

Report: The Annual Janki Foundation Event

'Leading with Purpose and Care'

Global Co-operation House, London

Saturday 6th December 2025



On Saturday, 6th December 2025, The Janki Foundation for Spirituality in Healthcare (JF) hosted its annual event, ***Leading with Purpose and Care***, at Global Co-operation House in North West London, collaborating with Brahma Kumaris UK. Held against a backdrop of significant uncertainty in healthcare and social cohesion, the event focused on the need for transformational leadership guided by values, highlighting that mindful self-care is critical for building a resilient workforce capable of meeting the 2030 United Nations Sustainable Development Goals.

The afternoon began with a welcome and introduction by JF Vice Chair **Suja Chandran**, who acknowledged the critical challenges facing health services, noting that 41% of NHS staff reported being unwell due to work-related stress, and 80% of doctors were at high risk of burnout.



Professor Sumantra (Shumone) Ray, a UK-licensed doctor and public health nutritionist, delivered the first keynote address, focusing on ***Transformational Values-Based Leadership and Mindful Self-Care for Workforce Resilience***. Professor Ray provided a framework where true leadership begins with self-transformation, noting that leadership is fundamentally about influence. He emphasised that transformational leaders shift from being commanders to "facilitators and conveners" and "distributors of power".

A core theme of his talk was the necessity of holistic self-care, expanding beyond the physical, mental, and social dimensions to include emotional, vocational, and crucially, spiritual health.

He introduced the ancient concept of five layers of existence, moving from the physical body up to the consciousness or soul. Professor Ray described a source of inner power accessible through mindfulness: "Deep inside our consciousness is an oasis of peace. This is the molten core of the soul, but it is not hot, it is cool... a source of inner power to fuel our mind and intellect." He concluded his segment by contrasting leadership driven by love with the "spectre of ego". The ego, he explained, is a "self-constructed identity" based on external factors such as career or status, which leads to a focus on "What do I get?" rather than service. His advice for leaders was to "Let your ego soften daily so your soul, joy, and peace can expand".

Following Professor Ray's talk, attendees participated in small group discussions, focusing on what inner strength guides them through personal or global challenges. Humility and acceptance emerged as strong qualities, particularly when addressing overwhelming situations like the influence of "Big Pharma" in the NHS.



We then heard from Patron **Professor Sheo Tibrewal**, who spoke of his experience at the Global Hospital in Mount Abu, where he witnessed an exemplary environment of values-based operation. He also cited the vast kitchen operations in the Brahma Kumaris campus serving 20,000 people daily, done "with infinite love to everybody alike".

Pearl Jordan provided a creative interlude, reading her poem, "My Body is My Temple," which speaks of the body reflecting the "inner mirror" and making it clear that change is the only option.



Sister Jayanti, Additional Administrative Head of the Brahma Kumaris, presented the second keynote on ***Leading with Virtues: Connecting to Your Authentic Self***. She clarified that while "values are the inner foundations that guide a soul's way of thinking and choosing," virtues are the "living expression of those values".

Sister Jayanti affirmed that the true value of a human being resides in their inner values, explaining that the authentic self, the soul or consciousness, is a "being of light". She noted that the current focus on values represents a potential turning point for humanity,

suggesting: "I believe that we've reached that very critical transitional point in which we're moving from dark to light because we're talking about values".

She suggested that internal change is the precursor to external change, posing the question: "Before I can change the world, can I change myself?" She defined spirituality not as ritual or religion, but as "knowing the self and connected very much with that is knowing my own inner values and being able to live a life based on those values and through my virtues". Sister Jayanti concluded her address by guiding the audience through a meditation exercise, focusing on accessing the "power of peace" within the self.

The event closed following a Q&A session facilitated by **Dr Sarah Eagger**, Chair of JF, where both speakers discussed the role of prevention, education, and addressing the spiritual root of physical problems to improve public health. Professor Ray noted that applying values like tolerance strengthens resilience, enabling people to act in the best interests of service without being internally affected by challenging situations. The very attentive and appreciative audience of around 200 people was then given a small gift and affirmation card to take home with them.

Recordings of the main sessions and the power point slides are available on the [Past Events](#) page of the Janki Foundation website.

All of Janki Foundation's activities are offered free of charge as a service to promote a values-based approach to health and social care. By [joining the mailing list](#), you will be informed of our future events.