

# THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE

England & Wales · Charity number 1063908

## Details

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Other names	JANKI FOUNDATION FOR GLOBAL HEALTH CARE, THE JANKI FOUNDATION FOR GLOBAL HEALTH CARE, JANKI FOUNDATION
Status	Registered
Legal form	Other
Registered	1997-08-12
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	The Janki Foundation For Spirituality In Health Care 7 Kenton Court Kenton Road Harrow HA3 8AQ
Phone	02084591400
Email	<a href="mailto:info@jankifoundation.org">info@jankifoundation.org</a>
Website	<a href="http://www.jankifoundation.org">www.jankifoundation.org</a>

## Activities

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**Objects:** (A) TO RELIEVE SICKNESS AND PROTECT AND PRESERVE PUBLIC HEALTH IN RAJASTHAN, INDIA, PARTICULARLY BY ASSISTING THE WORK OF THE GLOBAL HOSPITAL AND RESEARCH CENTRE AT MOUNT ABU; (B) ADVANCE EDUCATION BY THE PROVISION OF HEALTH EDUCATION PROGRAMMES AND BY UNDERTAKING MEDICAL RESEARCH AND DISSEMINATING THE USEFUL RESULTS THEREOF.

**Activities:** Provide information & training for a values-based approach to healthcare through an educational programme, Values in Healthcare: a spiritual approach, in support of health professionals; organize seminars, workshops, lectures and retreats on a range of themes; support activities of Global Hospital and Research Centre in Mt Abu, Rajasthan, India, an area of acute shortage of healthcare facilities

## Classification

- **How:** Provides Other Finance, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

- **Area of benefit:** INTERNATIONAL
- India
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£131,600	£65,805	-	-
2023-10-31	£121,279	£100,685	-	-
2022-10-31	£118,863	£75,474	-	-
2021-10-31	£126,671	£97,300	-	-
2020-10-31	£103,917	£76,460	-	-

## Trustees

Name	Role	Appointed
Dr SARAH EAGER	Chair	
CHANDRABALA PATEL		
CHAROOBALA MAROO		
Dr DAVID GOODMAN		
MR NAYAN PATEL		
Suja Chandran		2025-11-10

**THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE**

England & Wales - Charity number 1063908

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# Accounts

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**THE  
JANKI FOUNDATION  
FOR SPIRITUALITY IN HEALTH CARE**

**ANNUAL REPORT  
YEAR ENDED 31 OCTOBER 2024**

**(Charity No. 1063908)**

# THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE

(Charity No. 1063908)

## *Annual Report*

**YEAR ENDED 31 OCTOBER 2024**

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**The Janki Foundation for Spirituality in Healthcare  
Report of the Trustees  
For the year ended 31 October 2024**

The trustees present their report, along with the financial statements of the charity, for the year ended 31 October 2024. The financial statements have been prepared based on the accounting policies set out in note 1 (page 12) to the financial statements and comply with the charity's constitution. The Janki Foundation for Spirituality in Healthcare is a charity registered with the Charity Commission under registration number 1063908.

**Legal and administrative information**

***Chairperson***

Dr Sarah Egger

***Vice Chairperson***

Suja Chandran

***Honorary Treasurer***

Chandrabala (Charu) Patel

***Honorary Secretary***

Viraj Patel

***Trustees***

Dr Sarah Egger

David Goodman

Charoobala Maroo

Chandrabala Patel

Mahesh Patel

Nayankumar Patel

Ratan Thadani

***Independent Examiner***

Umang Mody

***Business Address***

7 Kenton Court,

Kenton Road

Harrow

HA3 8AQ

## **Structure, Governance and Management**

### ***Trustees and organisational structure***

The trustees who held office during the financial year and at the date of this report are set out on page 1.

The constitution allows up to 16 trustees to be appointed. All members of the board of trustees shall retire from office together at the end of five years, after the date on which they came into office. However, they may be re-elected or re-appointed. All existing trustees were re-elected at the AGM on 27<sup>th</sup> October 2022, after a 5-year term and all have experience of being a charity trustee. Some of the trustees have served in this role since the charity was set up. New trustees are nominated by members of the board of trustees. When appointed they are informed about the work of the charity, charity laws and are provided with information to help them fulfil their roles as trustees.

Each trustee takes responsibility for the charity's activities, chairing sub-groups as required for the main areas of work. Each sub-group reports to the board of trustees where key decisions are undertaken.

The charity's honorary secretary together with several volunteers manage the day-to-day operation of the charity on behalf of the trustees.

### ***Risk management***

Trustees deal with specific areas of the charity, e.g., finance, legal and administrative funding. Individuals chosen for these roles are based on their experience and hence the trustees have mitigated risks via this approach.

All significant activities undertaken are subject to a risk review as part of the initial project assessment and implementation.

Major risks considered are:

- Operational performance, including risks to our personnel and volunteers
- Achievement of our aims and objectives

The trustees review these risks on an ongoing basis and satisfy themselves that adequate systems and procedures are in place to manage the risks identified.

We continue to review our internal controls, management accounting and budget-setting processes to establish a better system of reporting on spending.

### **Objectives and Activities**

The Janki Foundation for Spirituality in Healthcare (JF) is a non-governmental, non-political, non-religious organisation established in 1997. The Trust is constituted under a constitution adopted on 15th December 1996 and amended by resolutions on 3rd August 1997 and 20th June 2000. The constitution was further amended by resolution on 19th August 2014 (Creation of the post of Vice-Chair) and 14th November 2014 (Change in Charity Name approved by the Charity Commission, and change to Clause L (1)), which was registered with the Charity Commission. The constitution defines the charity's objectives as being:

- Relieve sickness and protect and preserve public health in Rajasthan, India, particularly by assisting the work of The J Watumull Global Hospital and Research Centre at Mount Abu.
- Advance education by the provision of health education programmes and by undertaking medical research and disseminating the useful results thereof.

The activities currently carried out by the charity to deliver these objectives can be broadly categorised into the following areas:

- **J Watumull Global Hospital and Research Centre (GHRC):** The Foundation was originally set up to support GHRC. The charity's trustees and friends continue to be proactive in providing expertise and guidance on specific projects.
- **Organising educational conferences, dialogues, seminars, lectures, workshops and retreats.**
- **Educational products** - The Foundation continues to look at developing further educational products to support healthcare professionals in their daily challenges.
- **Values in Healthcare: a spiritual approach (VIHASA):** a unique educational programme to support the well-being of healthcare professionals (launched in 2004) - this resource continues to be available online free of charge.
- **Publications and resources – VIHASA pack and three self-help books with CDs/mp3 audio tracks:**
  - *Lifting Your Spirits: Seven Tools for Coping with Illness,*
  - *The Heart of Well-being: Seven Tools for Surviving and Thriving*
  - *Stillness in the Storm: 7 tools for coping with fear and uncertainty*

The Foundation also produces small booklets to support healing and well-being.

- **Networking and collaborating with other organisations to promote the integration of spirituality in healthcare.**

The charity delivers its charitable objectives entirely through volunteers.

### **Activities, Achievements and Performance**

Over the last year, the Foundation has been involved in various activities.

- **JF annual general meeting**

This was held virtually via Zoom on 13<sup>th</sup> September 2024, where amongst other discussions, the accounts for the year ending October 2023 were discussed and approved.
- **Rest & Restore Retreat** at Global Retreat Centre, Oxford, 20 – 22<sup>nd</sup> September 2024  
In September 2024, JF organised the **Rest and Restore Retreat** over a weekend at Global Retreat Centre in Oxford for a wide group of healthcare professionals from across UK. Participants explored the theme of balance and self-care through activities such as yoga, panel discussions and reflective exercises. Speakers shared insights on inner strength and self-practices, as well as addressing the challenge burnout and the importance for boundaries. Small groups engaged in exercises like Forest Bathing and Sound Bath for creativity and healing. The retreat included self-

reflection and compassion sessions, culminating in writing compassionate messages to oneself. Feedback showed participants were grateful for the nurturing environment and opportunity for personal growth. The weekend retreat provided a transformative experience for participants, allowing them to reconnect with themselves, find inner peace, and gain valuable insights into self-care.

The report of the retreat is available on the JF website, along with a podcast recording of the panel discussion titled *Superpower/What Supports You?* in which the panel of healthcare professionals discuss how they thrive and maintain a sense of positivity in clinical settings and a balanced living through various life experiences.

- **The Values in Healthcare programme**

The Foundation's flagship project is Values in Healthcare: a spiritual approach (VIHASA), a modular personal and team development programme supporting practitioner wellbeing. The programme is delivered via a pack of materials, which was first published in 2004. Since then, the programme has been translated into more than a dozen languages and is in use in over 50 countries. The VIHASA pack continues to be available online free of charge on the Foundation's website. Up to the end of October 2024, 420 requests have been received for the free downloadable pack. The printed pack is also available to purchase online at a very reasonable price. Advice and guidance (including requests for training) are given to individuals and organisations who wish to use the programme. VIHASA activities continue around the world, notably in India and South Africa. In 2024 Raksha Balbadhur, from South Africa, ran the VIHASA programme online nationally every month for palliative care teams. She is planning an Africa-wide Facilitator Training in Kenya from 19-22 June 2025, as well as offering two online introductory taster sessions on 13 April and 18 May 2025 for those wishing to experience the programme first-hand.

- **VIHASA Global**

This project was initially called VIHASA Online and is an online version of the well-established Values in Healthcare: a spiritual approach (VIHASA) modular programme, with an emphasis on the spiritual tools. It was formally launched in March 2023. The online programme has been co-created and enabled by Nirmala Ragbir-Day, Masana De Souza, Elaine Roddam and Raksha Balbadhur. Data from the pilot trainings is being evaluated to refine the programme. To date, 122 facilitators worldwide have completed an orientation. The VIHASA Global Governance group was set up in April 2024. The group meets monthly to regulate all aspects of the VIHASA project so that it falls in line with the JF's charitable aims, legal responsibilities, the charity's capacity and resources. There is a proposal to develop an online forum, which will be an important component of the VIHASA Global project offering access to resources and interactive elements.

- **Silence Retreats at Quiet View in Kent**

These in person one-day silence retreats continue to successfully attract participants. They are led by Dr Julia Ronder (Child and Adolescent Psychiatrist, Certified Mindful Self-Compassion Teacher, Janki Foundation Coordinator, Kent), Rev Lizzie Hopthrow (Director of Quiet View) and Lorraine Millard (Psychotherapist, Supervisor, and Mindfulness Instructor). The 2024 retreats were titled "Rest, Refresh, Rejuvenate". They were held in January, April, June and October, with each session reflecting the essence of the respective season:

Winter: 'Emerging from Darkness into Light'

Spring: 'Blessing our own lives and the journey ahead'

Summer: 'Deepening our sense of Belonging'

Autumn: 'Holding on to the thread of peace'

- **International Compassion Community**

JF, in collaboration with the Dutch foundation BFC Compassionate Care and Mindful Medicine, continue to offer live online meditation sessions in English on Thursday evenings. These sessions have been running for more than four years. Originally intended for healthcare professionals, but since January 2024 access to these meditations has been widened to all those who care. Participation is free, with an option to donate to JF after the JF led meditations. BFC CCMM has also partnered with the Global Compassion Coalition increasing JF's outreach potential.

- **Meditation sessions in London hospitals**

An initiative to enable healthcare workers to experience how spirituality can be integrated into their current working practice. The meditation sessions offered to healthcare staff at St Mary's and Queen Charlotte Hospital paediatric intensive care units are currently on hold and may be reintroduced in 2025.

- **Publications**

The Foundation continues to work with Brahma Kumaris Information Services (BKIS) to market and distribute all JF publications. These publications are available on the Foundation's website, as well as on Inspired Stillness, the BKIS website. Sales orders received on the JF website are redirected to Inspired Stillness for processing and distribution. The three books in the 7 Tools series: *Lifting Your Spirits*, *Heart of Wellbeing & Stillness in the Storm* are all available as eBooks and print format. The audiobook for *Lifting Your Spirits* was recorded in February 2024 and is available on Googleplay along with the *Stillness in the Storm* audiobook. The print version of *Lifting Your Spirits* can also be purchased on Amazon.

- **Booklets supporting healing and well-being**

These are available online; printed copies are also available on request. A brief information flyer about the work of the Foundation is also available online.

- **Some health trusts in the UK continue to use or integrate JF materials** in their training, study days and retreats, particularly South West Yorkshire Partnership NHS Trust.

- **Ad-hoc presentations and workshops continue** online at conferences, exhibitions and networking with organisations dealing with mental health, etc.

- **Community Group**

The community group consists of 78 members from all over the UK. These meetings empower those interested in initiating local activities in line with the Foundation's aims and objectives, as well as allowing them to explore and develop educational materials to support the healthcare community. The meetings continue as face-to-face meetings, along with possible in-person retreats.

Three meetings have taken place at Global Cooperation House during this period, each based on a different theme. 2nd December 2023 - The main theme explored was **Gratitude**. 1st June 2024 - **Using Virtues to Sustain Life** 19 October 2024- **Flourish and Live Mindfully**. During these meetings, facilitators guided participants in exploring each theme through practices such as meditation, reflection, discussion, listening, creativity, appreciation, movement, and play. The groups participated in both small group sharing and plenary sessions. They addressed current challenges and concerns they observed in the healthcare sector or their workplaces, as well as exchanging ideas for new projects, sharing expertise, and planning future events.

- **Northern Group**

The Northern group meets regularly to discuss service projects and continues to support health and social care practitioners in their local area. This year the group has primarily focused on the VIHASA Global programme, specifically its online adaptation.
- **Happidote**

This free mobile phone meditation app for health and social care professionals and caregivers was launched in November 2019. The app is an important resource that continues to be valued by healthcare workers all over the world. It offers an easy way to access practical advice through simple guided meditations to help calm the mind and soothe the stress of work. Ten common scenarios faced in healthcare settings have been identified; for each scenario, a short commentary has been prepared as an antidote.

The app is currently undergoing an upgrade and redevelopment to enable new features to be added on. Once completed, a relaunch is planned to promote the app and increase the number of users. The app's upgrade is kindly being funded by a generous contribution from an anonymous donor.
- **Foundation's website**

This is running well and most of the updates are being managed in-house by Preeti Bhudia. Additional ongoing paid support is being provided by Health Hosts. Details of forthcoming events, news, videos of past lectures, updates on publications and other resources are all available on the website. There are progressive in-house discussions to repurpose the website content. This will enable more user friendly and byte size information presentation.
- **Social media**

The Foundation continues to build its social media presence on Instagram and Facebook. It uses these platforms to share details about any upcoming events and activities, JF resources and other information.

A social media review was undertaken in September 2023 for a better understanding of how spirituality related information is accessed by healthcare professionals. A survey link was sent to those on the JF database and themes received from the survey were explored at the community meeting of 2<sup>nd</sup> December 2023. These themes will be considered when planning for future events, messages and outreach programmes.
- **GDPR**

Priority areas were implemented from 25<sup>th</sup> May 2018. A data management system is in place in line with GDPR. Our systems and processes are reviewed on a periodic basis.
- **Administration**

The small administration team (volunteers) continues to provide administrative support virtually for managing the day-to-day running of the office and provides support for the Foundation's events and activities. Most meetings take place online.

### **Financial Review**

During the year, the charity raised £123,199 (2023: £115,827) from donations, legacies and similar incoming resources. We are pleased to report that our financial support commitment to Global Hospital and Research Centre was fulfilled. Income from information and education programmes totalled £84 (2023: £1,508) in the year.

The charity has £340,825 (2023: £275,030) of total cash funds carried forward at the end of the year.

## **Reserves Policy**

In accordance with the guidelines of the Charity Commission, we have a reserves policy in place.

