



Annual Report
July 2014 – June 2015

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Chairman's Report



I am happy to report that as at 30 June 2015, the Centre's membership base stands at 2,841 and the attendance at Health and Happiness Talks have exceeded 14,000 since Brahm Centre was launched in March 2012!

Virtual Hospital Befriending Program

Our Virtual Hospital befrienders have continued with their dedicated service of visiting patients that were referred by hospitals and community partners, at their homes. The intent of the program was to reduce their hospital readmission rates and this has been achieved. Our befrienders have made more than 2,500 home visits to over 200 patients since the program was launched in April 2013. The results have shown that the program has been successful in reducing hospital readmission rates.

Our Key Partners of this program are:



Mindfulness Programs

The popularity of Mindfulness workshops and courses have continued to increase as more scientific research revealed the benefits of mindfulness and the effects that regular mindfulness practice has on the brain. More people are also beginning to appreciate how mindfulness practice can build mental resilience and parents are sending their children to Brahm Centre to learn the skill at an early age.

We held three successful fund raising events with a mindfulness theme. The Charity Dinner was attended by 350 people and each of the Charity Seminars attracted more than 700 people. The large turnouts at the seminars were testaments to the growing recognition of the positive impact of mindfulness. Please see photos of the events in subsequent pages.

Proceeds from the Charity Seminars were applied towards the hiring of a fulltime psychologist and a counselor, certifying our mindfulness trainers, widening our offerings of Mindfulness-based Programs to enhance the mental wellbeing of the young and old, and to set up a new and larger centre that is better equipped to serve the growing membership and general public.

New Centre

The new centre comprises of a studio and a seminar room with seating capacity of 30 and 80 people respectively, a counseling room, a therapy room, a dining area and two toilets including one that is disabled friendly. We are especially grateful to the following room sponsors:

- M1 Studio by M1 Ltd
- M2 Seminar Room by Dr Phua Dong Haur in memory of his father
- Wisdom Room by Ms Felicia Lauw in memory of her husband
- Compassion Room by BG (Ret) Lim Kim Lye in memory of his wife

The new premises was officially opened by Mr S. R. Nathan, our 6th President of Singapore, on 15 December 2015. Over 100 invited guests attend the Opening and Appreciation Ceremony.



New Executive Director

We are delighted to announce that effective 1 August 2015, Brahm Centre's founder and director, Angie Chew, has been appointed as the fulltime Executive Director to lead the dedicated team at the Centre in increasing its outreach and program offerings to benefit a larger community. She will be spearheading a new initiative to promote and teach mindfulness to help people reduce their stress levels and equip caregivers with skills and support to undertake the care of their loved ones. This program is supported by the Agency for Integrated Care and funded by the Tote Board, Singapore Turf Club, Tan Chin Tuan Foundation and the Wan Family.



Wan Family

Financial Report

Our Audited Financial Statements for our 2014-15 financial year was passed without any exceptions and our IPC status has been extended till 2017. Brahm Centre ended the financial year on 30 June 2015 with a surplus of \$539,583 and an accumulated cash reserve of \$1.6 million. The detailed statements are provided at the end of this report.

Appreciation

We are deeply grateful to all our sponsors and donors for their generous support. Special thanks to our Patron, Mr Choo Chiau Beng, Mr Thomas Goh, Ms Lee Li Ming, Prof Foo Keong Tatt, Ms Chen Yew Nah and Mr Chong Nai Min and for their generous contributions.

On behalf of Brahm Centre, I would also like to thank our Ambassador, Mr Tan Chade-Meng, my fellow Boards members, our staff, all our speakers, trainers and volunteers for their selfless dedication and zeal towards furthering the mission of the Centre.

Together, we can achieve more and empower individuals to create their own happiness for a Happier Singapore!

