



GLOBAL HOSPITAL AND RESEARCH CENTRE

The Foundation supports the J Watumull Global Hospital and Research Centre (GHRC) a 102-bed hospital in Mount Abu. Founded in 1991, GHRC provides essential services in an area where there is an acute shortage of health care, with free or subsidised outpatient consultations and treatment for the poor.

The hospital is exceptional in offering conventional allopathic medicine alongside complementary treatments such as acupressure, ayurveda (traditional Indian medicine), homeopathy, magnet therapy and yoga therapy.

Overall wellbeing is emphasised through the healing of mind, body and spirit. Courses in positive thinking, meditation and spiritual awareness are also offered.

A trauma centre and eye hospital, a nursing school, and a college of ophthalmology, both offering diploma and degree courses, have opened and the hospital also provides postgraduate training for doctors in family medicine.

Outreach medical teams regularly visit surrounding villages, providing basic healthcare and health education. The hospital also provides facilities for local schools, where it runs nutritional programmes.

Patients enrolled in an ongoing project to study *Cardiac Artery Disease Regression* have shown a dramatic improvement in objective health measures and in general wellbeing, following lifestyle changes which include a lacto-vegetarian diet, daily exercise and regular meditation.

Details: www.ghrc-abu.com

Founding President



1916-2020

Dadi Janki was a spiritual teacher and leader who worked for more than 80 years to develop her own inner peace and power. The stability she attained meant that up to the age of 104 she was still able to serve as head of the Brahma Kumaris, an international spiritual organisation. To health and medical practitioners she always emphasised the importance of their own state of mind in their interactions with patients.

She maintained that filling one's mind with positive self-awareness created an environment of love and care which in turn would help others regain their strength.

Dadi's vision was that simple changes in the way we think and feel would secure a better world and a healthy future for humanity.

“ We need to check our thoughts and ask why we don't experience peace. Our hearts are broken in many places, because they have taken sorrow from everywhere. So now let us repair the heart starting with peaceful and positive thoughts of the self. ”

Dadi Janki



The Janki Foundation
for Spirituality in Healthcare

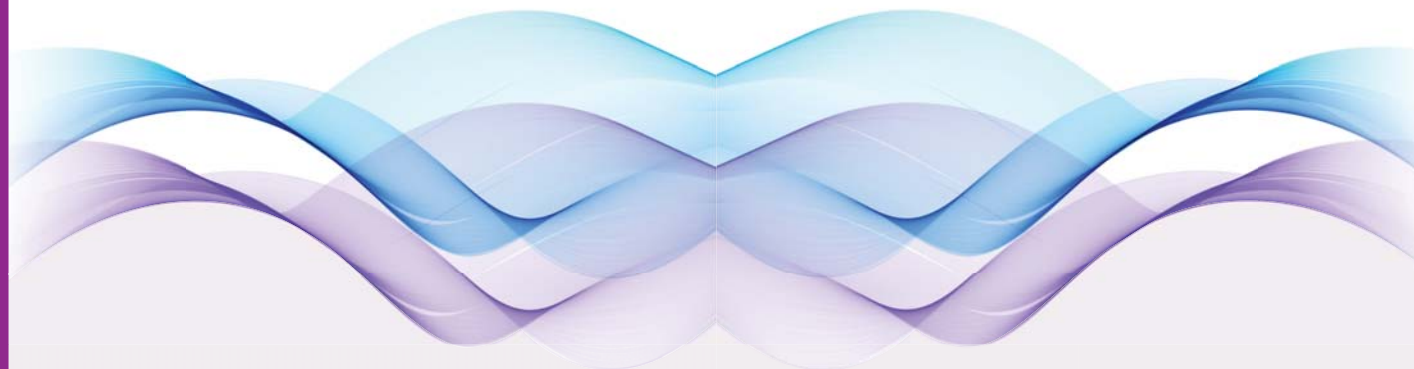
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The Janki Foundation
for Spirituality in Healthcare



Putting heart into healing



The Janki Foundation
for Spirituality in Healthcare

Promoting Spirituality in Healthcare

The Janki Foundation is a UK charity promoting spirituality in healthcare.