## **Plans for the Future**

- **J Watumull Global Hospital & Research Centre**

The charity is to continue providing financial support for the existing projects carried out by the hospital and endorse the overall holistic approach taken to healthcare since the hospital was set up.
- **Organising educational conferences, seminars, lectures, workshops and retreats: 2024 and ongoing**
  - JF Annual Event. Title – *Restoring Human Values, Reclaiming the Soul in Healthcare* at Global Cooperation House, London. 2.30pm – 5.30pm, Saturday 30<sup>th</sup> November 2024.
  - Creating a series of podcasts around coping with fear and uncertainty based on ‘*Stillness in the Storm*’.
  - Further the Foundation’s work by collaborating with a Dutch foundation in providing daily meditations for healthcare workers and expanding this to the English-speaking world.
- **Values in Healthcare:**
  - Thousands of people have benefited from the programme around the world since it was launched in 2004. VIHASA is offered online on the Foundation’s website as a free resource for anyone to use as they wish. The printed pack continues to be offered at a reduced price.
  - The charity continues to be open to opportunities and discussions for the programme to be used by individuals or organisations as part of an overall strategy for integrating spirituality in their organisation, as well as exploring how it could be integrated into healthcare professionals’ education.
  - The Foundation is looking into producing an online platform with resource materials for facilitators who will be using the VIHASA-Global training content. New module content development for online delivery is in progress.
  - Creation of a new module for the VIHASA pack.
- **Social media and website**

The Foundation continues to build its social media presence on Instagram and Facebook. These platforms are used to share details about any upcoming events and activities, JF resources and other information. The themes from the September 2023 survey will be further discussed with the working group. Based on this, an action plan will be developed to build on the current social media presence.

An ongoing review is taking place to enhance JF's online presence, with support from HealthHosts. Teams are being created to provide support in social media, IT, and legal matters.
- **Silence Retreats at Quiet View in Kent**

The three-monthly silence retreats in the Kent area will continue.
- Continue with **collaborative activities** as opportunities arise.
- **Hospital meditations.**

The meditations being offered to healthcare staff at St Mary’s and Queen Charlotte Hospital maybe reintroduced again.

- **Happidote**  
After upgrading of the app, intentions are to relaunch it to promote and enhance usage, as well as consider developing new features.
- **Podcast**  
Develop further podcasts exploring with healthcare professionals how they use spirituality to support them in their work.
- **Publications**  
The Foundation continues to work with BKIS to promote all JF publications. The charity is still planning on creating an audiobook Heart of Wellbeing. It is also working with BKIS and m-y books for distribution of JF e-books on Amazon and audiobooks on Google Play.
- **The Steering Group** helps plan activities, propose changes and makes recommendations on the way forward with the changing climate in the health sector. Any new projects and recommendations are put forward for decisions and approval by the Trustees (who meet twice a year). The steering group continues to meet online every two months, with the occasional face-to-face meeting.
- **The wider Community Group** The community will continue to meet twice a year, with the next meeting planned for 5<sup>th</sup> April 2025.
- **Northern Group** continue to support the VIHASA Global programme and help promote the Happidote app.
- The next **AGM** is scheduled for 12<sup>th</sup> September 2025.

**Declaration**

The trustees declare that they have approved the trustees' report.

Signed on behalf of the charity's trustees.

Signature Sarah Eagger

Full name SARAH EAGGER

Position CHAIR

Date 26/08/2025

**Independent Examiner's Report to the Trustees of  
The Janki Foundation for Spirituality in Health Care**

**Independent Examiner's Report to the Trustees of The Janki Foundation for Spirituality in Health Care**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31<sup>st</sup> October 2024 as set out on pages 10 to 14.

**Responsibilities and basis of the report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

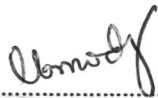
**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signature



Date:

22-8-2025

Name: Umang B Mody

Relevant professional qualifications:

Chartered Accountant (The Institute of Chartered Accountants of India)

Chartered Internal Auditor (The Institute of Internal Auditors, USA)

Address: Flat 24, Dao Court, Dacre Road, London, E13 0PG



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Name : The Janki Foundation for Spirituality in Health Care

No: 1063908

CC16a

### Receipts and payments accounts

For the period from

01/11/2023


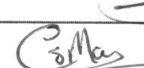
To

31/10/2024

#### Section A Receipts and payments

	Note	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>						
Donations, legacies and incoing resources	2	113,199	10,000	-	123,199	115,827
Investment Income	3	8,317	-	-	8,317	3,944
Information and Education Programme	4	84	-	-	84	1,508
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total (Gross income for AR)</b>		<b>121,600</b>	<b>10,000</b>	<b>-</b>	<b>131,600</b>	<b>121,279</b>
<b>A2 Asset and investment sales, (see table).</b>						
		-	-	-	-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>		<b>121,600</b>	<b>10,000</b>	<b>-</b>	<b>131,600</b>	<b>121,279</b>
<b>A3 Payments</b>						
Grants and Donations Paid	5	51,823	12,000	-	63,823	93,854
Values in Health Care programme	5	31	-	-	31	293
Lifting Your Spirits	5	925	-	-	925	530
Well Being	5	44	-	-	44	471
Stillness in the Storm	5	730	-	-	730	3,190
General administration	6	252	-	-	252	2,348
Rent deposit refund	8	-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>53,805</b>	<b>12,000</b>	<b>-</b>	<b>65,805</b>	<b>100,685</b>
<b>A4 Asset and investment purchases, (see table)</b>						
Capital Work In Progress		-	-	-	-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>		<b>53,805</b>	<b>12,000</b>	<b>-</b>	<b>65,805</b>	<b>100,685</b>
<b>Net of receipts/(payments)</b>		<b>67,795</b>	<b>- 2,000</b>	<b>-</b>	<b>65,795</b>	<b>20,594</b>
<b>A5 Transfers between funds</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>		<b>273,030</b>	<b>2,000</b>	<b>-</b>	<b>275,030</b>	<b>254,435</b>
<b>Cash funds this year end</b>		<b>340,825</b>	<b>-</b>	<b>-</b>	<b>340,825</b>	<b>275,030</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank and Petty Cash- Refer Note 7	340,825	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>340,825</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds</b> to nearest £	<b>Restricted funds</b> to nearest £	<b>Endowment funds</b> to nearest £
	<b>Details</b>	<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>
<b>B2 Other monetary assets</b>	Rent deposit - Refer Note 8	-	-	-
	Capital Work in Progress	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B4 Assets retained for the charity's own use</b>	Fixed Assets - Note 9	0	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
<b>B5 Liabilities</b>		0	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		CHANDRABALA PATEL		26/8/25
		CHARUBALA MAREE		26/8/25

## Notes to the Accounts

### Note 1: Accounting policies

The principal accounting policies, all of which have been applied consistently throughout the year, are set out below. Where a change of accounting policy or treatment has occurred, the prior year's figures have been adjusted to reflect the new treatment.

#### (a) Basis of preparation

These accounts have been prepared on a receipts and payment basis.

#### (b) Fund Accounting

Unrestricted funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area for specific purposes, the use of which is restricted to that area or purpose.

#### (c) Foreign currencies

Transaction in foreign currency is recognised at the exchange rate at the date of the transaction.

### Note 2: Donations, legacies and similar incoming resources

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £	Total 2023 £
Donations - gift aid	-	38,008	38,008	48,795
Donations – non-gift aid	10,000	65,162	75,162	54,552
Tax reclaimed on gift aid donations	-	10,029	10,029	12,481
Total	<u>10,000</u>	<u>113,199</u>	<u>123,199</u>	<u>115,827</u>

### Note 3: Investment income

	2024 £	2023 £
Bank Interest	<u>8,317</u>	<u>3,944</u>

### Note 4: Information & Education Programmes

	2024 £	2023 £
Value in Healthcare	-	45
Lifting your spirits	38	791
Heart of Well-being	38	-
Stillness in the Storm	-	672
Other income	7	
Total	<u>84</u>	<u>1,508</u>

**Note 5: Grants and donations paid**

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £	Total 2023 £
General	-	51,760	51,760	69,267
GHRC - MRI & Thalassaemia	12,000	-	12,000	24,000
Management & administration expenditure (share as shown on Note 6 below)	-	63	63	587
<b>Total</b>	<b>12,000</b>	<b>51,823</b>	<b>63,823</b>	<b>93,854</b>

<b>Programmes Expenditure:</b>	Direct	Administration expenditure share shown on Note 6 below	Total	Total
	2024 £	2024 £	2024 £	2023 £
Values in Healthcare programme	-	31	31	293
Lifting Your Spirits	875	50	925	530
Heart of Well-being	-	44	44	471
Stillness in the Storm	541	189	730	3,190
<b>Total</b>	<b>1,416</b>	<b>315</b>	<b>1,730</b>	<b>4,484</b>

**Note 6: Management and administration expenditure**

	2024 £	2023 £
Rent	-	-
Telephone	89	60
Furniture/ Fittings	-	245
Computer consumables	269	-
Gifts	-	27
Licences	900	900
Travelling	-	113
Computer Hardware/Software (Comment 1)	-998	4,166
Sundry Expenses	35	35
Happidote costs	91	82
Bank and Credit card Charges	244	241
<b>Total</b>	<b>629</b>	<b>5,869</b>

**Comment 1: During FY23, £2712 did not go through due to insufficient information from the vendor. Of this, the bank refunded £2646.75 in FY24. During FY24, a total expenditure of £1648.70 was incurred, resulting in a net credit of £998.05.**

The **management and administration expenditure** has been split between the main objectives of the charity based on the income received for these activities. The basis agreed upon by the Trustees was to split administrative expenditure in the ratio of 10:5:8:7:30:40 for Grants & Donations, Values in Healthcare, Lifting Your Spirits, Well Being, Stillness in Storm and General Administration respectively.

	2024	2023
	£	£
Grants & Donations	63	587
Value in Healthcare; A Spiritual Approach	31	293
Lifting Your Spirits	50	470
Heart of Well Being	44	411
Stillness in the Storm	189	1,761
General Administration	252	2,348
Total	<u>629</u>	<u>5,869</u>

**Note 7: Cash Funds**

	2024	2023
	£	£
Caf Gold A/c 89443	-	-
Caf Cash A/c 5954	3,560	3,462
Caf Cash Gold A/c 81745	150,200	92,541
Bank of India - Current A/c	1,783	1,783
Bank of India - Savings A/c	3,194	2,797
Bank of India - fixed deposit a/c	71,482	68,069
HSBC A/c 51706535	7,095	4,576
HSBC A/c 51706543	3,396	101,686
HSBC Money Market A/c 51103431	100,000	-
Petty cash	116	116
Total	<u>340,825</u>	<u>275,030</u>

**Note 9: TANGIBLE FIXED ASSETS**

**COSTS**

	2024	2023
	£	£
Costs bought forward	26,459	26,459
Additions	-	-
Costs at the year end	<u>26,459</u>	<u>26,459</u>

**Accumulated Depreciation**

Depreciation bought forward	26,459	26,459
Charge for the year	-	-
Depreciation carried forward	<u>26,459</u>	<u>26,459</u>

**NET BOOK VALUE**

	<u>-</u>	<u>-</u>
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**THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE**

England & Wales - Charity number 1063908

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# Accounts

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**THE  
JANKI FOUNDATION  
FOR SPIRITUALITY IN HEALTH CARE**

**ANNUAL REPORT  
YEAR ENDED 31 OCTOBER 2023**

**(Charity No. 1063908)**

**THE JANKI FOUNDATION FOR  
SPIRITUALITY IN HEALTH CARE**

(Charity No. 1063908)

*Annual Report*

**YEAR ENDED 31 OCTOBER 2023**

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**The Janki Foundation for Spirituality in Healthcare**  
**Report of the Trustees**  
**For the year ended 31 October 2023**

**Tribute to Arnold Desser, a Scientific and Medical Advisor to the Janki Foundation** who passed peacefully on 23<sup>rd</sup> October 2023.

Arnold Desser contributed huge time, attention, enthusiasm and commitment to the Janki Foundation. He was a member of the core team that produced the training programme for healthcare workers, Values in Healthcare: A Spiritual Approach (2004). As part of the Janki Foundation team, he facilitated trainings all over the world.

Arnold also served on the Janki Foundation Steering Group, and he was the trusted editor on many written materials for the Janki Foundation, as well as being one of the Foundation's Scientific and Medical advisors. He was part of a team running regular meditation sessions - initially in person and later online - for staff and patients in two major London hospitals. Arnold will be sorely missed. As we continue the work of the Janki Foundation we carry with us his humour, love, curiosity, compassion and friendship.

The trustees present their report, along with the financial statements of the charity, for the year ended 31 October 2023. The financial statements have been prepared based on the accounting policies set out in note 1 (page 12) to the financial statements and comply with the charity's constitution. The Janki Foundation for Spirituality in Healthcare is a charity registered with the Charity Commission under registration number 1063908.

### **Legal and administrative information**

#### ***Chairperson***

Dr Sarah Egger

#### ***Vice Chairperson***

Suja Chandran (appointed 25<sup>th</sup> May 2023)

#### ***Honorary Treasurer***

Chandrabala (Charu) Patel

#### ***Honorary Secretary***

Viraj Patel

#### ***Trustees***

Dr Sarah Egger  
David Goodman  
Charoobala Maroo  
Chandrabala Patel  
Mahesh Patel  
Nayankumar Patel  
Ratan Thadani

#### ***Independent Examiner***

Umang Mody

#### ***Business Address***

7 Kenton Court,  
Kenton Road  
Harrow  
HA3 8AQ

## **Structure, Governance and Management**

### ***Trustees and organisational structure***

The trustees who held office during the financial year and at the date of this report are set out on page 1.

The constitution allows up to 16 trustees to be appointed. All members of the board of trustees shall retire from office together at the end of five years, after the date on which they came into office. However, they may be re-elected or re-appointed. All existing trustees were re-elected at the AGM on 27<sup>th</sup> October 2022, after a 5-year term and all have experience of being a charity trustee. Some of the trustees have served in this role since the charity was set up. New trustees are nominated by members of the board of trustees. When appointed they are informed about the work of the charity, charity laws and are provided with information to help them fulfil their roles as trustees.

Each trustee takes responsibility for the charity's activities, chairing sub-groups as required for the main areas of work. Each sub-group reports to the board of trustees where key decisions are undertaken.

The charity's honorary secretary together with several volunteers manage the day-to-day operation of the charity on behalf of the trustees.

### ***Risk management***

Trustees deal with specific areas of the charity, e.g., finance, legal and administrative funding. Individuals chosen for these roles are based on their experience and hence the trustees have mitigated risks via this approach.

All significant activities undertaken are subject to a risk review as part of the initial project assessment and implementation.

Major risks considered are:

- Operational performance, including risks to our personnel and volunteers
- Achievement of our aims and objectives

The trustees review these risks on an ongoing basis and satisfy themselves that adequate systems and procedures are in place to manage the risks identified.

We continue to review our internal controls, management accounting and budget-setting processes to establish a better system of reporting on spending.

### **Objectives and Activities**

The Janki Foundation for Spirituality in Healthcare (JF) is a non-governmental, non-political, non-religious organisation established in 1997. The Trust is constituted under a constitution adopted on 15<sup>th</sup> December 1996 and amended by resolutions on 3<sup>rd</sup> August 1997 and 20<sup>th</sup> June 2000. The constitution was further amended by resolution on 19<sup>th</sup> August 2014 (Creation of the post of Vice-Chair) and 14<sup>th</sup> November 2014 (Change in Charity Name approved by the Charity Commission, and change to Clause L (1)), which was registered with the Charity Commission. The constitution defines the charity's objectives as being:

- Relieve sickness and protect and preserve public health in Rajasthan, India, particularly by assisting the work of The J Watumull Global Hospital and Research Centre at Mount Abu.
- Advance education by the provision of health education programmes and by undertaking medical research and disseminating the useful results thereof.