Mr Pradeep Kumar
Chairman
15 December 2015

Our Patron



Mr Choo Chiau Beng
Chairman of M1 Ltd &
Ambassador to Brazil

Our Ambassador



Mr Tan Chade-Meng
Google's Jolly Good Fellow &
Author of "Search Inside Yourself"

Our Distinguished Advisor



Prof. Daniel Sigel
Psychiatrist at UCLA
Founder of Mindsight Institute
Author

Our Board (as at 30 June 2015)



Mr Pradeep Kumar
Chairman



Ms Chen Yew Nah
Vice-Chairman
Head of Audit Committee



Patrick Goh
Founding Member



Angie Chew
Executive Director



Mr Henry Baey



Mr Chong Nai Min
Head of IT Committee



Prof Foo Keong Tatt



Dr Ho Eu Chin



Dr. Hoo Hui Kim
Head of Program Committee



Dr Gregor Lange



Dr Lee Cheng Chuan
Head of HR Committee



Ms Jesilynn Luar
Treasurer



Dr. Tan Bhing Leet



Dr Tan Geok Leng



Ms Serena Yong

AT A GLANCE



Mindfulness Programs
1,189 people attended



Membership 2,841



Youth Outreach
1,642



Befriender Home Visits
2,551



Total Attendance
26,100

Note: The numbers above are as at 30 June 2015, cumulative since Brahm Centre was launched on 1st March 2012

Our New Centre - Level 3 Ren Ci Hospital



Reception



M1 Room



Corridor to the Seminar Rooms



Wisdom Room



Compassion Room

CHARITY DINNER

Charity Dinner on 17 January 2014



Arrival of guests at the
Orchid Country Club Ballroom

The Charity Dinner at the Orchid Country Club featured Tan Chade-Meng, author of "Search Inside Yourself" & Google's Jolly Good Fellow'. The Guest-of-Honor was our Patron, Mr Choo Chiau Beng. Mr Tan shared how mindfulness can be applied to enhance leadership. It was attended by 360 people and the tables were sponsored by companies and individual donors.



Opening Speech by Brahm Centre's
Patron, Mr Choo Chiau Beng



Talk on Mindfulness by Mr Tan-Chade-Meng,
Google's Jolly Good Fellow and Author of "Search
Inside Yourself"

CHARITY DINNER



CHARITY DINNER



Certificates of Appreciation were presented to the table sponsors. Featured here are some of the recipients (from top left clockwise): Mr Oliver Ackermann, Dr Tan Bhing Leet, Mr Olivier Denis of Bank of Singapore, Ms Christina Oh of PPM Properties, Mr Eugene Loh of Woh Hup and Ms Shagun Malik from HSBC Bank.




Charity Seminar on Happiness & Self-Healing Through Mindfulness


This charity seminar was held on 17 November 2014 at the Singapore Expo, featuring mindfulness experts, Dr Gregor Lange and Ajahn Brahmavamso, attended by over 700 people.



Mental Wellness Programs




Happier & Healthier Living




DEMENTIA & DEPRESSION FORUM


31 JANUARY 2015
2.30PM - 5PM @ MACPHERSON
 MacPherson Community Club, 400 Paya Lebar Way

Detecting and Treating Dementia
Dr Chan Keen Loong, Senior Consultant Psychiatrist, Khoo Teck Puat Hospital
 Dementia causes loss of memory and, at times, erratic behavior that strains relationships and stresses the caregivers.
 This talk will help people detect the early signs of dementia and what can be done to manage this condition.




Depression & Mindfulness Based Cognitive Therapy (MBCT)
Dr Ong Seh Hong, Senior Consultant Psychiatrist, Khoo Teck Puat Hospital
 MBCT is designed to help people who suffer repeated bouts of depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness.



Member of  **Brahm Centre**
 71 Irrawaddy Road Ren Ci Hospital #02-06 Singapore 329562 (next to Novena MRT)
 Tel: 6258 0831

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 www.brahmcentre.com
 facebook.com/BrahmCentre

PLEASE REGISTER FOR ALL THE PROGRAMS ON
WWW.EVENTBRITE.SG



Happier & Healthier Living


FREE WORKSHOP

COMPASSION FOCUSED THERAPY

Compassion Focused Therapy (CFT) is a form of Cognitive Behavior Therapy that draws upon evolutionary psychology, mindfulness and compassion-based mind training, and the neuroscience of emotion to assist people in dealing with emotional difficulties.

Venue Sponsor: Ren Ci Hospital
 Multi Purpose Hall
 71 Irrawaddy Road
 Singapore (Next to Tan Tock Seng Hospital at Novena)

Date & Time: Sunday, 14 December 2014 @ 2pm-5pm
 Registration: www.eventbrite.sg



Dr. Russell L. Kolts is a clinical psychologist and professor at Eastern Washington University outside of Spokane, WA. Dr. Kolts completed his Ph.D. in Clinical Psychology from the University of Mississippi in 1999. He is the author of *The Compassionate Mind: Guide to Managing Your Anger, Living with an Open Heart: How to Cultivate Compassion in Everyday Life*.

