a Chinese medicine practitioner, I had the opportunity to give a series of talks on various topics within the field. I have benefited a lot from these experiences.

I often felt anxious before each talk, worrying about whether the audience would understand, or simply be interested in my presentation of the complexities of medical science. However, the genuine interactions and sincere feedback during the talks touched me immensely. I was also often overwhelmed by their positive energy.

Seeing their attentive looks and active participation during the Q&A sessions, along with their genuine eagerness to learn about Chinese medicine, proved all the preparation efforts worthwhile. Their interest in Chinese medicine has always been beyond my expectations, and they never failed to flood me with questions after each wrap-up. I am deeply grateful for their curiosity and active participation.





3.4 Participant Feedback

“Thanks to Dr. Billy’s clear and straightforward instructions, I gained a deeper understanding of how Chinese medicine cures eczema. It was truly inspiring!”

“The talk covered rich practical tips about daily healthcare. I’ve learned a lot from that. It helps me maintain my health independently at home.”

“Dr. Billy’s sharing gave me a brand new understanding of Chinese medicine. I might try practising it to maintain my health.”

“The talk had a relaxing and pleasant vibe. Dr. Billy’s humour made me realise that Chinese medicine can be far from boring.”

“Dr. Billy presented case studies in an engaging way, which helped me directly understand the benefits of Chinese medicine and strengthened my trust in its efficacy.”

“I’m grateful to Dr. Billy for his selfless dedication. His efforts have deepened people’s understanding of and appreciation for Chinese medicine. I look forward to more talks in the future.”



Income Statement From 1 April 2023 to 31 March 2024

Income

	01.04.2023-31.03.2024 HKD(\$)	07.12.2021-31.03.2023 HKD (\$)
Course Income	66,566	57,202
Donation Income	36,558	46,133
Fundraising Income	2,170	-
Other income	800	-
Total Income	106,094	103,335

Administrative and operating expenses

Accounting fee	-	7,000
Advertising	2,137	1,867
Auditor' s remuneration	8,500	12,500
Business registration fee	105	400
Company secretarial fee	2,980	2,980
Community support expense	8,743	-
Course expenses	37,020	32,825
Donation	-	4,530
Insurance	-	677
Preliminary expenses	-	305
Printing and stationary	-	360
Professional fee	-	15,000
Sponsorship fee	-	3,730
Subscription fee	1,169	3,392
Sundry expenses	175	14,443
Total expenditure	60,829	100,009

Surplus before tax	445,265	3,326
Income tax expense	-	-
Surplus for the period	45,265	3,326

Statement of Financial Position From 1 April 2023 to 31 March 2024

Current assets

	01.04.2024	31.03.2023
Cash and Cash equivalents	57,091	26,466

Current Liabilities

Accruals	8,500	23,140
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Net Assets	48,591	3,326
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Equity

Retained earnings	3,326	-
Surplus for the year	45,265	3,326
Total Equity	48,591	3,326

The above summary is extracted from the audited financial statements of Kusala Education Limited in the financial year ended 31st March 2024.

We sincerely thank all the volunteers, enthusiastic individuals, and partners who have generously extended their support and assistance over the past year. Your selfless dedication and sincere help have been a tremendous boost to the success of our various programmes and services and have continuously benefited the community, contributing to our achievements.

We would like to extend our heartfelt gratitude to all the anonymous donors, as well as to the following individuals, organisations, and groups (listed in alphabetical order):

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- > Agrician
 - > Orff4Kids
 - > World Harmonica Competition Champion Harmonica Artist Mr. Gordon Lee
 - > Tai Po Lam Tsuen Science and Art Experimental Farm
 - > COMM,ON
 - > Sung Wo Chiu Lan Charity Fund Limited
 - > Music Pedagogist Ms. Maggie Ho
 - > Buddhist Sin Tak College
 - > The University of Hong Kong
 - > The Boys' & Girls' Club Association of Hong Kong
 - > Social Ventures Hong Kong
 - > The Hong Kong Federation of Youth Groups
 - > Xiang Gang Nuan Liu (香江暖流), Radio Television Hong Kong
 - > Registered Chinese Medicine Practitioner Dr. Eason YU
 - > Registered Chinese Medicine Practitioner Ms. Caithyn WOO
 - > Registered Chinese Medicine Practitioner Ms. Mandy LAU
 - > Registered Chinese Medicine Practitioner Ms. Doris CHENG
 - > Yang Memorial Methodist Social Service, Choi Hung Community Centre for Senior Citizens
 - > Yang Memorial Methodist Social Service, Choi Hung Community Centre for Senior Citizens - Kingsford Terrace Centre
 - > Chiu Tan Strings
 - > SideBySide
 - > Chinese Medicine Clinic Fikarest
 - > Yuen Tung Monastery
 - > Trychiart (賞學藝術)
 - > Silence

Since 2023, **Kusala Education** has gained increasing recognition from various sectors of society. We are deeply grateful for the trust and support we have received.

We are dedicated to transforming Kusala Education into a “bank of kindness”.

By spreading kindness, we aspire to bring hope and light to society, support each other's growth, and work together towards a better future.



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