The activities currently carried out by the charity to deliver these objectives can be broadly categorised into the following areas:

- **J Watumull Global Hospital and Research Centre (GHRC):** The Foundation was originally set up to support GHRC. The charity's trustees and friends continue to be proactive in providing expertise and guidance on specific projects.
- **Organising educational conferences, dialogues, seminars, lectures, workshops and retreats.**
- **Educational products** - The Foundation continues to look at developing further educational products to support healthcare professionals in their daily challenges.
- **Values in Healthcare: a spiritual approach (VIHASA):** a unique educational programme to support the well-being of healthcare professionals (launched in 2004) - this resource continues to be available online free of charge.
- **Publications and resources – VIHASA pack and three self-help books with CDs/mp3 audio tracks:**
  - *Lifting Your Spirits: Seven Tools for Coping with Illness,*
  - *The Heart of Well-being: Seven Tools for Surviving and Thriving and*
  - *Stillness in the Storm: 7 tools for coping with fear and uncertainty*

The Foundation also produces small booklets to support healing and well-being.

- **Networking and collaborating with other organisations to promote the integration of spirituality in healthcare.**

The charity delivers its charitable objectives entirely through volunteers.

### **Activities, Achievements and Performance**

Over the last year, the Foundation has been involved in various activities.

- **JF annual general meeting**

This was to be held virtually via Zoom on 26th October 2023, but was postponed to 7<sup>th</sup> December 2023, as a mark of respect for the passing of Arnold Desser.
- **The Values in Healthcare programme**

The Foundation's flagship project is Values in Healthcare: a spiritual approach (VIHASA), a modular personal and team development programme supporting practitioner wellbeing. The programme is delivered via a pack of materials which was first published in 2004. Since then the programme has been translated into more than a dozen languages and is in use in over 50 countries. The VIHASA pack continues to be available online free of charge on the Foundation's website. Up to the end of October 2023, 308 requests have been received for the free downloadable pack. The printed pack is also available to purchase online at a very reasonable price. Advice and guidance (including requests for training) are given to individuals and organisations who wish to use the programme. VIHASA activities continue around the world, notably in India and South Africa. Raksha Balbadhur, from South Africa, is planning to run the VIHASA programme online nationally every month for palliative care teams.

- **VIHASA Global**

This project was initially called VIHASA Online and is an online version of the well-established Values in Healthcare: a spiritual approach (VIHASA) modular programme, with an emphasis on the spiritual tools. They have been co-created and enabled by Nirmala Ragbir-Day, Masana De Souza, Elaine Roddam and Raksha Balbadhur. The global launch of the programme took place online on 26th March 2023, with several online facilitator training programmes running throughout the year.

As of October 2023, a total of 122 facilitators from 31 countries have been trained and supported online. They are grouped under 9 regions to enable cross learning from the pilot phase. While JF's emphasis has been on training the trainers, there are ongoing discussions on the how the expansion of the project can be further supported.

- ❖ **VIHASA Online Regional Coordinator Retreat 22-26th June 2023 Worthing**

An in-person retreat 'Caring, Sharing and Inspiring Values' was organised for regional core group members of VIHASA Global to meet up and to discuss the way forward for VIHASA. The retreat was attended by 16 facilitators from 5 regions including Africa, Canada, Caribbean, UK/Europe and the USA. It was held from Friday 23<sup>rd</sup> – Monday 26<sup>th</sup> June 2023 at Lighthouse Retreat Centre in Worthing.

- ❖ **VIHASA Facilitators Retreat – Anubhuti Retreat Centre, USA**

The North America online VIHASA core team organised the first, in-person VIHASA retreat at Anubhuti Retreat Centre, USA from 26<sup>th</sup> - 28<sup>th</sup> October, followed by a public program on 'Self-compassion' on 29<sup>th</sup> October. 25 participants took part in the two and half day retreat, including 15 online-trained facilitators from USA and Canada.

The retreat was an opportunity to prepare, facilitate and experience a variety of exercises from the VIHASA modules.

Nirmala Ragbir-Day and Robert Day from the UK joined the retreat and gave feedback on where and how to improve facilitation skills and session planning.

- **Care, Share and Inspire – Can we thrive in today's healthcare systems?**

This special event marking the 25th Anniversary celebration of The Janki Foundation was hosted jointly with the Brahma Kumaris World Spiritual University (BKWSU) as a public event on 10<sup>th</sup> December 2022. Highlights of the day included keynote speakers, dialogue, panel discussion, poetry, song, meditation and small-group conversations. The main topics were:

- Inspiring through Compassionate Leadership, Prof Michael West.
- Creating a Conscious Caring Culture, Dr Mary Prendergast & Prof Wilfred McSherry in conversation with Chrissie McGinn.
- Thriving in Health care- Julia Ronder's film of inspiring interviews.
- Courage to Follow your Heart- Rev Lizzie Hopthrow, Dr Rachna Chowla, Nirmala Ragbir-Day. Panel discussion moderated by Dr Julia Ronder.
- Sharing and Inspiring the Self- Sister Jayanti interviewed by Suja Chandran.

The JF working group that put together this event was Chrissie McGinn, Richard Hewitt, Sarah Eagger, Julia Ronder, Viraj Patel, Suja Chandran.

- **Silence Retreats at Quiet View in Kent**

These face to face silence retreats continue to successfully attract participants. They are led by Dr Julia Ronder (Child and Adolescent Psychiatrist, Certified Mindful Self-Compassion Teacher, Janki Foundation Coordinator, Kent), Rev Lizzie Hopthrow (Director of Quiet View) and Lorraine Millard (Psychotherapist, Supervisor, and Mindfulness Instructor). Two retreats have taken place in April & October 2023, with the topics 'Micro-dosing Joy & Nurturing Inner Happiness' and Gathering in the Lights of Autumn to Help us Keep Rested, Our Hearts Warm and Our Minds Clear as we Prepare for Winter'.

- **Selfcare Days**

These online one-day self-care retreats have been running for two years, and continue to provide an online presence to guide people through self-care practices and a reflective pause in their busy lives. They are led by Nirmala Ragbir-Day and held every month on a Monday, with sessions such as *Peace is, Patience waits, Forgiveness releases, Kindness touches, Reliable, Respect, Remarkable, Radiant, Resilient, Real*.
- **Values for Selfcare**

Nirmala Ragbir-Day has run four half day in-person selfcare retreats in Newcastle.
- **Stillness in the Storm**

This book was co-authored by Jan Alcoe and Dr Sarah Egger during and in response to the pandemic. In addition to the e-book and print version, the book has been available as an audiobook since February 2023. Sarah and Jan will be working on an online workshop or course for 2024.
- **International Compassion Community**

JF continues to collaborate with an independent Dutch foundation (BFC Compassionate Care & Mindful Medicine) in providing facilitators to lead meditation sessions for English-speaking healthcare workers. This also includes contributions to online webinar sessions.

#### Other events and retreats

- **Meditation sessions in London hospitals**

An initiative to enable healthcare workers to experience how spirituality can be integrated into their current working practice. The meditation sessions offered to healthcare staff at St Mary's and Queen Charlotte Hospital paediatric intensive care units are currently on hold and may be reintroduced in 2024.
- **Publications**

The Foundation continues to work with Brahma Kumaris Information Services (BKIS) to market and distribute all JF publications. These publications are available on the Foundation's website, as well as on Inspired Stillness, the BKIS website. Sales orders received on the JF website are redirected to Inspired Stillness for processing and distribution. The three books in the 7 Tools series: *Lifting Your Spirits, Heart of Wellbeing & Stillness in the Storm* are all available as eBooks and print format. *Stillness in the Storm* has also been available as an audiobook since February 2023, and work has begun on the audiobook for *Lifting Your Spirits*. The print version of *Lifting Your Spirits* can also be purchased on Amazon.
- **Booklets supporting healing and well-being**

These are available online, printed copies are also available on request. A brief information flyer about the work of the Foundation is also available online.
- **Some health trusts in the UK continue to use or integrate JF materials** in their training, study days and retreats, particularly South West Yorkshire Partnership NHS Trust.
- **Ad-hoc presentations and workshops continue** online at conferences, exhibitions and networking with organisations dealing with mental health, etc.
- **Northern Group**

The Northern group meets regularly to discuss service projects, and continues to support health and social care practitioners in their local area. The group planned a JF retreat at Lighthouse Retreat Centre, Worthing 11<sup>th</sup> -13<sup>th</sup> November 2022 with the theme 'Care, Share and Inspire - 25 years of JF – Sustaining my needs and way forward'.

- **Happidote**

This free mobile phone meditation app for health and social care professionals and caregivers was launched in November 2019. The app is an important resource that continues to be valued by healthcare workers all over the world. It offers an easy way to access practical advice through simple guided meditations to help calm the mind and soothe the stress of work. Ten common scenarios faced in healthcare settings have been identified; for each scenario, a short commentary has been prepared as an antidote.

The app is currently undergoing an upgrade and redevelopment to enable new features to be added on. Once completed, a relaunch is planned in 2024 to promote the app and increase the number of users.

- **Foundation's website**

This is running well and most of the updates are being managed in-house by Preeti Bhudia. Additional ongoing paid support is being provided by Health Hosts. Details of forthcoming events, news, videos of past lectures, updates on publications and other resources are all available on the website. There are progressive in-house discussions to re purpose the website content. This will enable more user friendly and bite size information presentation.

- **Social media**

The Foundation continues to build its social media presence on Instagram and Facebook. It uses these platforms to share details about any upcoming events and activities, JF resources and other information. A social media review was undertaken in September 2023 for a better understanding of how spirituality related information is accessed by healthcare professionals. A survey link was sent to those on the JF database and themes received from the survey are being considered when planning for future events, messages and outreach programmes.

- **GDPR**

Priority areas were implemented from 25<sup>th</sup> May 2018. A data management system is in place in line with GDPR. Our systems and processes are reviewed on a periodic basis.

- **Administration**

The small administration team (volunteers) continues to provide administrative support virtually for managing the day-to-day running of the office and provides support for the Foundation's events and activities. Most meetings take place online.

## **Financial Review**

During the year, the charity raised £115,827 (2022: £113,676) from donations, legacies and similar incoming resources. We are pleased to report that our financial support commitment to Global Hospital and Research Centre was fulfilled. Income from information and education programmes totalled £1,508 (2022: £4,596) in the year.

The charity has £275,030 (2022: £254,435) of total cash funds carried forward at the end of the year.

## **Reserves Policy**

In accordance with the guidelines of the Charity Commission, we have a reserves policy in place.

## Plans for the Future

- **J Watumull Global Hospital & Research Centre**

The charity is to continue providing financial support for the existing projects carried out by the hospital and endorse the overall holistic approach taken to healthcare since the hospital was set up.
  
- **Organising educational conferences, seminars, lectures, workshops and retreats: 2023 and ongoing**
  - In-person Retreat for Healthcare professionals at Global Retreat Centre, Oxford. Title - *Rest & Restore* JF Retreat 20 – 22<sup>nd</sup> September 2024
  - JF Annual Event. Title – *Restoring Human Values, Reclaiming the Soul in Healthcare*. Global Cooperation House, London. 2.30pm – 5.30pm, Saturday 30<sup>th</sup> November 2024.
  - Creation of an online workshop around coping with fear and uncertainty based on ‘**Stillness in the Storm**’.
  - Further the Foundation’s work by collaborating with a Dutch foundation in providing daily meditations for healthcare workers and expanding this to the English-speaking world.
  
- **Values in Healthcare:**
  - Thousands of people have benefited from the programme around the world since it was launched in 2004. VIHASA is offered online on the Foundation’s website as a free resource for anyone to use as they wish. The printed pack continues to be offered at a reduced price.
  - The charity continues to be open to opportunities and discussions for the programme to be used by individuals or organisations as part of an overall strategy for integrating spirituality in their organisation, as well as exploring how it could be integrated into healthcare professionals’ education.
  - The Foundation is looking into producing an online platform with resource materials for facilitators who will be using the VIHASA-Global training content. New module content development for online delivery is in progress.
  - Creation of a new module for the VIHASA pack.
  
- **Social media**

The themes from the survey will be further consulted with the working group. Based on this, an action plan will be developed to build on the current social media presence to inform people of JF resources, activities and key messages.
  
- **Silence Retreats at Quiet View in Kent**

The three-monthly silence retreats in the Kent area will continue.
  
- Continue with **collaborative activities** as opportunities arise.
  
- **Hospital meditations.**

The meditations being offered to healthcare staff at St Mary’s and Queen Charlotte Hospital maybe reintroduced again in 2024.
  
- **Happidote**

Relaunch of the app to promote and increase usage, and consider developing new features.
  
- **Podcast**

Develop further podcasts exploring with healthcare professionals how they use spirituality to support them in their work.

- **Publications**

The Foundation continues to work with BKIS to promote all JF publications. The charity is still planning on creating audiobooks for Lifting Your Spirits & Heart of Wellbeing. It is also working with BKIS and m-y books for distribution of JF e-books on Amazon and audiobooks on Google Play

- **The Steering Group** helps plan activities, propose changes and makes recommendations on the way forward with the changing climate in the health sector. Any new projects and recommendations are put forward for decisions and approval by the Trustees (who meet twice a year). The steering group continues to meet online every two months, with the occasional face-to-face meeting.

- **The wider Community Group** consists of 76 members from all over the UK. These meetings empower those interested in initiating local activities in line with the Foundation’s aims and objectives, as well as allowing them to explore and develop educational materials to support the healthcare community. The meetings continue as face-to-face meetings, along with possible in-person retreats. The next meeting is to be held on Saturday 2nd Dec 2023, 10-2pm after a gap of 3 years. It will be an opportunity for the community to meet face to face and connect. The main themes that will be explored are Gratitude from JF, social media survey results and actions to take forward. The community will continue to meet twice a year.

- **Northern Group** continue to support JF by promoting the Happidote app and holding events.

- The next **AGM** is likely to be scheduled for October 2024. The exact date is to be confirmed.

### Declaration

The trustees declare that they have approved the trustees’ report.

Signed on behalf of the charity’s trustees.

Signature Sarah Egger  
Full name SARAH A EAGGER  
Position CHAIR  
Date 19/08/2024

**Independent Examiner’s Report to the Trustees of  
The Janki Foundation for Spirituality in Health Care**

**Independent Examiner’s Report to the Trustees of The Janki Foundation for Spirituality in Health Care**

I report to the trustees on my examination of the accounts of the above charity (“the Trust”) for the year ended 31<sup>st</sup> October 2023 as set out on pages 10 to 14.

**Responsibilities and basis of the report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (“the Act”).

I report in respect of my examination of the Trust’s accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner’s statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signature  .....

Date: 19/08/2024 .....