Dr. Kolts regularly conducts trainings and workshops on Compassion-Focused Therapy (CFT), as well as on mindfulness and compassion practices. His professional interests lie primarily in the application of CFT and mindfulness approaches to individuals suffering from problematic anger, trauma, mood, and attachment-related difficulties.

Brahm Centre is located at 71 Irrawaddy Road #02-06, Ren Ci Hospital. Tel: 6258-0831 info@brahmcentre.com
 Do check out our other programs at www.brahmcentre.com



Happier & Healthier Living

MINDFULNESS BASED COGNITIVE THERAPY COURSE

@ Brahm Centre from 9th April - 28th May 2015

8 Lessons - 6.30pm to 8.45pm
 9/4 (Thu), 16/4 (Thu), 22/4 (Wed), 30/4 (Thu), 7/5 (Thu), 14/5 (Thu), 22/5 (Fri) and 28/5 (Thu)
Full-day Mindfulness Session 10 am to 4 pm on 17 May 2015

Mindfulness-Based Cognitive Therapy (MBCT) combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. It can help people with chronic unhappiness/depressive acuity and to reduce cravings for substances that people are addicted to. MBCT was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

Dr Ong Seh Hong
 Senior Consultant Psychiatrist
 Khoo Teck Puat Hospital




Dr Ong Seh Hong is a Senior Consultant at Khoo Teck Puat Hospital. He is a MBBS graduate from Singapore did his postgraduate training with Charing Cross-Westminster Psychiatric Institute in London. His interests are in General Adult and Old Age Psychiatry. He is a visiting consultant to TISH, IMH and Ren Ci Hospital. He qualified as a MBCT instructor from Exeter University, UK.

COURSE FEES: \$880
EARLY BIRD FROM: \$480
 Early bird registration by **28 February: \$480, 30 March: \$580**
 Installment payment plan and subsidies for retirees and unemployed are available.

REGISTER AT
<http://brahmcentre-MBCT.eventbrite.sg>

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Happier & Healthier Living

FREE TALK & BOOK LAUNCH




INNER HEALING JOURNEY

PAST LIFE REGRESSION THERAPY (A Medical Perspective)

Find out how medical doctors on three different continents have guided their patients, through regression therapy, to the source of their problems to clear deep-seated emotions that underlie medical conditions and various relationship issues.

Date & Time: Saturday, 20 December 2014 @ 2:30pm - 4:30pm
 Venue: NVPC Centre, 6 Eu Tong Sen Street, #04-88
 Central Mall, Singapore 059817 (Clarke Quay MRT)

Register at: www.eventbrite.sg

Dr Peter Mack has been a surgeon for more than 3 decades in one of Singapore's reputable general hospitals. He has treaded upon a therapeutic modality which enables healing to take place in a manner that goes beyond what conventional medicine has achieved. This healing occurs at a deep, inner level and is a useful complement to standard medical care.

Dr. Mack is a Fellow from the Royal College of Surgeons in Edinburgh and the Royal College of Physicians and Surgeons of Glasgow. He also has a PhD in Medical Science from Lund University, MBA from NUS, and Master degrees in Health Economics from Curtin University and Medical Education from Dundee University. He has authored many scientific publications as well as several books. He is a trained regression hypnotherapist. His latest book publications reflect his contribution in the use of regression therapy in medical practice.

Brahm Centre Ltd, 71 Irrawaddy Road #02-06, Singapore. Tel: 6258 0831
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Charity Seminar On The Art & Benefits Of Mindfulness

The Charity Seminar on “The Art & Benefits of Mindfulness” held on 16 June 2015 featured two renowned mindfulness speakers, Prof Daniel Siegel and Dr Jack Kornfield, and their respective partners, Caroline Welsh and Dr Trudy Goodman. It was held at the SOTA Concert Hall with an attendance of 800 people. Picture below is our Board member, Dr Tan Geok Leng and the speakers.



Programs For Youths



The first ever Mindfulness For YOUTH Camp was held to prepare a group of 20 youths with the necessary life skills to successfully negotiate the academic and social stressors during adolescence. Youths between 11 to 17 years old were exposed to the experience of mindfulness, in photography and yoga and techniques to train their attention and focus. They were also given the opportunity to develop their public speaking skills and unleash their creativity in improvisation skits, enhancing their self-confidence and awareness.



