

**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

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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 Eagger

Vice Chairperson

Vacant

Honorary Treasurer

Charoobala Maroo

Honorary Secretary

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

Trustees

Dr Sarah Eagger
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 27th 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 15th December 1996 and amended by resolutions on 3 August 1997 and 20 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 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 26th 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 25th July 2020, followed by an online workshop organised by Nirmala and team of facilitators on 1st 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 26th July 2020.
 - **Shining Light on Death - Living and Dying Well** online workshop was held on 4th 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 24th April 2020
 - One day Silent Retreat in-person – '*Peace after Lockdown*' on 8th August 2020 was led by Rev Lizzie Hopthrow Director of Quiet View.
 - On 19th 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 3rd 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 5th 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 Eagger 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 25th 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.

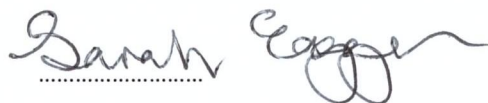
- The charity continues to be open to opportunities and discussions for the programme to be used by individuals or organisations as part of an overall strategy for integrating spirituality in their organisation, as well as exploring how it could be integrated into healthcare professionals' education.
 - 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



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 31st 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 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

01/11/2019

To

31/10/2020

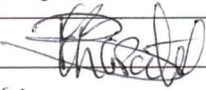
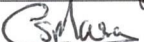
Section A Receipts and payments

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 £
A1 Receipts					
Donations, legacies and incoming 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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	103,917	-	-	103,917	71,820
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	103,917	-	-	103,917	71,820
A3 Payments					
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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	76,460	-	-	76,460	81,945
A4 Asset and investment purchases, (see table)					
Capital Work In Progress	- 1,526	-	-	1,526	-
Sub total	1,526	-	-	1,526	-
Total payments	77,986	-	-	77,986	81,945
Net of receipts/(payments)	25,930	-	-	25,930	- 10,125
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	155,746	-	-	155,746	165,871
Cash funds this year end	181,676	-	-	181,676	155,746

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 £
B1 Cash funds	Bank and Petty Cash- Refer Note 7	181,676	-	-
		-	-	-
		-	-	-
	Total cash funds	181,676	-	-
	(agree balances with receipts and payments account(s))			
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Rent deposit - Refer Note 8	427	-	-
	Capital Work in Progress	1,526	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Fixed Assets - Note 9	648	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	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	24/8/21
	Chandrabala 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	Total	Total
	2020	2020	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	100,211	100,211	68,873

Note 3: Investment income

	2020	2019
	£	£
Bank Interest	844	971

	2020	2019
	£	£
Note 4: Information & Education Programmes		
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	12,913	14,488

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
	181,676	155,746

Note 8: Debtors

	2020	2019
	£	£
Rent Deposit	427	427
	427	427

**Note 9: TANGIBLE FIXED ASSETS
COSTS**

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

Accumulated Depreciation

Depreciation bought forward	25,368	25,048
Charge for the year	443	320
Depreciation carried forward	25,811	25,368

NET BOOK VALUE

	648	119
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