Name: Umang B Mody

Relevant professional qualifications:

Chartered Accountant (The Institute of Chartered Accountants of India)

Chartered Internal Auditor (The Institute of Internal Auditors,USA)

Address: Flat 24, Dao Court, Dacre Road, London, E13 0PG



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Name : The Janki Foundation for Spirituality in Health Care

No: 1063908

CC16a

## Receipts and payments accounts

For the period from

01/11/2022

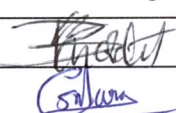
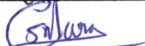
To

31/10/2023

### Section A Receipts and payments

	Note	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>						
Donations, legacies and incoing resources	2	89,827	26,000	-	115,827	113,676
Investment Income	3	3,944	-	-	3,944	591
Information and Education Programme	4	1,508	-	-	1,508	4,596
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total (Gross income for AR)</b>		<b>95,279</b>	<b>26,000</b>	<b>-</b>	<b>121,279</b>	<b>118,863</b>
<b>A2 Asset and investment sales, (see table).</b>						
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>		<b>95,279</b>	<b>26,000</b>	<b>-</b>	<b>121,279</b>	<b>118,863</b>
<b>A3 Payments</b>						
Grants and Donations Paid	5	69,854	24,000	-	93,854	71,659
Values in Health Care programme	5	293	-	-	293	164
Lifting Your Spirits	5	530	-	-	530	543
Well Being	5	471	-	-	471	575
Stillness in the Storm	5	3,190	-	-	3,190	1,645
General administration	6	2,348	-	-	2,348	1,315
Rent deposit refund	8	-	-	-	-	427
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>76,685</b>	<b>24,000</b>	<b>-</b>	<b>100,685</b>	<b>75,474</b>
<b>A4 Asset and investment purchases, (see table)</b>						
Capital Work In Progres		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>		<b>76,685</b>	<b>24,000</b>	<b>-</b>	<b>100,685</b>	<b>75,474</b>
<b>Net of receipts/(payments)</b>		<b>18,594</b>	<b>2,000</b>	<b>-</b>	<b>20,594</b>	<b>43,389</b>
<b>A5 Transfers between funds</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>		<b>254,435</b>	<b>-</b>	<b>-</b>	<b>254,435</b>	<b>211,047</b>
<b>Cash funds this year end</b>		<b>273,030</b>	<b>2,000</b>	<b>-</b>	<b>275,030</b>	<b>254,435</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank and Petty Cash- Refer Note 7	273,030	2,000	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>273,030</b>	<b>2,000</b>	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details			
	Rent deposit - Refer Note 8	-	-	-
	Capital Work in Progress	-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Fixed Assets - Note 9	0	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		0	-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		CHANDRABALA PATEL		19/8/24
		CHAROBALA MARU		19/8/24

## Notes to the Accounts

### Note 1: Accounting policies

The principal accounting policies, all of which have been applied consistently throughout the year, are set out below. Where a change of accounting policy or treatment has occurred, the prior year's figures have been adjusted to reflect the new treatment.

#### (a) Basis of preparation

These accounts have been prepared on a receipts and payment basis.

#### (b) Fund Accounting

Unrestricted funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area for specific purposes, the use of which is restricted to that area or purpose.

#### (c) Foreign currencies

Transaction in foreign currency is recognised at the exchange rate at the date of the transaction.

### Note 2: Donations, legacies and similar incoming resources

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total 2023 £	Total 2022 £
Donations - gift aid	9,000	39,795	48,795	42,860
Donations – non-gift aid	17,000	37,552	54,552	58,115
Tax reclaimed on gift aid donations	-	12,481	12,481	12,701
Total	26,000	89,827	115,827	113,676

### Note 3: Investment income

	2023 £	2022 £
Bank Interest	3,944	591

### Note 4: Information & Education Programmes

	2023 £	2022 £
Value in Healthcare	45	-
Lifting your spirits	791	2,645
Heart of Well-being	-	324
Stillness in the Storm	672	1,627
Total	1,508	4,596

**Note 5: Grants and donations paid**

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total 2023 £	Total 2022 £
General	-	69,267	69,267	61,330
GHRC - MRI & Thalassemia	24,000	-	24,000	10,000
Management & administration expenditure (share as shown on Note 6 below)	-	587	587	329
Total	24,000	69,854	93,854	71,659

Programmes Expenditure:	Direct 2023 £	Administration expenditure share shown on Note 6 below 2023 £	Total 2023 £	Total 2022 £
Values in Healthcare programme	-	293	293	164
Lifting Your Spirits	60	470	530	543
Heart of Well-being	60	411	471	575
Stillness in the Storm	1,429	1,761	3,190	1,645
Total	1,549	2,935	4,484	2,927

**Note 6: Management and administration expenditure**

	2023 £	2022 £
Rent	-	-840
Telephone	60	78
Insurance	-	489
Furniture/ Fittings	245	-
Gifts	27	-
Licences	900	1,500
Travelling	113	-
Computer Hardware/Software (Comment 1)	4,166	1,670
Sundry Expenses	35	35
Happidote costs	82	79
Bank and Credit card Charges	241	277
Total	5,869	3,288

**Comment 1: £2712 Software cost relates to payments that did not go through due to insufficient information from the company, the bank has now refunded £2646.75 in FY24**

The **management and administration expenditure** has been split between the main objectives of the charity based on the income received for these activities. The basis agreed upon by the Trustees was to split administrative expenditure in the ratio of 10:5:8:7:30:40 for Grants & Donations, Values in Healthcare, Lifting Your Spirits, Well Being, Stillness in Storm and General Administration respectively.

	2023	2022
	£	£
Grants & Donations	587	329
Value in Healthcare; A Spiritual Approach	293	164
Lifting Your Spirits	470	263
Heart of Well Being	411	230
Stillness in the Storm	1,761	986
General Administration	2,348	1,315
Total	<u>5,869</u>	<u>3,288</u>

**Note 7: Cash Funds**

	2023	2022
	£	£
Caf Gold A/c 89443	-	-
Caf Cash A/c 5954	3,462	3,742
Caf Cash Gold A/c 81745	92,541	45,710
Bank of India - Current A/c	1,783	383
Bank of India - Savings A/c	2,797	33,915
Bank of India - fixed deposit a/c	68,069	66,081
HSBC A/c 51706535	4,576	53,640
HSBC A/c 51706543	101,686	50,848
Petty cash	116	116
Total	<u>275,030</u>	<u>254,435</u>

**Note 9: TANGIBLE FIXED ASSETS**

	2023	2022
	£	£
<b>COSTS</b>		
Costs bought forward	26,459	26,459
Additions	-	-
Costs at the year end	<u>26,459</u>	<u>26,459</u>
<b>Accumulated Depreciation</b>		
Depreciation bought forward	26,459	26,135
Charge for the year	-	324
Depreciation carried forward	<u>26,459</u>	<u>26,459</u>
<b>NET BOOK VALUE</b>	<u>-</u>	<u>-</u>

**THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE**

England & Wales - Charity number 1063908

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# Accounts

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**THE  
JANKI FOUNDATION  
FOR SPIRITUALITY IN HEALTH CARE**

**ANNUAL REPORT  
YEAR ENDED 31 OCTOBER 2022**

**(Charity No. 1063908)**

**THE JANKI FOUNDATION FOR  
SPIRITUALITY IN HEALTH CARE**

(Charity No. 1063908)

*Annual Report*

**YEAR ENDED 31 OCTOBER 2022**

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**The Janki Foundation for Spirituality in Healthcare**  
**Report of the Trustees**  
**For the year ended 31 October 2022**

The trustees present their report, along with the financial statements of the charity, for the year ended 31 October 2022. The financial statements have been prepared based on the accounting policies set out in note 1 (page 12) to the financial statements and comply with the charity's constitution. The Janki Foundation for Spirituality in Healthcare is a charity registered with the Charity Commission under registration number 1063908.

**Legal and administrative information**

***Chairperson***

Dr Sarah Eagger

***Vice Chairperson***

Vacant

***Honorary Treasurer***

Charoobala Maroo (stepped down 27<sup>th</sup> Oct 2022)

Chandrabala (Charu) Patel (new Honorary Treasurer as of 27<sup>th</sup> October 2022)

***Honorary Secretary***

Viraj Patel

***Trustees***

Dr Sarah Eagger

David Goodman

Charoobala Maroo

Chandrabala Patel

Mahesh Patel

Nayankumar Patel

Ratan Thadani

***Independent Examiner***

Umang Mody

***Business Address***

7 Kenton Court,

Kenton Road

Harrow

HA3 8AQ

## **Structure, Governance and Management**

### ***Trustees and organisational structure***

The trustees who held office during the financial year and at the date of this report are set out on page 1.

The constitution allows up to 16 trustees to be appointed. All members of the board of trustees shall retire from office together at the end of five years, after the date on which they came into office. However, they may be re-elected or re-appointed. All existing trustees were re-elected at the AGM on 27<sup>th</sup> October 2022, after a 5-year term and all have experience of being a charity trustee. Some of the trustees have served in this role since the charity was set up. New trustees are nominated by members of the board of trustees. When appointed they are informed about the work of the charity, charity laws and are provided with information to help them fulfil their roles as trustees.

Each trustee takes responsibility for the charity's activities, chairing sub-groups as required for the main areas of work. Each sub-group reports to the board of trustees where key decisions are undertaken.

The charity's honorary secretary together with several volunteers manage the day-to-day operation of the charity on behalf of the trustees.

### ***Risk management***

Trustees deal with specific areas of the charity, e.g., finance, legal and administrative funding. Individuals chosen for these roles are based on their experience and hence the trustees have mitigated risks via this approach.

All significant activities undertaken are subject to a risk review as part of the initial project assessment and implementation.

Major risks considered are:

- Operational performance, including risks to our personnel and volunteers
- Achievement of our aims and objectives

The trustees review these risks on an ongoing basis and satisfy themselves that adequate systems and procedures are in place to manage the risks identified.

We continue to review our internal controls, management accounting and budget-setting processes to establish a better system of reporting on spending.

### **Objectives and Activities**

The Janki Foundation for Spirituality in Healthcare (JF) is a non-governmental, non-political, non-religious organisation established in 1997. The Trust is constituted under a constitution adopted on 15<sup>th</sup> December 1996 and amended by resolutions on 3<sup>rd</sup> August 1997 and 20<sup>th</sup> June 2000. The constitution was further amended by resolution on 19<sup>th</sup> August 2014 (Creation of the post of Vice-Chair) and 14<sup>th</sup> November 2014 (Change in Charity Name approved by the Charity Commission, and change to Clause L (1)), which was registered with the Charity Commission. The constitution defines the charity's objectives as being:

- Relieve sickness and protect and preserve public health in Rajasthan, India, particularly by assisting the work of The J Watumull Global Hospital and Research Centre at Mount Abu.
- Advance education by the provision of health education programmes and by undertaking medical research and disseminating the useful results thereof.

The activities currently carried out by the charity to deliver these objectives can be broadly categorised into the following areas:

- **J Watumull Global Hospital and Research Centre (GHRC):** The Foundation was originally set up to support GHRC. The charity's trustees and friends continue to be proactive in providing expertise and guidance on specific projects.
- **Organising educational conferences, dialogues, seminars, lectures, workshops and retreats.**
- **Educational products** - The Foundation continues to look at developing further educational products to support healthcare professionals in their daily challenges.
- **Values in Healthcare: a spiritual approach (VIHASA):** a unique educational programme to support the well-being of healthcare professionals (launched in 2004) - this resource continues to be available online free of charge.
- **Publications and resources – VIHASA pack and three self-help books with CDs/mp3 audio tracks:**
  - *Lifting Your Spirits: Seven Tools for Coping with Illness,*
  - *The Heart of Well-being: Seven Tools for Surviving and Thriving and*
  - *Stillness in the Storm: 7 tools for coping with fear and uncertainty*

The Foundation also produces small booklets to support healing and well-being.

- **Networking and collaborating with other organisations to promote the integration of spirituality in healthcare.**

The charity delivers its charitable objectives entirely through volunteers.

### Activities, Achievements and Performance

Over the last year, the Foundation has been involved in various activities many of which have continued online since the lifting of covid restrictions.

- **JF annual general meeting** was held (virtually via Zoom) on 27th October 2022, where amongst other discussions, the accounts for the year ending October 2021 were discussed and approved.
- **The Values in Healthcare programme**

The Foundation's flagship project is Values in Healthcare: a spiritual approach (VIHASA), a modular personal and team development programme supporting practitioner wellbeing. The programme is delivered via a pack of materials which was first published in 2004. Since then the programme has been translated into more than a dozen languages and is in use in over 50 countries. The VIHASA pack continues to be available online free of charge on the Foundation's website. Up to the end of October 2022, 248 requests have been received for the free downloadable pack. The printed pack is also available to purchase online at a very reasonable price. Advice and guidance (including requests for training) are given to individuals and organisations who wish to use the programme. VIHASA activities continue around the world, notably in India and South Africa.
- **VIHASA Online Project**

As an addition to the success of the programme, VIHASA has now been adapted for online delivery. In this new phase, two trainings of VIHASA online facilitators have taken place in the spring and late summer of 2022. Based on the VIHASA programme, each training comprises of four x 3-hour online sessions, created by Nirmala Ragbir-Day with the assistance of Arnold Desser, Masana De Souza, Elaine Roddam and Raksha Balbadhur. All trained facilitators have been invited to a follow-up online meeting to discuss ways forward and to form regional groups on how to take the project forward. Additionally, another three self-support facilitators' online sessions have been offered to all facilitators. A third training will take place in

January/February 2023. Up to the end of 2022, 38 facilitators from 14 countries have been trained to run the VIHASA programme online.

As part of the JF 25 year's celebration, an online event will be held on Sunday 26 March 2023 for the global launch of the VIHASA Online Project. A planning group for this event has been formed and the project is a work in progress.

A spin-off pilot project at Citizen Bank, USA has been organised by the USA West Coast Regional VIHASA Group. Eight x 1.5 hr online sessions are planned.

- **Care, Share and Inspire – Can we thrive in today's healthcare systems?**

This special event marking the 25<sup>th</sup> Anniversary celebration of the Janki Foundation will be hosted jointly with the Brahma Kumaris World Spiritual University (BKWSU) as a public event on the 10th of December 2022. A working group has been meeting regularly for the last few months to develop the programme. Highlights of the day will include keynote speakers, dialogue, panel discussion, poetry, song, meditation and small-group conversations. New models of good practice will be explored to enable healthcare professionals and organisations to continue to function effectively, and even to thrive within the current constraints.

- **Courage and Compassion in a Time of Crisis**

This was the first live public event after the covid pandemic restrictions. It was held on 31st July 2022 in collaboration with the Brahma Kumaris at the Global Cooperation House, London. Dr Sarah Egger, Chair of JF, was in conversation with Dr Partap Midha, Medical Director of J.Watumull Global Hospital and Research Centre, Rajasthan, India. Sarah explored how the pandemic affected Dr Midha and his colleagues, how he managed the initial confusion. How his daily spiritual practices enabled him to cope as the scale of the pandemic and demands on scarce resources escalated in the following months.

- **Silence Retreats at Quiet View in Kent**

These silence retreats are being offered again as face-to-face day retreats. Led by Dr Julia Ronder (Child and Adolescent Psychiatrist, Certified Mindful Self-Compassion Teacher, Janki Foundation Coordinator, Kent) and Rev Lizzie Hopthrow (Director of Quiet View), along with others, these retreats continue to successfully attract participants.

Lorraine Millard, Psychotherapist, Supervisor, and Mindfulness Instructor led the retreat called ***Spiritual Warriors Abide; How can we Play Our Part?*** (Apr 22)

Rev Lizzie Hopthrow, led the Silent Retreat, ***Hope*** (July 22)

Dr Julia Ronder, led the retreat called ***Taking Care of Oneself*** (Oct 22)

- **Selfcare Days**

These online one-day self-care retreats continue to provide an online presence to guide people through self-care practices and a reflective pause in their busy lives. They are led by Nirmala Ragbir-Day and held every month on a Monday. Twelve retreats have taken place between October 2021 and October 2022.

Topics covered include ***Nurturing Self Compassion, Igniting and Sustaining the Light Within, Giving the Gifts of Peace Love Hope, Silence Heals, Love Connects, Truth Guides, Happiness Nourishes, Purity Reveals, Compassion Understands, Kindness Touches, Forgiveness Releases, Patience Waits and Faith Trust.***

- **Honouring Life**

These successful monthly online panel discussions continued through March 2022. They were run in collaboration with Brahma Kumaris UK and were led by Nirmala Ragbir-Day. Topics covered included:

***The Gift of Life*** - December 2021; ***Losing Hope*** – January 2022; ***Hope, Purpose and Newness*** - March 22.

In April 22, an in-person get-together was held in Leicester for all the speakers, planning team members and the Janki Foundation steering group members, to meet each other and reflect on the journey throughout the Honouring Life series.

