

Human Kindness

Foundation Poster

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Introduction To Mindfulness

Overview

The organization in question is called the Human Kindness Foundation (HKF). HKF is a non-profit organization that provides mindfulness and meditation resources to incarcerated individuals in the United States. The organization was founded in 1974 by Bo and Sita Lozoff, who believed that mindfulness practices could help people in prison develop inner peace and transform their lives. HKF's mission is to provide "tools for living with kindness and mindfulness, especially in prisons."

Summary

Who?	<ul style="list-style-type: none">● The United States has the highest incarceration rate in the world, with around 2.2 million people currently in prison or jail.● The majority of incarcerated individuals in the US are men, and a disproportionate number are people of color.● The prison system also employs a large number of staff, including corrections officers, administrators, healthcare professionals, and others
What?	<ul style="list-style-type: none">● Prisons are institutions designed to confine and control people who have been convicted of crimes and sentenced to serve time as punishment.● Prisons are intended to serve a number of purposes, including protecting society from dangerous individuals, deterring crime, and rehabilitating offenders.● In addition to confinement, prisons may also offer programs and services designed to help incarcerated individuals improve their lives and reduce their risk of reoffending, such as education and job training, mental health and substance abuse treatment, and religious and spiritual programs.
Where?	<ul style="list-style-type: none">● Prisons are located throughout the United States, with each state having its own system of prisons and jails.● The federal government also operates a number of prisons for individuals convicted of federal crimes.

When?

- The use of imprisonment as a form of punishment in the United States has a long history, dating back to colonial times.
- However, the modern prison system as we know it today began to take shape in the late 19th and early 20th centuries.
- Since then, the prison system's size and scope have grown dramatically, particularly in the last few decades.

Primary Role Of Data In Non-governmental Organizations

1. The primary role of data in a non-governmental organization (NGO) is to inform decision-making, monitor progress, and evaluate impact. Data analytics refers to using statistical and computational methods to extract insights and knowledge from data, which can inform organizational strategy and program design.

How Does Data intersect with social action?

Data analytics is important for NGOs because it allows them to make evidence-based decisions, prioritize resources, and measure progress toward their goals. By collecting and analyzing data, NGOs can identify patterns, trends, and gaps in their programs and services and make informed decisions about improving and expanding their work.

The data that is useful for NGOs to collect depends on the organization's specific mission and programs. For example, an NGO working to improve access to healthcare might collect data on the number of patients served, the types of services provided, and patient outcomes. An NGO working on environmental conservation might collect data on species populations, habitat quality, and pollution levels.

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