Great advances in the field of medicine on the physical level have led to ever-increasing demands on the health services, but at the expense of a more human-centred ethic and practice.

The Foundation acknowledges the central role of positive thoughts and feelings, compassion and kindness in maintaining wellbeing and preventing illness. Through publications, interactive seminars and networking, the Foundation provides opportunities to further such approaches among individuals and professionals.

AIMS and OBJECTIVES

- ◆ To provide an educational forum for healthcare professionals by exploring how spirituality can be integrated into current working practices.
- ◆ To promote a values-based approach to healthcare through educational programmes.
- ◆ To enhance understanding among patients and the public of the value of spirituality in healing and well-being.
- ◆ To provide financial support for the clinical activities of the Global Hospital and Research Centre in Mt Abu, Rajasthan, India.



EDUCATIONAL ACTIVITIES

The Foundation's activities support compassion in healthcare, particularly through raising awareness of the need for practitioner wellbeing. Guided by scientific and medical advisors, volunteers run events such as seminars, lectures, workshops, conferences and retreats. These are primarily for healthcare professionals, caregivers and patients, but also open to others. Activities are funded through voluntary contributions from well-wishers and participants, and offered without charge.

The Foundation also works with NHS Trusts, hospices and other healthcare organisations to introduce ideas and develop an understanding that sustains whole-person healthcare.

SEMINARS, LECTURES, WORKSHOPS AND RETREATS Themes have included:

- The Art & Science of Compassionate Care
- Building Resilience
- Making Space for Spirituality
- Near Death Experience
- Healing Hearts & Minds
- The Science of Wellbeing
- Wisdom within Disease
- Hope and Health
- Living and Dying with Dignity and Peace
- Spiritual Care in Every Encounter
- Good News: You Are Not Your Brain
- The Psychology of Meditation
- Shining Light on Death

PUBLICATIONS & RESOURCES

Supporting healthcare practitioners...



Happidote, a free mobile phone application launched in 2019, counters stressful challenges faced at work. It was created to support the wellbeing of health professionals around the world.

Think 'happy antidote', a quick and easy way to access simple guided meditations to help calm the mind and ease the stress of work.

<https://www.jankifoundation.org/happidote/>



The educational programme **Values in Healthcare**, published in 2004, supports practitioner wellbeing through personal and team development.

The programme has been translated into several languages and is used in more than 30 countries. Participants report a renewed sense of purpose, reduced risk of exhaustion and burnout, and improved patient care.

The full pack can be downloaded from the website without charge. The printed pack (approx. 500pp), which comes in a binder with two CDs, can also be purchased online.

For enquiries email: values@jankifoundation.org

Supporting healing and well-being...

These booklets support healing and well-being and can be downloaded from the website - see under Publications – 'Heart & Soul booklets'.



Supporting those coping with illness and improving well-being...

Two self-help guides include audio CDs providing relaxation and meditation commentaries, daily practices and short affirmations. The author, a facilitator in health and social care, was inspired to write the books after her own journey through cancer. The publications can be purchased online.

For enquiries email:

publications@jankifoundation.org



Lifting Your Spirits: Seven tools for coping with illness

For people coping with physical and emotional illnesses, pain and trauma. It describes seven simple tools to develop inner strength and enhance well-being. Each tool offers inspiring ways of dealing with the upheavals and uncertainties illness presents. The suggested methods can be used by individuals, patient support groups, treatment and therapy centres, hospices, day centres and other healthcare services.



The Heart of Well-being: Seven tools for thriving & surviving

A practical tool-kit enabling people to recover, protect and improve their well-being. It conveys the importance of physical, mental, emotional and spiritual self-management in our journey through life.



The Foundation's website also has additional resources, forthcoming events, videos of past lectures, latest news and useful links.