- **Podcast: Why We Aren't Good at Looking After Ourselves**

This year the Foundation produced its first podcast in which Dr Julia Ronder interviewed Sarah Kuipers (Stress Management Coach, Trainer and Author of The Thriving Giver) and Sarah Egger. Rather than addressing the organisational side of burnout, this podcast explored the more personal internal aspects

of burnout. This is the first of many podcasts that the steering group hope to develop, exploring with healthcare professionals how they use spirituality to support them in their work

- **Stillness in the Storm**

This book was co-authored by Jan Alcoe and Dr Sarah Egger during and in response to the pandemic. It is available as an e-book and in print form. Jan has recorded it as an audiobook. Sarah and Jan are developing an online course.

- **Leading from the Heart**

Two of these online retreats took place in the autumn of 2021. Each was a three-hour guided retreat taking place on a Saturday morning, focusing on enhancing self-care and well-being. The retreats provided an exploration into ways to effectively deal with the personal and professional pressures of life, by building spiritual skills into one's own self-care and personal development programme. Participants had an opportunity to discover or further develop skills including mindfulness, resilience, self-compassion, meditation and relaxation.

- **International Compassion Community**

JF continues to collaborate with an independent Dutch foundation (BFC Compassionate Care & Mindful Medicine) in providing facilitators to lead the three-times-a-week meditation for English-speaking healthcare workers. This also includes contributions to online webinar sessions.

#### **Other events and retreats**

- **Meditation sessions in London hospitals**

An initiative to enable healthcare workers to experience how spirituality can be integrated into their current working practice. The meditation sessions offered to healthcare staff at St Mary's and Queen Charlotte Hospital paediatric intensive care units continue in a smaller form online for the time being.

- **The Northern Group**

Also support meditation sessions at Bangor Hospital, in North Wales where they promote the Happidote App.

- **Publications**

The Foundation continues to work with Brahma Kumaris Information Services (BKIS) to market and distribute all JF publications. These publications are available on the Foundation's website, as well as on Inspired Stillness, the BKIS website. Sales orders received on the JF website are redirected to Inspired Stillness for processing and distribution. Lifting Your Spirits & Heart of Wellbeing ebooks have been created and work has begun on an audiobook of Stillness in the Storm.

- **Booklets supporting healing and well-being**

These are available online, printed copies are also available on request. A brief information flyer about the work of the Foundation is also available online.

- **Some health trusts in the UK continue to use or integrate JF materials** in their training, study days and retreats, particularly South West Yorkshire Partnership NHS Trust.

- **Ad-hoc presentations and workshops continue** online at conferences, exhibitions and networking with organisations dealing with mental health, etc.

- **Northern Group**

The Northern group supports health and social care practitioners in their local area and continues to promote the Happidote app. The group planned and hosted an online JF community meeting on 27<sup>th</sup> Feb 2022 and a JF retreat at Lighthouse Retreat Centre, Worthing 20-22 May 2022.

- **Happidote**

This free mobile phone meditation app for health and social care professionals and caregivers was launched in November 2019. The app offers an easy way to access practical advice through simple guided meditations to help calm the mind and soothe the stress of work. Ten common scenarios faced in healthcare settings have been identified; for each scenario, a short commentary has been prepared as an antidote.

Currently, there are 650 monthly users & 74 daily users on both Android and iOS platforms, which is a drop from 1000 monthly users in the previous year. The average number of users per month on Android has dropped from 501 (October 2021) to 431, with an average of 41 daily users. iOS average users per month have increased from 174/month last year to 223/month this year, with an average of 33 daily users. There was a spike during April, May, June and July when the average users went up to 335/month. To increase the number of users of the app new features need to be introduced and the app needs to be promoted regularly.

A request has been received from Israel for the translation of the meditations into Hebrew.
- **Foundation's website**

This is running well and most of the updates are being managed in-house. Additional ongoing paid support is being provided by Health Hosts. Details of forthcoming events, news, videos of past lectures, updates on publications and other resources are all available on the website.
- **Social media**

The Foundation continues to build its social media presence on Instagram and Facebook. It uses these platforms to share details about any upcoming events and activities, JF resources and other information.
- **GDPR**

Priority areas were implemented from 25<sup>th</sup> May 2018. A data management system is in place in line with GDPR. Our systems and processes are reviewed on a periodic basis.
- **Administration**

The small administration team (volunteers) continues to provide administrative support virtually for managing the day-to-day running of the office and provides support for the Foundation's events and activities. Most meetings take place online.

## Financial Review

During the year, the charity raised £113,676 (2021: £124,747) from donations, legacies and similar incoming resources. We are pleased to report that our financial support commitment to Global Hospital and Research Centre was fulfilled. Income from information and education programmes totalled £4,596 (2021: £1,409) in the year.

The charity has £254,435 (2021: £211,047) of total cash funds carried forward at the end of the year.

## Reserves Policy

In accordance with the guidelines of the Charity Commission, we have a reserves policy in place.

## Plans for the Future

- **J Watumull Global Hospital & Research Centre**

The charity is to continue providing financial support for the existing projects carried out by the hospital and endorse the overall holistic approach taken to healthcare since the hospital was set up.

- **Organising educational conferences, seminars, lectures, workshops and retreats: 2022 and ongoing**
  - The special event, 'Care, Share and Inspire – Can we thrive in today's healthcare systems?' marking the 25<sup>th</sup> anniversary celebration of the Janki Foundation will take place on 10th December 2022. It will be an all-day conference in collaboration with BKWSU. Further discussions will take place after the event for possible ways to review feedback received and build on the themes. A possible second event may take place in the summer of 2023 with the Brahma Kumaris at Harmony House Leicester, as part of the JF 25-year celebration.
  - **Values for Self-care** – half-day in-person retreats to take place in Newcastle upon Tyne in February, April, July & October 2023 led by Nirmala Ragbir-Day.
  - **Selfcare Days** – continue providing an online presence where people can take time out to spend the day in silence, recharging and nurturing, with an opportunity to share in a safe space.
  - Creation of a workshop around coping with fear and uncertainty based on 'Stillness in the Storm'.
  - **Northern group** – to continue supporting meditation sessions at Bangor Hospital, North Wales and promoting Happidote.
  - Further the Foundation's work by collaborating with a Dutch foundation in providing daily meditations for healthcare workers and expanding this to the English-speaking world.
  
- **Values in Healthcare:**
  - Launch of the VIHASA Online Project will take place on Sunday 26th March 2023.
  - VIHASA global online rollout programme will go ahead after the global launch. The plan is for the 8 regions to hold their own facilitator support sessions.
  - A VIHASA regional coordinators in-person retreat will be organised for 23-26th June 2023.
  - Thousands of people have benefited from the programme around the world since it was launched in 2004. VIHASA is offered online on the Foundation's website as a free resource for anyone to use as they wish. The printed pack continues to be offered at a reduced price.
  - The charity continues to be open to opportunities and discussions for the programme to be used by individuals or organisations as part of an overall strategy for integrating spirituality in their organisation, as well as exploring how it could be integrated into healthcare professionals' education.
  - The Foundation is also looking into producing a platform with online resource materials for those using the VIHASA programme, and other products to support healthcare workers. The resources for these need to be agreed.
  - Creation of a new module for the VIHASA pack.
  
- **Social media**

Build on this presence to inform people of our resources and activities, as well as posting blogs on health-related topics. Send a social media survey to all those on the JF database.
  
- **Silence Retreats at Quiet View in Kent**

The three-monthly silence retreats in the Kent area will continue.
  
- Continue with **collaborative activities** as opportunities arise.
  
- **Hospital meditations.**

The meditations being offered to healthcare staff at St Mary's and Queen Charlotte Hospital are also to continue online for the time being.
  
- **Happidote**

Further promotion of this free meditation and stress reduction mobile phone application, and consider developing new features.
  
- **Podcast**


Develop further podcasts exploring with healthcare professionals how they use spirituality to support them in their work.

- **Publications**  
The Foundation continues to work with BKIS to promote all JF publications. The charity is still planning on creating audiobooks for the books in the '7 Tools' series. Also working with BKIS and m-y books for distribution of JF ebooks on Amazon and audiobooks on Google Play
- **The Steering Group** helps plan activities, propose changes and makes recommendations on the way forward with the changing climate in the health sector. Any new projects and recommendations are put forward for decisions and approval by the Trustees (who meet twice a year). The steering group continues to meet online on a monthly basis; this will be reduced to every two months from 2023, with the occasional face-to-face meeting.
- **The wider Community Group**, which at present consists of 71 members from all over the UK, continues to meet twice a year. These meetings empower those interested in initiating local activities in line with the Foundation's aims and objectives, as well as allowing them to explore and develop educational materials to support the healthcare community. The meetings continue online with face-to-face meetings being considered where feasible, along with possible in-person retreats.
- **Northern Group** continue to support JF by promoting the Happidote app and holding events.
- The next **AGM** is likely to be scheduled for October 2023. The exact date is to be confirmed.

**Declaration**

The trustees declare that they have approved the trustees' report.

Signed on behalf of the charity's trustees.

Signature   
Full name DR SARAH EAGGER  
Position CHAIR  
Date 11/08/2023

**Independent Examiner's Report to the Trustees of  
The Janki Foundation for Spirituality in Health Care**

**Independent Examiner's Report to the Trustees of The Janki Foundation for Spirituality in Health Care**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31<sup>st</sup> October 2022 as set out on pages 10 to 14.

**Responsibilities and basis of the report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signature Umang B Mody

Date: 17-08-2023

Name: Umang B Mody

Relevant professional qualifications:

Chartered Accountant (The Institute of Chartered Accountants of India)

Certified Internal Auditor (The Institute of Internal Auditors, USA)

Address: Flat 24, Dao Court, Dacre Road, London, E13 0PG



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Name : The Janki Foundation for Spirituality in Health Care

No: 1063908

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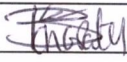

## Receipts and payments accounts

For the period from 01/11/2021 To 31/10/2022

### Section A Receipts and payments

	Note	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>						
Donations, legacies and incoing resources	2	103,676	10,000	-	113,676	124,747
Investment Income	3	591	-	-	591	515
Information and Education Programme	4	4,596	-	-	4,596	1,409
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total (Gross income for AR)</b>		<b>108,863</b>	<b>10,000</b>	<b>-</b>	<b>118,863</b>	<b>126,671</b>
<b>A2 Asset and investment sales, (see table).</b>						
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>		<b>108,863</b>	<b>10,000</b>	<b>-</b>	<b>118,863</b>	<b>126,671</b>
<b>A3 Payments</b>						
Grants and Donations Paid	5	61,659	10,000	-	71,659	92,945
Values in Health Care programme	5	164	-	-	164	195
Lifting Your Spirits	5	543	-	-	543	312
Well Being	5	575	-	-	575	273
Stillness in the Storm	5	1,645	-	-	1,645	2,018
General administration	6	1,315	-	-	1,315	1,558
Rent deposit refund	8	427	-	-	427	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>65,474</b>	<b>10,000</b>	<b>-</b>	<b>75,474</b>	<b>97,300</b>
<b>A4 Asset and investment purchases, (see table)</b>						
Capital Work In Progress		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>		<b>65,474</b>	<b>10,000</b>	<b>-</b>	<b>75,474</b>	<b>97,300</b>
<b>Net of receipts/(payments)</b>		<b>43,389</b>	<b>-</b>	<b>-</b>	<b>43,389</b>	<b>29,371</b>
A5 Transfers between funds		-	-	-	-	-
A6 Cash funds last year end		211,047	-	-	211,047	181,676
<b>Cash funds this year end</b>		<b>254,435</b>	<b>-</b>	<b>-</b>	<b>254,435</b>	<b>211,047</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank and Petty Cash- Refer Note 7	254,435	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>254,435</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details			
	Rent deposit - Refer Note 8	-	-	-
	Capital Work in Progress	-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Fixed Assets - Note 9	0	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		0	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		CHANDRABALA PATEL		17/8/2023
		CHARUBALA MAROO		17/8/2023

## Notes to the Accounts

### Note 1: Accounting policies

The principal accounting policies, all of which have been applied consistently throughout the year, are set out below. Where a change of accounting policy or treatment has occurred, the prior year's figures have been adjusted to reflect the new treatment.

#### (a) Basis of preparation

These accounts have been prepared on a receipts and payment basis.

#### (b) Fund Accounting

Unrestricted funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area for specific purposes, the use of which is restricted to that area or purpose.

#### (c) Foreign currencies

Transaction in foreign currency is recognised at the exchange rate at the date of the transaction.

#### (d) Depreciation policy

Depreciation is provided on all tangible fixed assets at rates calculated to write off the following asset over its expected useful life as follows:-

Office equipment, Furniture and Fittings - 25% Straight Line

### Note 2: Donations, legacies and similar incoming resources

	Restricted funds	Unrestricted funds	Total	Total
	2022	2022	2022	2021
	£	£	£	£
Donations - gift aid	2,035	40,825	42,860	47,814
Donations – non-gift aid	7,965	50,150	58,115	66,156
Tax reclaimed on gift aid donations	-	12,701	12,701	10,778
Total	10,000	103,676	113,676	124,747

### Note 3: Investment income

	2022	2021
	£	£
Bank Interest	591	515

### Note 4: Information & Education Programmes

	2022	2021
	£	£
Value in Healthcare	-	130
Lifting your spirits	2,645	238
Heart of Well-being	324	92
Stillness in the Storm	1,627	949
Total	4,596	1,409

**Note 5: Grants and donations paid**

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total 2022 £	Total 2021 £
General	-	61,330	61,330	70,555
General - Dr Pratap Visit	10,000	-	10,000	-
Covid Care				22,000
Management & administration expenditure (share as shown on Note 6 below)	-	329	329	390
<b>Total</b>	<b>10,000</b>	<b>61,659</b>	<b>71,659</b>	<b>92,945</b>

Programmes Expenditure:	Administration expenditure share shown on		Total 2022 £	Total 2021 £
	Direct 2022 £	Note 6 below 2022 £		
Values in Healthcare programme	-	164	164	195
Lifting Your Spirits	280	263	543	312
Heart of Well-being	345	230	575	273
Stillness in the Storm	659	986	1,645	2,018
<b>Total</b>	<b>1,284</b>	<b>1,644</b>	<b>2,927</b>	<b>2,797</b>

**Note 6: Management and administration expenditure**

	2022 £	2021 £
Rent	(840)	-
Telephone	78	487
Insurance	489	399
Postage, Printing and Stationery	-	79
Licences	1,500	900
Refreshments & Office Supplies	-	42
Computer Hardware/Software	1,670	1,794
Sundry Expenses	35	35
Happidote costs	79	70
Bank and Credit card Charges	277	91
<b>Total</b>	<b>3,288</b>	<b>3,896</b>

The **management and administration expenditure** has been split between the main objectives of the charity based on the income received for these activities. The basis agreed upon by the Trustees was to split administrative expenditure in the ratio of 10:5:8:7:30:40 for Grants & Donations, Values in Healthcare, Lifting Your Spirits, Well Being, Stillness in Storm and General Administration respectively.

