

## **Report on the Launch of the Values in Healthcare: *a spiritual approach (VIHASA)* Online Project Sunday 26 March 2023**

**Values in Healthcare: a spiritual approach** (VIHASA), is a modular personal and team development programme designed by the Janki Foundation (JF) to support healthcare practitioners. The programme training manual was first launched in 2004 in the UK. Since then it has been translated into 13 languages and used internationally in over 50 countries. It was delivered as face to face experiential learning. As an addition to the success of the programme, it has now been adapted for online delivery.

Launch of the VIHASA online project took place on Sunday the 26<sup>th</sup> of March 2023. A total of 225 people attended on Zoom and people also viewed the session live on Facebook. The 90-minute programme started from 3.00pm until 4.30pm BST. People from over 25 countries joined the live session.

### **Programme**

Nirmala Ragbir-Day (VIHASA Online Project Coordinator) welcomed all those joining on Zoom and Facebook and explained that the event would be a mixture of videos, PowerPoint slides and live conversation with VIHASA online trainers. The event showcased stages of the journey of the VIHASA programme from the creation of the online training programme to the launch of the VIHASA online project. There were video contributions from people affiliated with the creation of the VIHASA programme who shared insights and good wishes for the success of the VIHASA online project. These included:

- Dr Kala Mistry (NHS Psychiatrist and JF Steering group member) who shared about the creation of VIHASA, its launch in 2004, the 7 modules, the 7 spiritual tools of the programme, and that it was positively received in over 30 countries.
- Neville Hodgkinson – Journalist/Author and former Chair of the Janki Foundation shared about the success of the VIHASA programme in helping thousands of healthcare professionals worldwide and how the idea of spirituality in healthcare is important.
- Jan Alcoe – Training and Publishing Consultant of JF talked about VIHASA as a self-development tool to help healthcare staff with stress and burnout. Her expertise in health and social care was useful in developing the training material for VIHASA, structuring the programme and editing and publishing the VIHASA pack. She shared her excitement and interest for the online VIHASA project and her good wishes for its success in the future.
- Chrissie McGinn and Richard Hewitt – Learning and Development Advisors of JF, shared about their early involvement in writing some of the material for the VIHASA programme. They piloted it to see how it worked in practice so any wrinkles could be ironed out before it was published. It was piloted in a social care setting, but could be used in many different settings to enable people to feel more peaceful, to reduce stress levels, and to be more resilient, as well as to understand more about how to take care of oneself in the workplace and at home.
- Sister Jayanti Kirpalani – Additional Head of the Brahma Kumaris shared that Dadi Janki's vision of the Janki Foundation was that people who were in the caring and medical professions should be served. The way to do this was to remind them of their own innate values, and the passion and compassion which motivated them to enter that profession. She said VIHASA was a valuable resource which was very much needed at this time and it was a reminder that we needed to take care of the self by awakening compassion, and to share and give the programme to others. VIHASA was a gift to all in the UK National Health Service (NHS) and a resource for the world.

## Overview of the VIHASA Online Project – Year One

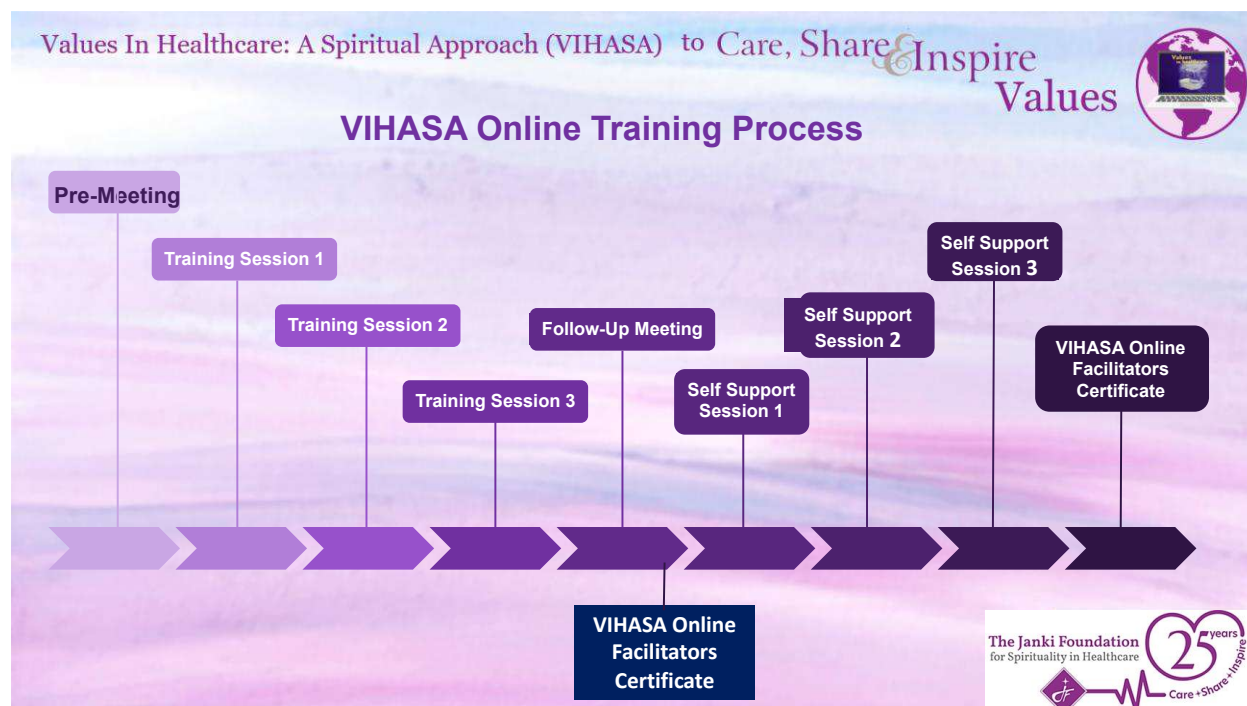
VIHASA Online Project Phases:

The 5 phases of the VIHASA online project were shown by animated PowerPoint slides.