Mindfulness For YOUTH Camp (1st - 3rd Dec 2014)



Mindfulness For YOUTH Camp (8th - 10th Dec 2014)

A total of 14 youths gathered together for 3 day non-residential camp to enrich their social emotional competencies, creating greater awareness of their senses, emotions and thoughts through fun activities.



Mindfulness For YOUTH Camp (1st - 3rd Dec 2014)



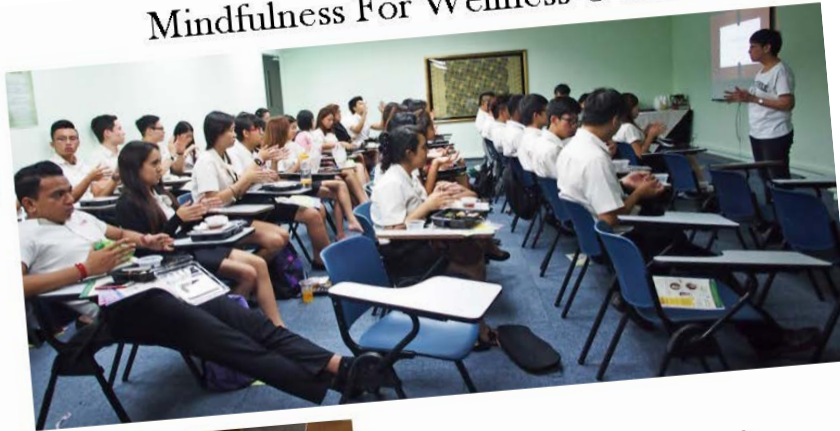
.b Mindfulness Course for Teens and Parents



Outreach To Schools

Mindfulness For Wellness @ SHATEC

Ms Angie Chew
(29th Aug 2015)

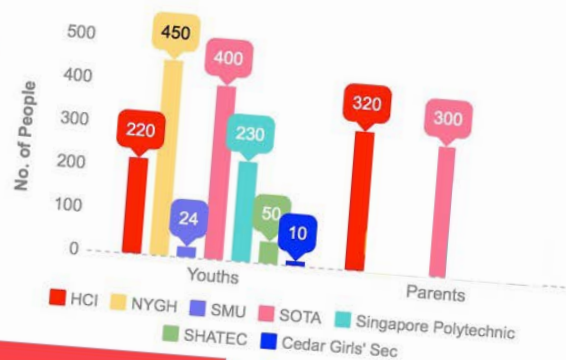


Building Mental Resilience and Mindful Parenting Seminar @ Hwa Chong Institution

Dr Peter Mack and Ms Angie Chew (23rd Oct 2014)



Schools Outreach



Talks/Workshops outreach

1384

Youths

763

Parents

Caring For The Elderly

Each month, volunteers will participate, entertain and even help raise funds to give a lunch treat to the residents of the Ren Ci Nursing Home.

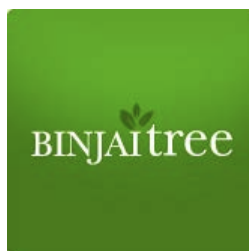
Many generous individuals have contributed to this program. Some of the corporate sponsors included:

BLACKROCK®





To Our Foundation Sponsors



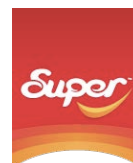
Wee Foundation



To Our Key Corporate Sponsors



**Hand & Nerve
Disorders Surgery**



FINANCIAL INFORMATION

Audited Accounts 2014-15

Brahm Centre Ltd.
[UEN. 200200167M]
[IPC Reg. No. IPC000758]

Audited Financial Statements
Year Ended 30 June 2015

STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2015

	Note	2015 S\$	2014 S\$
ASSETS			
Current assets			
Cash and cash equivalents	4	1,662,507	1,124,097
Other receivables	5	92,836	64,524
Inventories	6	<u>1,563</u>	<u>143,703</u>
		1,756,906	1,332,324
Non-current assets			
Property, plant and equipment	7	148,650	9,219
Total assets		<u>1,905,556</u>	<u>1,341,543</u>
LIABILITIES			
Current liabilities			
Other payables	8	<u>150,913</u>	<u>126,483</u>
NET ASSETS		<u>1,754,643</u>	<u>1,215,060</u>
FUNDS	9		
Restricted funds			
Scholarship funds		179,130	200,000
Unrestricted funds			
Accumulated general funds		<u>1,575,513</u>	<u>1,015,060</u>
Total funds		<u>1,754,643</u>	<u>1,215,060</u>

The accompanying notes form an integral part of these financial statements.