	£	£
Grants & Donations	329	390
Value in Healthcare; A Spiritual Approach	164	195
Lifting Your Spirits	263	312
Heart of Well Being	230	273
Stillness in the Storm	986	1,169
General Administration	1,315	1,558
<b>Total</b>	<b>3,288</b>	<b>3,896</b>

<b>Note 7: Cash Funds</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Caf Gold A/c 89443	-	7,300
Caf Cash A/c 5954	3,742	3,000
Caf Cash Gold A/c 81745	45,710	34,961
Bank of India - Current A/c	383	383
Bank of India - Savings A/c	33,915	5,238
Bank of India - fixed deposit a/c	66,081	65,621
HSBC A/c 51706535	53,640	43,613
HSBC A/c 51706543	50,848	50,815
Petty cash	116	116
	<u>254,435</u>	<u>211,047</u>
<b>Note 8: Debtors</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Rent Deposit	-	427
	<u>427</u>	<u>427</u>
<b>Note 9: TANGIBLE FIXED ASSETS</b>	<b>2022</b>	<b>2021</b>
<b>COSTS</b>	<b>£</b>	<b>£</b>
Costs bought forward	26,459	26,459
Additions	-	-
Costs at the year end	<u>26,459</u>	<u>26,459</u>
<b>Accumulated Depreciation</b>		
Depreciation bought forward	26,135	25,811
Charge for the year	324	324
Depreciation carried forward	<u>26,459</u>	<u>26,135</u>
<b>NET BOOK VALUE</b>	<u>-</u>	<u>324</u>

**THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE**

England & Wales - Charity number 1063908

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# Accounts

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**THE  
JANKI FOUNDATION  
FOR SPIRITUALITY IN HEALTH CARE**

**ANNUAL REPORT  
YEAR ENDED 31 OCTOBER 2021**

**(Charity No. 1063908)**

# THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE

(Charity No. 1063908)

## *Annual Report*

**YEAR ENDED 31 OCTOBER 2021**

### Contents

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**The Janki Foundation for Spirituality in Healthcare  
Report of the Trustees  
For the year ended 31 October 2021**

The trustees present their report, along with the financial statements of the charity, for the year ended 31 October 2021. The financial statements have been prepared based on the accounting policies set out in note 1 (page 11) to the financial statements and comply with the charity's constitution. The Janki Foundation for Spirituality in Healthcare is a charity registered with the Charity Commission under registration number 1063908.

**Legal and administrative information**

***Chairperson***

Dr Sarah Egger

***Vice Chairperson***

Vacant

***Honorary Treasurer***

Charoobala Maroo

***Honorary Secretary***

Viraj Patel

***Trustees***

Dr Sarah Egger  
David Goodman  
Charoobala Maroo  
Chandrabala Patel  
Mahesh Patel  
Nayankumar Patel  
Ratan Thadani

***Independent Examiner***

Umang Mody

***Business Address***

7 Kenton Court,  
Kenton Road  
Harrow  
HA3 8AQ

## **Structure, Governance and Management**

### ***Trustees and organisational structure***

The trustees who held office during the financial year and at the date of this report are set out on page 1.

The constitution allows up to 16 trustees to be appointed. All members of the board of trustees shall retire from office together at the end of five years, after the date on which they came into office. However, they may be re-elected or re-appointed. All existing trustees were re-elected at the AGM on 27<sup>th</sup> November 2017, after a 5-year term and all have experience of being a charity trustee. Some of the trustees have served in this role since the charity was set up. New trustees are nominated by members of the board of trustees. When appointed they are informed about the work of the charity, charity laws and are provided with information to help them fulfil their roles as trustees.

Each trustee takes responsibility for the charity's activities, chairing sub-groups as required for the main areas of work. Each sub-group reports to the board of trustees where key decisions are undertaken.

The charity's honorary secretary together with several volunteers manage the day-to-day operation of the charity on behalf of the trustees.

### ***Risk management***

Trustees deal with specific areas of the charity, e.g., finance, legal and administrative funding. Individuals chosen for these roles are based on their experience and hence the trustees have mitigated risks via this approach.

All significant activities undertaken are subject to a risk review as part of the initial project assessment and implementation.

Major risks considered are:

- Operational performance, including risks to our personnel and volunteers
- Achievement of our aims and objectives

The trustees review these risks on an ongoing basis and satisfy themselves that adequate systems and procedures are in place to manage the risks identified.

We continue to review our internal controls, management accounting and budget setting processes to establish a better system of reporting on spending.

### **Objectives and Activities**

The Janki Foundation for Spirituality in Healthcare (JF) is a non-governmental, non-political, non-religious organisation established in 1997. The Trust is constituted under a constitution adopted on 15<sup>th</sup> December 1996 and amended by resolutions on 3 August 1997 and 20 June 2000. The constitution was further amended by resolution on 19<sup>th</sup> August 2014 (Creation of the post of Vice-Chair) and 14<sup>th</sup> November 2014 (Change in Charity Name approved by the Charity Commission, and change to Clause L (1)), which was registered with the Charity Commission. The constitution defines the charity's objectives as being:

- Relieve sickness and protect and preserve public health in Rajasthan, India, particularly by assisting the work of The J Watumull Global Hospital and Research Centre at Mount Abu.
- Advance education by the provision of health education programmes and by undertaking medical research and disseminating the useful results thereof.

The activities currently carried out by the charity to deliver these objectives can be broadly categorised into the following areas:

- **J Watumull Global Hospital and Research Centre (GHRC):** The Foundation was originally set up to support GHRC. The charity's trustees and friends continue to be proactive in providing expertise and guidance on specific projects.
- **Organising educational conferences, dialogues, seminars, lectures, workshops and retreats.**
- **Educational products** - The Foundation continues to look at developing further educational products to support healthcare professionals in their daily challenges.
- **Values in Healthcare: a spiritual approach (VIHASA):** a unique educational programme to support the well-being of healthcare professionals (launched in 2004) - this resource continues to be available online free of charge.
- **Publications and resources – VIHASA pack and three self-help books with CDs:** *Lifting Your Spirits: Seven Tools for Coping with Illness*, *The Heart of Well-being: Seven Tools for Surviving and Thriving* and *Stillness in the Storm: 7 tools for coping with fear and uncertainty*. The Foundation also produces small booklets to support healing and well-being.
- **Networking and collaborating with other organisations to promote the integration of spirituality in healthcare.**

The charity delivers its charitable objectives entirely through volunteers.

#### Activities, Achievements and Performance

Over the last year, the Foundation has been involved in various activities many of which have taken place online because of covid restrictions.

- JF annual general meeting was held (virtually via zoom) on 28<sup>th</sup> October 2021, where amongst other discussions, the accounts for year ending October 2020 were discussed and approved.
- **GHRC Covid response.** GHRC remained committed to providing ongoing critical health care and support to patients and their families in the local community during the pandemic. The Foundation supported the hospital in this by putting a pop-up message and a short video on the Foundation's website in May 2021, along with information about making donations. The video showed the hospital's response to Covid crisis.
- **Embracing Isolation - all events were online**  
4 online seminars organised by Dr Kala Mistry, were presented online between December 2020 and March 2021. They were contributed to by several excellent speakers. The topics were: ***Being Alone: Isolation or Retreat? / Taking Care: Valuing Your Wellbeing / Self Expression and Creativity / Empowering and Implementing Your Choices.***
- **Silence Retreats at Quiet View in Kent.** These have been several - some live and some on Zoom depending on the COVID situation.  
Dr Julia Ronder led two ***Riding the Waves: Cultivating Self-Compassion and Inner Peace*** - on zoom (with Lorraine Millard), and ***Walking in Peace*** (live).  
Renee van der Vloodt, a psychotherapist, executive coach and Mindful Self Compassion teacher led a 'live' outdoor retreat ***Befriending Ourselves in Difficult Times: Inner work for Outer Change.***  
Lizzie Hopthrow, the Director of Quiet View also led an outdoor Silent Retreat, ***Finding Strength in Silence.***
- **Stillness In the Storm: 7 Tools for Dealing with Fear and Uncertainty:** was co-authored by Jan Alcoe and Dr Sarah Egger during and in response to the pandemic. It was published as an e-book in September 2020 and in print form in December 2020. In March and April 21, two events centred on the publication of the

book. The actual launch was on March 21, but a follow-on event was convened by Worthing Lighthouse Retreat Centre, when both authors were interviewed by Neville Hodgkinson. Sarah was also interviewed about the book and other themes in a programme co-produced with Point of Life, USA, honouring Dad Janki.

- **Related publications - *Stillness in the Storm*** is the third of three books in the '7 tools' series written by Jan Alcoe, the other two being *Lifting Your Spirits* and *The Heart of Well-Being*, both of which have been available in print for a number of years and will shortly be made into e-books. The three books all highlight the value of reflective practices in health and healing.
- **Selfcare Days:** Since July 21 Nirmala Ragbir-Day has led on-line one day Selfcare retreats. These days, for self-care and rest, are held monthly on a Monday. Topics have included *Being Present- the Gift of Peace/ The Link of Love and Protection/ The Secrets of a Peacemaker / Nurturing Self Compassion*.
- **Leading from the Heart:** Two half day retreats in August and October 2021 were led by Nirmala to explore ways to effectively deal with the personal and professional pressures of life by building spiritual skills into one's self-care and personal development programme.
- **Honouring Life: *Dealing with Loss, Trauma and Grief*.** This was first in a series of online seminars in collaboration with Brahma Kumaris UK, which took place in September 2021.

- **Other events and retreats**

Sarah Egger gave a number of talks:

- 1) **Happiness: Self -Compassion from Within** in July 2021 at the Great Big Indian Wellness Show, organised by Global News.
- 2) 2 sessions on meditation and self-compassion for the staff at the **Hospital for Sick Kids in Toronto** Canada Autumn 2020 via Zoom.
- 3) Talks to healthcare workers in the Philippines in August 14th 2021
- 4) Medical Students in India in October 8th 2021
- 5) To the public in Russia in October 8th 2021

- **BFC Compassionate Care & Mindful Medicine**  
JF is collaborating with an independent Dutch foundation in creating an International Compassion Community by providing facilitators to lead the three times a week meditation for English-speaking healthcare workers.
- **Meditation sessions** in London hospitals. An initiative to enable healthcare workers to experience how spirituality can be integrated into their current working practice. It has been offered since February 2018 at the neonatal and paediatric wards of St Mary's and Queen Charlottes hospitals. Due to COVID restrictions these continue online in a smaller form. The Northern Group also support meditation sessions at Bangor Hospital, in North Wales where they promote the Happidote App,
- **Publications** – The Foundation concluded the transfer of marketing and distribution of all JF publications to Brahma Kumaris Information Services (BKIS) on 5th November 2020. All JF publications continue to be available on the Foundation's website, but sales orders are redirected to the BKIS website Inspired Stillness for processing and distribution.
- **The Values In Healthcare programme**, launched in 2004 and now a global product, supports the well-being of healthcare professionals and continues to be available online free of charge on the Foundation's website. Up to the end of October 2021, 179 requests were received for the free downloadable pack. The printed pack is also available to purchase online at a very reasonable price. Advice and guidance (including

requests for training) are given to individuals and organisations who wish to use the programme. VIHASA activities continue online around the world. Weekly online training sessions were held in India by Dr Manoj Matnani during lockdown. South Africa also held regular workshops. VIHASA made headway in Vancouver, Canada where Anu Patel and Dr Manoj Matnani held regular VIHASA zoom sessions.

- **Booklets supporting healing and well-being** are available online, printed copies are also available on request. A brief information flyer about the work of the Foundation is also available online
- Some **health trusts in the UK continue to use or integrate JF materials** in their trainings, study days and retreats, particularly South West Yorkshire Partnership NHS Trust.
- **Ad-hoc presentations and workshops continue** online at conferences, exhibitions and networking with organisations dealing with mental health, etc.
- **Northern Group** – a revitalised Northern group has started working to support health and social care practitioners in their local area since July 2020 and have been promoting the Happidote app.
- **Happidote**, a free mobile phone meditation app for health and social care professionals and caregivers, was launched in November 2019. The app offers an easy way to access practical advice through simple guided meditations to help calm the mind and soothe the stress of work. Ten common scenarios that are faced in healthcare settings have been identified; for each scenario, a short commentary has been prepared as an antidote. There are 650 monthly active users at present: 204/month on iOS and 446/month Android devices. Average session duration is 2.5mins.
- **Foundation's website** - is running well and most of the updates are being managed in-house. Additional ongoing paid support is being provided by HealthHosts since August 2021. Details of forthcoming events, news, videos of past lectures, updates on publications and other resources are all available on the website
- **Social media** - The Foundation has a social media presence on Instagram and Facebook and is using these platforms more regularly to share details about upcoming events and other information.
- **GDPR** - Priority areas were implemented from 25<sup>th</sup> May 2018. A data management system is in place to be able to deal with the GDPR. Our systems and processes are reviewed on a periodic basis.
- **Learning & Development Advisors** Chrissie McGinn & Richard Hewitt of Wisborough Transformation kindly agreed to fulfil this role within our organisation. Amongst many things they facilitate Conscious Caring groups in healthcare, leadership development in organisations, and individual personal development. They have contributed to the development of "Values in Healthcare" and many other JF learning events. We are delighted to formalise their support.
- **Administration** – The Foundation vacated its Moran House office at the end of October 2020. The small administration team (volunteers) continues to provide administrative support virtually for managing the day to day running of the office and provides support for the Foundation's events and activities. Most meetings take place online.

## Financial Review

During the year, the charity raised £124,747 (2020: £100,211) from donations, legacies and similar incoming resources. We are pleased to report that our financial support commitment to Global Hospital and Research Centre was fulfilled. Income from information and education programmes totalled £1,409 (2020: £2,862) in the year.

The charity has £211,047 (2020: £181,676) of total cash funds carried forward at the end of the year.

## Reserves Policy

In accordance with the guidelines of the Charity Commission, we have a reserves policy in place.

## Plans for the Future

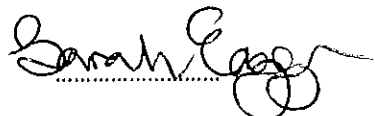
- **J Watumull Global Hospital & Research Centre:** The charity to continue providing financial support for the existing projects carried out by the hospital and endorse the overall holistic approach taken to healthcare since the hospital was set-up.
- **Organising educational conferences, seminars, lectures, workshops and retreats: 2020 to 2021 and ongoing**
  - Continue with the **Honouring Life** series
  - Create a workshop around coping with fear and uncertainty based on 'Stillness in the Storm'.
  - Northern group – support meditation sessions at Bangor Hospital, North Wales; promote Happidote; host community group meeting in February 2022
  - Midlands group – event on Bereavement and Shining Light on Death in Hindi.
  - Selfcare Days – continue providing an online presence to guide people through self-care practices and a reflective pause in their busy lives.
  - Further the Foundation's work by collaborating with a Dutch foundation in providing daily meditations for healthcare workers and expanding this to the English-speaking world.
- **25th anniversary of the Janki Foundation** is on 10th December 2022. Discussions for possible ways to mark the day are underway.
- **Social media.** Build on this presence to inform people of our resources and activities, as well as posting blogs on health-related topics.
- **Silence Retreats at Quiet View in Kent** the three-monthly silence retreats in the Kent area will continue.
- Continue with **collaborative activities** as opportunities arise.
- **Hospital meditations.** The meditations being offered to healthcare staff at St Mary's and Queen Charlotte Hospital are also to continue online for the time being.
- **Happidote** – Further promotion of this free meditation and stress reduction mobile phone application.
- **Values in Healthcare:**
  - Thousands of people have benefited from the programme around the world since it was launched in 2004. VIHASA is offered online on the Foundation's website as a free resource for anyone to use as they wish. The printed pack continues to be offered at a reduced price.