- **Phase 1: Training of VIHASA Online facilitators** – a total of 75 facilitators had been trained online from 23 countries participating in the project by the time of the launch.
- **Phase 2: Formation of Regional Groups** – As of 27<sup>th</sup> of January 2023, eight regional groups had been formed to pilot the VIHASA online programme and to support trained facilitators where required. Regional groups were: Africa, Asia, Canada, Caribbean, India, Nepal, the UK/Europe/Middle East and the USA.
- **Phase 3: Rollout of VIHASA Online Internationally** – After the launch of the VIHASA Online Project, each regional group will be involved in the rollout of the programme. This will also include additional training sessions for facilitators in each region to facilitate the rollout process.
- **Phase 4:** Creating an Online Forum for trained facilitators – A learning community will continue with quarterly regional meetings for facilitators to share, learn and support each other.
- **Phase 5: In person retreats** – A yearly in-person retreat will be organised for Regional Coordinators to meet up to discuss and plan the way forward for VIHASA.

At the time of the launch, the VIHASA Online project was in phases 1 and 2.

### Phase 1: Training of VIHASA Online Facilitators - Process



A total of 127 people registered for the training in 23 countries, with 75 completing the online VIHASA facilitators' training programme. There was a steady increase in both people interested in the programme and those who completed the training over the three training programmes. The majority of trained facilitators were from India, the UK/Europe and North America (Canada and the USA). On completion of all 3 training sessions and a co-facilitated 20-minute online VIHASA session, a JF certificate of attendance was issued.

## **Phase 2: Formation of Regional Groups**

Nirmala explained that phase 2 of the VIHASA online project was the formation of the regional groups and shared the vision and aims of these groups. The vision was to roll out VIHASA as a regional and international healthcare training programme (Phase 3). It aimed to provide a platform for online trained facilitators to meet regularly in a supported environment to share updates and activities, and to access expertise if required, from the cadre of trained global facilitators.

This was followed by the first four two- minute videos by Regional Coordinators from Africa, Asia, Canada and the Caribbean, who shared what each region had been doing to pilot the online VIHASA sessions.

### **Live Session**

Nirmala then welcomed Sarah Eagger, Chair of the Janki Foundation. Sarah mentioned that it was possible to translate the experiential and interactive nature of the VIHASA programme into an online format, and this would be helpful and supportive to people because online platforms gave us the opportunity to share the programme in a much broader way. She said that as the world continued to become more chaotic, we needed to make ourselves resilient and VIHASA could help us to develop those innate spiritual skills to stay calm and keep our minds cool. It also enabled us to unlock the treasure store of our inner values.

### **Conversation with VIHASA Online Trainers**

Nirmala Ragbir-Day, Masana De Souza and Raksha Balbadhur discussed their journey over Year One of the VIHASA Online programme. Masana expressed how privileged she felt to be part of the online VIHASA training process, to witness the beautiful process of people's zeal and enthusiasm towards the programme and appreciate their courage and determination to learn how to facilitate online. Raksha affirmed her interest in being part of the online process of VIHASA, knowing the power of the programme and valuing its experiential approach. She said that it was wonderful to come into the VIHASA family and see the interest of the programme across the globe and to witness through the online version, how the programme can reach the rest of the world. Nirmala commented that the value which encapsulated her high point was the energy and complete trust in the process, and the feeling that there is a higher energy promoting and propelling the project forward. Her learning from Dadi Janki was that we have to live the values. The values that stood out over the year were trust, zeal and enthusiasm. She said that the unconditional support and love by all the volunteers for the programme was admirable.

This was followed by an experiential reflective exercise on a 'High Point in my life', with Nirmala, Masana and Raksha sharing their experiences. The audience was then invited to experience their values from this exercise during a few minutes of reflective practice.

The other four two-minute videos by Regional Coordinators from India, Nepal, UK/Europe/ Middle East and USA were aired. Each region described their activities, including pilots for the VIHASA online sessions.

Nirmala then briefly talked about **Phase 3**: Rollout of VIHASA Online internationally, **Phase 4**: creating an online forum for trained facilitators and **Phase 5**: sustaining the learning community of the VIHASA online project. She shared some feedback from the pilot sessions held by each of the eight regional groups. This was followed by testimonials on the impact of the VIHASA online programme through words, videos and audio, from people who participated in the online pilot sessions.

## **Launch**

The VIHASA Online Project was then launched by an animated video of a ribbon being cut and visual of fireworks and their sound.

## **Close**

Nirmala then asked the audience to reflect on some words of wisdom from Dadi Janki. The Janki Foundation website and email address of the VIHASA online training programme were shared, together with dates for the next training programme. Nirmala then gave a vote of thanks and invited all the Regional Coordinators to put their video in gallery view and the session ended with the song 'Thank you' by the UK band, Bliss.

**Report Team** Nirmala (UK), Robert (UK), Avalon (Trinidad and Tobago) & Elaine (UK)

21/05/2023