FINANCIAL INFORMATION

Brahm Centre Ltd.
[UEN. 200200167M]
[IPC Reg. No. IPC000758]

Audited Financial Statements
Year Ended 30 June 2015

STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2015

	2015			2014		
	Restricted fund	Unrestricted fund		Restricted fund	Unrestricted fund	
	Scholarship fund	General funds	Total funds	Scholarship fund	General funds	Total funds
	S\$	S\$	S\$	S\$	S\$	S\$
INCOME						
Income from generated funds						
Voluntary income						
- Donations	0	178,764	178,764	200,000	941,901	1,141,901
- Donations in kind	0	700	700	0	147,447	147,447
- Grants	0	477,705	477,705	0	77,264	77,264
	0	657,169	657,169	200,000	1,166,612	1,366,612
Activities for generating funds						
- Bhutan tour	0	0	0	0	4,408	4,408
- Sale of gift donations in kind	0	125	125	0	0	0
- Sale of T-shirts	0	10	10	0	0	0
- Fundraising income	0	531,066	531,066	0	0	0
	0	531,201	531,201	0	4,408	4,408
Income from charitable activities						
- Events	0	1,450	1,450	0	14,163	14,163
- Mindfulness classes	0	74,509	74,509	0	16,393	16,393
- Sale of books	0	4,550	4,550	0	4,530	4,530
- Toastmaster club	0	2,446	2,446	0	0	0
	0	82,955	82,955	0	35,086	35,086
Investment income						
- Interests	0	10,456	10,456	0	5,988	5,988
Other income						
Rental	0	0	0	0	2,250	2,250
Wage credit scheme	0	20,395	20,395	0	9,875	9,875
Miscellaneous receipts	0	7,229	7,229	0	5,081	5,081
	0	27,624	27,624	0	17,206	17,206
Total income	0	1,309,405	1,309,405	200,000	1,229,300	1,429,300
EXPENDITURE						
Cost of generating funds						
Grant expenses	0	0	0	0	44,107	44,107
Golf charity expenses	0	0	0	0	74,153	74,153
Fundraising expenses	0	59,529	59,529	0	0	0
Loss on sale of crystals	0	4,012	4,012	0	0	0
	0	63,541	63,541	0	118,260	118,260
Cost of charitable activities						
Cost of sales - Books	0	4,143	4,143	0	2,160	2,160
Event expenses	0	0	0	0	6,751	6,751
Instructors' fees	0	29,103	29,103	0	5,068	5,068
Mindfulness classes expenses	0	0	0	0	12,290	12,290
Rental of training and facility rooms	0	0	0	0	3,238	3,238
	0	33,246	33,246	0	29,507	29,507

FINANCIAL INFORMATION

Brahm Centre Ltd.
[UEN. 200200167M]
[IPC Reg. No. IPC000758]

Audited Financial Statements
Year Ended 30 June 2015

STATEMENT OF FINANCIAL ACTIVITIES FOR THE FINANCIAL YEAR ENDED 30 JUNE 2015 (CONT'D)