- The charity continues to be open to opportunities and discussions for the programme to be used by individuals or organisations as part of an overall strategy for integrating spirituality in their organisation, as well as exploring how it could be integrated into healthcare professionals' education.
  - The Foundation is also looking into producing a platform with online resource materials for those using the VIHASA programme, and other products to support healthcare workers. The resources for these need to be agreed.
  - There are plans for holding one-day online VIHASA sessions.
  - Creation of a new module for the VIHASA pack.
- **Podcast:** the aim is to develop a podcast exploring with Healthcare professionals how they use spirituality to support them in their work.
  - **Publications:** The Foundation continues to work with BKIS to promote all JF publications. The charity is still planning to create ebooks for Lifting Your Spirits & Heart of Wellbeing books, to bring more ease of access and benefit for more people. It is also planning on creating audio-books for the books in the '7 tools' series.
  - **The Steering Group** helps plan activities, propose changes and makes recommendations on the way forward with the changing climate in the health sector. The group usually meets two or three times a year. However, due to covid restrictions meetings continue to take place online on a monthly basis. Any new projects and recommendations are put forward for decisions and approval to the Trustees (who meet twice a year).
  - **The wider Community Group**, which includes invitees from all over the UK, continues to meet twice a year. These meetings empower those interested in initiating local activities in line with the Foundation's aims and objectives, as well as allowing them to explore and develop educational materials to support the healthcare community. The meetings have been online up till now because of covid restrictions, but face to face meetings may be considered if appropriate.
  - **Northern & Midlands Group** continue to support JF by promoting the Happidote app, holding events such as the Honouring life series and hosting a community meeting.
  - The next **AGM** is scheduled for 27th October 2022.

**Declaration**

The trustees declare that they have approved the trustees' report.

Signed on behalf of the charity's trustees.

Signature 

Full name SARAH EAGER

Position CHAIR

Date 31/7/22

**Independent Examiner's Report to the trustees of  
The Janki Foundation for Spirituality in Health Care**

**Independent Examiner's Report to the Trustees of The Janki Foundation for Spirituality in Health Care**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31<sup>st</sup> October 2021 as set out on pages 9 to 13.

**Responsibilities and basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

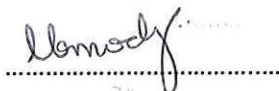
**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signature



Date:

14-08-2022

Name: Umang B Mody

Relevant professional qualifications:

Chartered Accountant (The Institute of Chartered Accountants of India)

Address: Flat 24, Dao Court, Dacre Road, London, E13 OPG



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Name : The Jankl Foundation for Spirituality In Health Care

No: 1063908

CC16a

**Receipts and payments accounts**

For the period from

01/11/2020


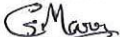
To

31/10/2021

**Section A Receipts and payments**

	Note	Unrestricted funds to the nearest £	Restrict ed funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>						
Donations, legacies and incoming resources	2	124,747	-	-	124,747	100,211
Investment Income	3	515	-	-	515	844
Information and Education Programme	4	1,409	-	-	1,409	2,862
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total (Gross income for AR)</b>		<b>126,671</b>	<b>-</b>	<b>-</b>	<b>126,671</b>	<b>103,917</b>
<b>A2 Asset and investment sales, (see table).</b>						
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>		<b>126,671</b>	<b>-</b>	<b>-</b>	<b>126,671</b>	<b>103,917</b>
<b>A3 Payments</b>						
Grants and Donations Paid	5	92,945	-	-	92,945	64,681
Values In Health Care programme	5	195	-	-	195	4,677
Lifting Your Spirits	5	312	-	-	312	1,113
Well Being	5	273	-	-	273	925
Stillness in the Storm	5	2,018	-	-	2,018	-
General administration	6	1,558	-	-	1,558	5,165
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>97,300</b>	<b>-</b>	<b>-</b>	<b>97,300</b>	<b>76,460</b>
<b>A4 Asset and investment purchases, (see table)</b>						
Capital Work In Progress		-	-	-	-	1,526
		-	-	-	-	-
<b>Sub total</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>1,526</b>
<b>Total payments</b>		<b>97,300</b>	<b>-</b>	<b>-</b>	<b>97,300</b>	<b>77,986</b>
<b>Net of receipts/(payments)</b>		<b>29,371</b>	<b>-</b>	<b>-</b>	<b>29,371</b>	<b>25,930</b>
A5 Transfers between funds		-	-	-	-	-
A6 Cash funds last year end		181,676	-	-	181,676	155,746
<b>Cash funds this year end</b>		<b>211,047</b>	<b>-</b>	<b>-</b>	<b>211,047</b>	<b>181,676</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank and Petty Cash- Refer Note 7	211,047	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>211,047</b>	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details	to nearest £	to nearest £	to nearest £
	Rent deposit - Refer Note 8	427	-	-
	Capital Work in Progress	-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Fixed Assets - Note 9	324	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		0	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		CHANDRABALA PATEL		14.08.22
		CHARUBALA MAROO		14.08.22

**Notes to the Accounts**

**Note 1: Accounting policies**

The principal accounting policies, all of which have applied consistently throughout the year, are set out below. Where a change of accounting policy or treatment has occurred, the prior year figures have been adjusted to reflect the new treatment.

**(a) Basis of preparation**

These accounts have been prepared under receipts and payment basis.

**(b) Fund accounting**

Unrestricted funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in particular area for specific purposes, the use of which is restricted to that area or purpose.

**(c) Foreign currencies**

Transaction in foreign currency is recognised at the exchange rate at the date of the transaction.

**(d) Depreciation policy**

Depreciation is provided on all tangible fixed assets at rates calculated to write off the following asset over its expected useful life as follows:-

Office equipment, Furniture and Fittings - 25% Straight Line

**Note 2: Donations, legacies and similar incoming resources**

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total 2021 £	Total 2020 £
Donations - gift aid	5,505	42,309	47,814	36,292
Donations - non gift aid	16,430	49,726	66,156	37,366
Other income (includes Brent Rates relief for small business)	-	-	-	10,100
Tax reclaimed on gift aid donations	-	10,778	10,778	6,453
Legacy from Claire Hassan	-	-	-	10,000
<b>Total</b>	<b>21,935</b>	<b>100,211</b>	<b>124,747</b>	<b>100,211</b>

**Note 3: Investment income**

	2021 £	2020 £
Bank Interest	515	844

**Note 4: Information & Education Programmes**

	2021 £	2020 £
Value in Healthcare	130	302
Lifting your spirits	238	1,829
Heart of Well-being	92	731
Stillness in the Storm	949	-
<b>Total</b>	<b>1,409</b>	<b>2,862</b>

**Note 5: Grants and donations paid**

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total 2021 £	Total 2020 £
General	-	70,555	70,555	63,389
Covid Care	22,000	-	22,000	-
Management & administration expenditure (share as shown on Note 6 below)	-	390	390	1,291
<b>Total</b>	<b>22,000</b>	<b>70,945</b>	<b>92,945</b>	<b>64,681</b>

<b>Programmes Expenditure:</b>	Direct	Administration expenditure share shown on Note 6 below	Total	Total
	2021 £	2021 £	2021 £	2020 £
Values in Healthcare programme	-	195	195	4,577
Lifting Your Spirits	-	312	312	1,113
Heart of Well-being	-	273	273	925
Stillness in the Storm	849	1,169	2,018	-
<b>Total</b>	<b>849</b>	<b>1,948</b>	<b>2,797</b>	<b>6,615</b>

**Note 6: Management and administration expenditure**

	2021 £	2020 £
Rent	-	10,052
Telephone	487	343
Insurance	399	585
Postage, Printing and Stationery	79	3
Licences	900	-
Refreshments & Office Supplies	42	158
Computer Hardware/Software	1,794	1,113
Sundry Expenses	35	99
Happidote costs	70	174
Bank and Credit card Charges	91	387
<b>Total</b>	<b>3,896</b>	<b>12,913</b>

The **management and administration expenditure** has been split between the main objectives of the charity based on the income received for these activities. The basis agreed by the Trustees was to split administrative expenditure in the ratio of 10:5:8:7:30:40 for Grants & Donations, Values in Healthcare, Lifting Your Spirits, Well Being, Stillness in Storm and General Administration respectively.

	£	£
Grants & Donations	390	1,291
Value in Healthcare; A Spiritual Approach	195	4,519
Lifting Your Spirits	312	1,033
Heart of Well Being	273	904
Stillness in the Storm	1,169	-
General Administration	1,558	5,165
<b>Total</b>	<b>3,896</b>	<b>12,913</b>

<b>Note 7: Cash Funds</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Caf Gold A/c 89443	7,300	7,230
Caf Cash A/c 5954	3,000	3,000
Caf Cash Gold A/c 81745	34,961	21,651
Bank of India - Current A/c	383	383
Bank of India - Savings A/c	5,238	4,775
Bank of India - fixed deposit a/c	65,621	65,133
HSBC A/c 51706535	43,613	28,580
HSBC A/c 51706543	50,815	50,810
Petty cash	116	116
	<u>211,047</u>	<u>181,676</u>

<b>Note 8: Debtors</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Rent Deposit	427	427
	<u>427</u>	<u>427</u>

<b>Note 9: TANGIBLE FIXED ASSETS</b>	<b>2021</b>	<b>2020</b>
<b>COSTS</b>	<b>£</b>	<b>£</b>
Costs bought forward	26,459	25,487
Additions	-	972
Costs at the year end	<u>26,459</u>	<u>26,459</u>
<b>Accumulated Depreciation</b>		
Depreciation bought forward	25,811	25,368
Charge for the year	324	443
Depreciation carried forward	<u>26,135</u>	<u>25,811</u>
<b>NET BOOK VALUE</b>	<u>324</u>	<u>648</u>

**THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE**

England & Wales - Charity number 1063908

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# Accounts

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**THE  
JANKI FOUNDATION  
FOR SPIRITUALITY IN HEALTH CARE**

**ANNUAL REPORT  
YEAR ENDED 31 OCTOBER 2020**

**(Charity No. 1063908)**

# THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE

(Charity No. 1063908)

## *Annual Report*

YEAR ENDED 31 OCTOBER 2020

### Contents

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**The Janki Foundation for Spirituality in Healthcare  
Report of the Trustees  
For the year ended 31 October 2020**

**1. Tribute to Dadi Janki**

Dadi Janki, President of The Janki Foundation, passed away at the age of 104 years on 27th March 2020 in Mount Abu, Rajasthan.

As Founding President of the Janki Foundation, one of her main aims was to provide regular support to the Global Hospital and Research Centre in Mount Abu. Dadi greatly appreciated the role the hospital plays in providing essential services in an area where there is an acute shortage of health care, and she especially supported the emphasis the hospital places on achieving overall wellbeing of patients through healing of the mind, body and spirit.

**2. Tribute to - Dr Craig Brown, a Scientific and Medical Advisor for the Janki Foundation for over 20 years,** also passed away early March 2020 after a short illness.

Dr Craig Brown was a true, dear friend of the Janki Foundation and his expertise, enthusiasm and creativity will be greatly missed.

**3. Bhavna Patani,** who had been with the Janki Foundation for over 18 years, resigned in May 2020 from her post of Honorary Secretary, Trustee and Co-ordinator.

Bhavna put her many years of love and effort into sustaining and promoting the Janki Foundation throughout the world. Her commitment, attention to detail and the drive for excellence enabled Janki Foundation to move forward and grow into an organisation recognised in many parts of the world. Through her efforts, the work of the Foundation truly supported and enabled individuals, especially those of the healthcare profession to empower themselves through their own spiritual self-care. Her guidance and experience have been greatly appreciated by the Foundation.

The trustees present their report, along with the financial statements of the charity, for the year ended 31 October 2020. The financial statements have been prepared based on the accounting policies set out in note 1 (page 11) to the financial statements and comply with the charity's constitution. The Janki Foundation for Spirituality in Healthcare is a charity registered with the Charity Commission under registration number 1063908.

### **Legal and administrative information**

#### ***Chairperson***

Dr Sarah Egger

#### ***Vice Chairperson***

Vacant

#### ***Honorary Treasurer***

Charoobala Maroo

#### ***Honorary Secretary***

Viraj Patel (elected at AGM on 26/11/2020)

#### ***Trustees***

Dr Sarah Egger  
David Goodman  
Charoobala Maroo  
Chandrabala Patel  
Mahesh Patel  
Nayankumar Patel  
Ratan Thadani

#### ***Business Address***

7 Kenton Court,  
Kenton Road  
Harrow  
HA3 8AQ

## Structure, Governance and Management

### *Trustees and organisational structure*

The trustees who held office during the financial year and at the date of this report are set out on page 2.

The constitution allows up to 16 trustees to be appointed. All members of the board of trustees shall retire from office together at the end of five years, after the date on which they came into office. However, they may be re-elected or re-appointed. All existing trustees were re-elected at the AGM on 27<sup>th</sup> November 2017, after a 5-year term and all have experience of being a charity trustee. Some of the trustees have served in this role since the charity was set up. New trustees are nominated by members of the board of trustees. When appointed they are informed about the work of the charity, charity laws and are provided with information to help them fulfil their roles as trustees.

Each trustee takes responsibility for the charity's activities, chairing sub-groups as required for the main areas of work. Each sub-group reports to the board of trustees where key decisions are undertaken.

The charity's honorary secretary together with several volunteers manage the day-to-day operation of the charity on behalf of the trustees.

### *Risk management*

Trustees deal with specific areas of the charity, e.g. finance, legal and administrative funding. Individuals chosen for these roles are based on their experience and hence the trustees have mitigated risks via this approach.

All significant activities undertaken are subject to a risk review as part of the initial project assessment and implementation.

Major risks considered are:

- Operational performance, including risks to our personnel and volunteers
- Achievement of our aims and objectives

The trustees review these risks on an ongoing basis and satisfy themselves that adequate systems and procedures are in place to manage the risks identified.

We continue to review our internal controls, management accounting and budget setting processes to establish a better system of reporting on spending.

### *Objectives and Activities*

The Janki Foundation for Spirituality in Healthcare (JF) is a non-governmental, non-political, non-religious organisation established in 1997. The Trust is constituted under a constitution adopted on 15<sup>th</sup> December 1996 and amended by resolutions on 3 August 1997 and 20 June 2000. The constitution was further amended by resolution on 19<sup>th</sup> August 2014 (Creation of the post of Vice-Chair) and 14<sup>th</sup> November 2014 (Change in Charity Name approved by the Charity Commission, and change to Clause L (1)), which was registered with the Charity Commission. The constitution defines the charity's objectives as being:

- Relieve sickness and protect and preserve public health in Rajasthan, India, particularly by assisting the work of The J Watumull Global Hospital and Research Centre at Mount Abu.
- Advance education by the provision of health education programmes and by undertaking medical research and disseminating the useful results thereof.

The activities currently carried out by the charity can be broadly categorised into the following areas:

- **J Watumull Global Hospital and Research Centre (GHRC):** The Foundation was originally set up to support GHRC. The charity's trustees and friends continue to be pro-active in providing expertise and guidance on specific projects.
- **Organising educational conferences, dialogues, seminars, lectures, workshops and retreats.**
- **Educational products** - The Foundation continues to look at developing further educational products to support healthcare professionals in their daily challenges.
- **Values in Healthcare: a spiritual approach (VIHASA):** a unique educational programme to support the well-being of healthcare professionals (launched in 2004) - this resource continues to be available online free of charge.
- **Publications and resources – VIHASA pack and three self-help books with CDs:** *Lifting Your Spirits: Seven Tools for Coping with Illness*, *The Heart of Well-being: Seven Tools for Surviving and Thriving* and *Stillness in the Storm: 7 tools for coping with fear and uncertainty*. The Foundation also produces small booklets to support healing and well-being.
- **Networking and collaborating with other organisations to promote the integration of spirituality in healthcare.**

The charity delivers its charitable objectives entirely through volunteers.

#### Activities, Achievements and Performance

Over the year, the Foundation was been involved in various activities which have taken place mainly online because of covid restrictions.

- JF annual general meeting was held (virtually via zoom) on 26<sup>th</sup> November 2020, where amongst other discussions, the accounts for year ending October 2019 were discussed and approved.
- **Shining Light on Death (SLoD) - all events were online**
  - **Shining Light on Death** - An online event with Rev. Mike Gartland, Dr Sarah Eagger and Nirmala Ragbir-Day took place on 25<sup>th</sup> July 2020, followed by an online workshop organised by Nirmala and team of facilitators on 1<sup>st</sup> August 2020.
  - **Shining Light on Death - Transitions through Grief.** Conversation between Suja Chandran, Nina Buchanan, Irene O'Reily, Viraj Patel and Baneera Shresha was held on 26<sup>th</sup> July 2020.
  - **Shining Light on Death - Living and Dying Well** online workshop was held on 4<sup>th</sup> October 2020 with Chrissie McGinn & Richard Hewitt of Wisborough Transformation and Nirmala Ragbir-Day.
- **Silence Retreats in Kent** were held online or in-person when practical by Dr Julia Ronder, Newron Medical Services in collaboration with the Foundation. These have become very popular in supporting, nurturing and sustaining healthcare professionals and others.
  - Half day online Silent Retreat – '*Holding on to Peace*' led by Dr Julia Ronder and Renee van der Vloodt took place on 24<sup>th</sup> April 2020
  - One day Silent Retreat in-person – '*Peace after Lockdown*' on 8<sup>th</sup> August 2020 was led by Rev Lizzie Hopthrow Director of Quiet View.
  - On 19<sup>th</sup> September 2020 a further in-person Silent Retreat '*Peace in My Heart*' was led by Dr Julia Ronder.
  - Lorraine Millard, Psychotherapist, Supervisor and Mindful Trainer led one day in-person retreat – '*Moments of Mindfulness*' on 3<sup>rd</sup> October 2020.
- **Meditation sessions** in London hospitals. A joint JF/Brahma Kumaris initiative to enable healthcare workers to experience how spirituality can be integrated into their current working practice. It has been

offered since February 2018 at the neonatal and paediatric wards of St Mary's and Queen Charlottes hospitals. Some sessions are also attended by parents. These took a break due to COVID but have been reinstated online. Further opportunities have been created at the Western Eye Hospital and St Mary's Hospital lead by Monica Dohr. Majority of these sessions were put on hold during lockdown, however a few online meditation sessions took place for the Health & Wellbeing department of NHS Imperial Trust

- **Publication** – The Foundation held discussions with Brahma Kumaris Information Services (BKIS) to manage the distribution and marketing of all JF publications. This move was to utilise BKIS expertise in this area, as well as to enable the JF office to run more efficiently. An agreement was reached on 5<sup>th</sup> November 2020 and, thereafter, all publication sales have been going through Inspired Stillness (IS), the BKIS website. All JF publications continue to be available on the Foundation's website, but sales orders are redirected to the IS website for processing and distribution.
- **The *Values in Healthcare* programme**, launched in 2004 and now a global product, supports the well-being of healthcare professionals and continues to be available online free of charge on the Foundation's website. Up to the end of October 2020, 124 requests were received for the free downloadable pack. The printed pack is also sold online at a reasonable price. Advice and guidance (including requests for training) are given to individuals and organisations who wish to use the programme. During the pandemic VIHASA activities continued online around the world, notably in India and Canada.
- **Related publications - *Stillness in the Storm: 7 Tools for Dealing with Fear and Uncertainty***, was co-authored by Jan Alcoe and Dr Sarah Egger during and in response to the pandemic. It was published as an e-book in September 2020 and in print form in December 2020. *Stillness in the Storm* is the third of three books written by Jan Alcoe, the other two being *Lifting Your Spirits* and *The Heart of Well-Being*, both of which have been available in print for a number of years and will shortly be made into e-books. The three books all highlight the value of reflective practices in health and healing.
- **Booklets supporting healing and well-being** are available online, printed copies are also available on request. A brief information flyer about the work of the Foundation is also available online
- Some **health trusts in the UK continue to use or integrate JF materials** in their trainings, study days and retreats, particularly South West Yorkshire Partnership NHS Trust.
- **Ad-hoc presentations and workshops continue** online at conferences, exhibitions and networking with organisations dealing with mental health, etc.
- **Northern Group** – a revitalised Northern group has started working to support health and social care practitioners in their local area since July 2020.
- **Happidote**, a free mobile phone meditation app for health and social care professionals and caregivers, was launched in November 2019. The app offers an easy way to access practical advice through simple guided meditations to help calm the mind and soothe the stress of work. Ten common scenarios that are faced in healthcare settings have been identified; for each scenario, a short commentary has been prepared as an antidote. There are 950 daily active users at present: 400 on iOS and 550 Android devices.
- **Foundation's website** - is running well and most of the updates are being managed in-house. Details of forthcoming events, news, videos of past lectures, updates on publications and other resources are all available on the website
- **GDPR** - Priority areas were implemented from 25<sup>th</sup> May 2018. A data management system is in place to be able to deal with the GDPR. Our systems and processes are reviewed on periodic basis.

- **Administration** – The Foundation vacated its Moran House office at the end of October 2020. The small administration team (volunteers) continues to provide administrative support virtually for managing the day to day running of the office and provides support for the Foundation’s events and activities.

### Financial Review

During the year, the charity raised £100,211 (2019: £68,873) from donations, legacies and similar incoming resources. We are pleased to report that our financial support commitment to Global Hospital and Research Centre was fulfilled. Income from information and education programmes totalled £2,862 (2019: £1,975) in the year.

The charity has £181,676 (2019: £155,746) of total cash funds carried forward at the end of the year.

### Reserves Policy

In accordance with the guidelines of the Charity Commission, we have a reserves policy in place.

### Plans for the Future

- **J Watumull Global Hospital & Research Centre:** The charity to continue providing financial support for the existing projects carried out by the hospital, especially during covid and endorse the overall holistic approach taken to healthcare since the hospital was set-up.
- **Organising educational conferences, seminars, lectures, workshops and retreats: 2020 to 2021 and ongoing**
  - Planning for a series of webinars on the topic of loneliness. Four interactive online sessions – **Embracing Isolation** – took place from December 2020 to March 2021.
  - Create a workshop around coping with fear and uncertainty based on ‘Stillness in the Storm’.
  - Northern group – support meditation sessions at Bangor Hospital, North Wales, promote Happidote.
  - Midlands group – event on Bereavement and Shining Light on Death in Hindi.
  - Online retreats – Providing an online presence to guide people through self-care practices and a reflective pause in their busy lives.
  - Further the Foundation’s work by collaborating with a Dutch foundation in providing daily meditations for healthcare workers and expanding this to the English speaking world.
- Increase social media presence to inform people of our resources and activities, as well as posting blogs on health-related topics.
- The next AGM is scheduled for 21st October 2021.
- The three-monthly silence retreats in the Kent area will continue as well as other collaborative activities as opportunities arise. The meditations being offered to healthcare staff at Queen Charlotte Hospital are also to continue once the Covid-19 lockdown is lifted.
- **Happidote** – Further promotion of this free meditation and stress reduction mobile phone application.
- **Values in Healthcare:**
  - Thousands of people have benefited from the programme around the world since it was launched in 2004 although the take up in the UK by the NHS Trusts has not been as expected. VIHASA is offered online on the Foundation’s website as a free resource for anyone to use as they wish. The printed pack continues to be offered at a reduced price.

- The charity continues to be open to opportunities and discussions for the programme to be used by individuals or organisations as part of an overall strategy for integrating spirituality in their organisation, as well as exploring how it could be integrated into healthcare professionals' education.
  - The Foundation is also looking into producing a platform with online resource materials for those using the VIHASA programme, and other products to support healthcare workers. The resource for these need to be agreed.
  - There are plans for holding one-day online VIHASA sessions.
  - Creation of a new module for the VIHASA pack.
- **Publications:** The Foundation continues to work with BKIS to promote all JF publications. The charity is still planning to create e-books for Lifting Your Spirits & Heart of Wellbeing books, to bring more ease of access and benefit for more people.
  - **The Steering Group** helps plan activities, propose changes and makes recommendations on the way forward with the changing climate in the health sector. The group usually meets two or three times a year. However, due to covid restrictions meetings continue to take place online on a monthly basis. Any new projects and recommendations are put forward for decisions and approval to the Trustees (who meet twice a year).
  - **The wider Community Group**, which includes invitees from all over the UK, continues to meet twice a year. These meetings empower those interested in initiating local activities in line with the Foundation's aims and objectives, as well as allowing them to explore and develop educational materials to support the healthcare community.

**Declaration**

The trustees declare that they have approved the trustees' report.

Signed on behalf of the charity's trustees.

Signature Sarah Egger

Full name DR SARAH EAGGER

Position CHAIR

Date 22/08/2021

**Independent Examiner's Report to the trustees of  
The Janki Foundation for Spirituality in Health Care**

**Independent Examiner's Report to the Trustees of The Janki Foundation for Spirituality in Health Care**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31<sup>st</sup> October 2020 as set out on pages 9 to 13.

**Responsibilities and basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signature  .....

Date: 19/08/2021 .....

Name: Umang B Mody

Relevant professional qualifications:  
Chartered Accountant (The Institute of Chartered Accountants of India)

Address: Flat 24, Dao Court, Dacre Road, London, E13 OPG



Name : The Janki Foundation for Spirituality in Health Care	No: 1063908
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CC16a

## Receipts and payments accounts

For the period from	01/11/2019	To	31/10/2020
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### Section A Receipts and payments

	Note	Unrestricted funds to the nearest £	Restrict ed funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>						
Donations, legacies and incoing resources	2	100,211	-	-	100,211	68,873
Investment Income	3	844	-	-	844	971
Information and Education Programme	4	2,862	-	-	2,862	1,975
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total (Gross income for AR)</b>		<b>103,917</b>	-	-	<b>103,917</b>	<b>71,820</b>
<b>A2 Asset and investment sales, (see table).</b>						
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		-	-	-	-	-
<b>Total receipts</b>		<b>103,917</b>	-	-	<b>103,917</b>	<b>71,820</b>
<b>A3 Payments</b>						
Grants and Donations Paid	5	64,681	-	-	64,681	68,777
Values in Health Care programme	5	4,577	-	-	4,577	5,160
Lifting Your Spirits	5	1,113	-	-	1,113	1,182
Well Being	5	925	-	-	925	1,030
General administration	6	5,165	-	-	5,165	5,795
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>76,460</b>	-	-	<b>76,460</b>	<b>81,945</b>
<b>A4 Asset and investment purchases, (see table)</b>						
Capital Work In Progres		1,526	-	-	1,526	-
		-	-	-	-	-
		-	-	-	-	-
<b>Sub total</b>		<b>1,526</b>	-	-	<b>1,526</b>	-
<b>Total payments</b>		<b>77,986</b>	-	-	<b>77,986</b>	<b>81,945</b>
<b>Net of receipts/(payments)</b>		<b>25,930</b>	-	-	<b>25,930</b>	<b>- 10,125</b>
A5 Transfers between funds		-	-	-	-	-
A6 Cash funds last year end		155,746	-	-	155,746	165,871
<b>Cash funds this year end</b>		<b>181,676</b>	-	-	<b>181,676</b>	<b>155,746</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank and Petty Cash- Refer Note 7	181,676	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>181,676</b>	-	-

(agree balances with receipts and payments account(s))

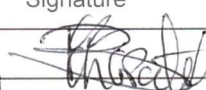
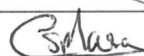
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Rent deposit - Refer Note 8	427	-	-
	Capital Work in Progress	1,526	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Fixed Assets - Note 9	648	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>		0	-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Chandrabala Patel	24/8/21
	Charubala Marico	24/8/21

## Notes to the Accounts

### Note 1: Accounting policies

The principal accounting policies, all of which have applied consistently throughout the year, are set out below. Where a change of accounting policy or treatment has occurred, the prior year figures have been adjusted to reflect the new treatment.

#### (a) Basis of preparation

These accounts have been prepared under receipts and payment basis.

#### (b) Fund accounting

Unrestricted funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in particular area for specific purposes, the use of which is restricted to that area or purpose.

#### (c) Foreign currencies

Transaction in foreign currency is recognised at the exchange rate at the date of the transaction.

#### (d) Depreciation policy

Depreciation is provided on all tangible fixed assets at rates calculated to write off the following asset over its expected useful life as follows:-

Office equipment, Furniture and Fittings - 25% Straight Line

### Note 2: Donations, legacies and similar incoming resources

	Unrestricted funds 2020 £	Total 2020 £	Total 2019 £
Donations - gift aid	36,292	36,292	25,140
Donations - non gift aid	37,366	37,366	37,689
Other income (includes Brent Rates relief for small business)	10,100	10,100	-
Tax reclaimed on gift aid donations	6,453	6,453	6,044
Legacy from Claire Hassan	10,000	10,000	-
Total	<u>100,211</u>	<u>100,211</u>	<u>68,873</u>

### Note 3: Investment income

	2020 £	2019 £
Bank Interest	<u>844</u>	<u>971</u>

	2020	2019
	£	£
<b>Note 4: Information &amp; Education Programmes</b>		
Value in Healthcare	302	175
Lifting your spirits	1,829	1,048
Heart of Well-being	731	752
Total	<u>2,862</u>	<u>1,975</u>

**Note 5: Grants and donations paid**

	Unrestricted funds	Total	Total
	2020	2020	2019
	£	£	£
General	63,389	63,389	67,328
Management charge	1,291	1,291	1,449
Total	<u>64,681</u>	<u>64,681</u>	<u>68,777</u>

Programmes Expenditure:	Direct	Management charge	Total	Total
	2020	2020	2020	2019
	£	£	£	£
Values in Healthcare programme	57	4,519	4,577	5,160
Lifting Your Spirits	80	1,033	1,113	1,182
Heart of Well-being	21	904	925	1,030
Total	<u>158</u>	<u>6,456</u>	<u>6,615</u>	<u>7,373</u>

**Note 6: Management and administration expenditure**

	2020	2019
	£	£
Rent	10,052	10,080
Telephone	343	491
Insurance	585	324
Postage, Printing and Stationery	3	1,231
Computer consumables	-	-
Refreshments & Office Supplies	158	591
Computer Hardware/Software	1,113	1,023
Sundry Expenses	99	545
Happidote costs	174	120
Bank and Credit card Charges	387	83
Total	<u>12,913</u>	<u>14,488</u>

The management and administration expenditure has been split between the two main objectives of the charity based on the income received for these activities. The basis agreed by the Trustees was to split administrative expenditure in the ratio of 10:35:8:7:40 for Grants & Donations, Values in Healthcare, Lifting Your Spirits, Heart of Well-being and General Administration respectively.

	£	£
Grants & Donations	1,291	1,449
Value in Healthcare; A Spiritual Approach	4,519	5,071
Lifting Your Spirits	1,033	1,159
Heart of Well Being	904	1,014
General Administration	5,165	5,795
Total	<u>12,913</u>	<u>14,488</u>

**Note 7: Cash Funds**

	2020	2019
	£	£
Caf Gold A/c 89443	7,230	6,022
Caf Cash A/c 5954	3,000	6,152
Caf Cash Gold A/c 81745	21,651	5,719
Bank of India - Current A/c	383	383
Bank of India - Savings A/c	4,775	8,145
Bank of India - fixed deposit a/c	65,133	64,388
HSBC A/c 51706535	28,580	14,072
HSBC A/c 51706543	50,810	50,745
Petty cash	116	119
	<u>181,676</u>	<u>155,746</u>

**Note 8: Debtors**

	2020	2019
	£	£
Rent Deposit	427	427
	<u>427</u>	<u>427</u>

**Note 9: TANGIBLE FIXED ASSETS COSTS**

	2020	2019
	£	£
Costs bought forward	25,487	25,487
Additions	972	
Costs at the year end	<u>26,459</u>	<u>25,487</u>

**Accumulated Depreciation**

Depreciation bought forward	25,368	25,048
Charge for the year	443	320
Depreciation carried forward	<u>25,811</u>	<u>25,368</u>

**NET BOOK VALUE**

	<u>648</u>	<u>119</u>
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