Note	2015			2014		
	Restricted fund	Unrestricted fund	Total funds	Restricted fund	Unrestricted fund	Total funds
	Scholarship fund	General funds		Scholarship fund	General funds	
	S\$	S\$	S\$	S\$	S\$	S\$
EXPENDITURE (CONT'D)						
Administrative						
Audit fees	0	5,136	5,136	0	4,066	4,066
Advertisements and promotions	0	2,262	2,262	0	0	0
Bank and NETS charges	0	2,385	2,385	0	904	904
Computers and office equipment expensed off	0	610	610	0	0	0
Depreciation of property, plant and equipment	7	37,763	37,763	0	5,781	5,781
Entertainment and refreshments	0	37,473	37,473	0	370	370
Equipment rental	0	6,786	6,786	0	0	0
General expenses	0	3,243	3,243	0	1,464	1,464
Insurance	0	1,930	1,930	0	2,340	2,340
Inventories written off	0	129,696	129,696	0	0	0
Loss on disposal of fixed assets	0	1,903	1,903	0	0	0
Medical expenses	0	0	0	0	106	106
Office maintenance	0	7,125	7,125	0	112	112
Office rental	0	53,455	53,455	0	59,706	59,706
Postage and courier	0	283	283	0	483	483
Printing and stationery	0	0	0	0	10,171	10,171
Professional fees	0	7,030	7,030	0	8,932	8,932
Staff cost	0					
- Contract services	0	4,327	4,327	0	24,134	24,134
- CPF Contributions	0	34,616	34,616	0	19,338	19,338
- Staff salaries and bonuses	0	288,926	288,926	0	148,734	148,734
- Staff welfare and development	0	6,258	6,258	0	572	572
Staff training and insurance	0	2,941	2,941	0	0	0
Sponsorship paid	870	0	870	0	0	0
Telecommunications	0	5,317	5,317	0	2,559	2,559
Transportation	0	30,502	30,502	0	1,362	1,362
Volunteer expenses	0	2,198	2,198	0	0	0
	870	672,165	673,035	0	291,134	291,134
Total expenditure	870	768,952	769,822	0	438,901	438,901
NET (EXPENDITURE) / INCOME BEFORE TAX	(870)	540,453	539,583	200,000	790,399	990,399
Income tax refund	0	0	0	0	227	227
NET (EXPENDITURE) / INCOME AFTER TAX	(870)	540,453	539,583	200,000	790,626	990,626

The accompanying notes form an integral part of these financial statements.

FINANCIAL INFORMATION

Brahm Centre Ltd.
[UEN. 200200167M]
[IPC Reg. No. IPC000758]

Audited Financial Statements
Year Ended 30 June 2015

STATEMENT OF CHANGES IN FUNDS FOR THE FINANCIAL YEAR ENDED 30 JUNE 2015

	Restricted fund Scholarship fund S\$	Unrestricted fund General funds S\$	Total funds S\$
2015			
Balance at beginning of financial year	200,000	1,015,060	1,215,060
Net (expenditure) / income for the year	(870)	540,453	539,583
Transfer of funds	(20,000)	20,000	0
Balance at end of financial year	<u>179,130</u>	<u>1,575,513</u>	<u>1,754,643</u>
	Restricted fund Scholarship fund S\$	Unrestricted fund General funds S\$	Total funds S\$
2014			
Balance at beginning of financial year	0	224,434	224,434
Net income for the year	200,000	790,626	990,626
Balance at end of financial year	<u>200,000</u>	<u>1,015,060</u>	<u>1,215,060</u>

The accompanying notes form an integral part of these financial statements.

FINANCIAL INFORMATION

Brahm Centre Ltd.
[UEN. 200200167M]
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Audited Financial Statements
Year Ended 30 June 2015

STATEMENT OF CASH FLOWS FOR THE FINANCIAL YEAR ENDED 30 JUNE 2015

	Note	2015 S\$	2014 S\$
Cash flows from operating activities			
Net income before tax		539,583	990,399
Adjustment for:			
– Grants amortisation	7	(2,625)	(1,962)
– Loss on disposal of property, plant and equipment	7	1,903	0
– Depreciation of property, plant and equipment	7	37,763	5,781
Operating cash flow before working capital changes		576,624	994,218
Changes in working capital			
– Inventories		142,140	(142,434)
– Other receivables		(28,312)	(54,850)
– Other payables		24,430	88,675
Cash provided by operations		714,882	885,609
Income tax refunded		0	227
Income tax paid		0	0
Net cash provided by operating activities		714,882	885,836
Cash flows from investing activities			
Purchases of property, plant and equipment	7	(179,267)	(4,018)
Net cash used in investing activities		(179,267)	(4,018)
Cash flows from financing activities			
Grants received related to property, plant and equipment		2,795	1,338
Net cash provided by financing activities		2,795	1,338
Net increase in cash and cash equivalents		538,410	883,156
Cash and cash equivalents at beginning of financial year		1,124,097	240,941
Cash and cash equivalents at end of financial year		1,662,507	1,124,097
Cash and cash equivalents comprise:			
Cash and bank deposit	4	601,572	371,664
Fixed deposits	4	1,060,935	752,433
		1,662,507	1,124,097

The accompanying notes form an integral part of these financial statements.



For the full set of Audited Financial Statements or more information, please contact:

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