

# International Association for Human Values

## 2015 Annual Report



Credit: Getty Images

The International Association for Human Values offers programs to reduce stress and develop leaders so that human values can flourish in people and communities.

We can no longer address problems solely on the level of the problem. As soon as one solution is implemented, the situation changes, people react, systems evolve and a new set of challenges arise.

We believe the solution for the world's greatest challenges lies not just in understanding the problems themselves, but in strengthening the people who face these challenges. What is required are individuals with the tools to manage their own minds and emotions – the fear, anger, doubts, blame – so they can find new solutions for their own problems – personal, interpersonal, or global. What is required are people with the frame of mind to continually take on the ever-changing challenges of life.

**This is the Way of Change.**

## About IAHV

The International Association for Human Values was created in Geneva in 1997 by His Holiness Sri Sri Ravi Shankar as a global platform for humanitarian initiatives that solve problems by uplifting human values.

Through its country organizations and partners, IAHV conducts service projects and raises funds for humanitarian and disaster relief initiatives throughout the world. IAHV is registered in the following countries: France, Germany, United Kingdom, The Netherlands, Denmark, Italy, Norway, Russia, Slovenia, USA, Canada, South Africa, Kenya, India, United Arab Emirates, Australia, and St. Lucia. IAHV was registered as a 501(c)(3) in the United States in 2000.

Along with its partner organization, the Art of Living Foundation (AOLF), IAHV has one of the largest volunteer based networks in the world. It has reached over 20 million people in over 140 countries with a wide range of social, economic, cultural and spiritual activities. IAHV works in special consultative status with the Economic, Social and Cultural Council (ECOSOC) of the United Nations, participating in UN committees and activities related to health and conflict resolution. IAHV is the initiator and chair of the Human Values and Spiritual caucuses at the United Nations Geneva office.

### About IAHV's Founder

Sri Sri Ravi Shankar founded the International Association for Human Values in 1997 to empower people to put his universal message of love, compassion and non-violence into action through service. Throughout Sri Sri's initiatives and discourses runs a common message: by living universal human values, we can overcome the hatred, distress, apathy, and greed that threaten our societies and our environment. By strengthening our sense of humanity, we can achieve interfaith harmony, environmental sustainability, poverty alleviation and grassroots development.

Sri Sri addresses diverse forums, including: the World Economic Forum, World Health Organization, the United Nations, and the European Parliament. He has also hosted symposiums including: the Truth & Reconciliation Conference (2007), International Conference on Human Values (2006), and the annual Corporate Culture and Spirituality Symposiums.

# The Year in Review

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Providing techniques and tools for sustainable mental and emotional relief in addition to material relief is the hallmark of IAHV programming. This is seen in all 2015 programs as IAHV expanded the reach of its domestic programs, swiftly responded to natural disasters in Chennai and Nepal, successfully implemented a United States Department of State grant focused on women's empowerment in Iraq, completed rural electrification projects in northeastern India and laid the groundwork for improving the lives of children of sex workers in Kolkata.

IAHV's YES! For Schools programs started in 2004 to provide youth, ages 14-17 with practical tools and life skills to manage their stress and emotions by focusing on a healthy mind, healthy body, and healthy lifestyle. The 2015-2016 school year saw a total of 6,195 students and 285 educators participate in the YES! Program. Research conducted by Dr. Ghahremani of UCLA supported post-program surveys and concluded that many of the students cited the breathing techniques and life skills taught in the program with helping them remain calm, increase their focus and be happier.

IAHV's other domestic programs improved capacity and revamped program offerings. In 2015, 235 veterans graduated from the Power Breath Meditation Workshop offered by Project Welcome Home Troops (PWHT) and a National Veteran Liaison was hired. PWHT's programming has been covered in multiple news outlets such as the Huffington Post and the Houston Chronicle. Featured in the Harvard Business Review, Transforming Leadership for Excellence (TLEX), a corporate program that increases performance and engagement through practical training for mental clarity and social connectedness updated its programming and strategy, and was selected by a major pharma to deliver the TLEX program to employees and leaders. Over 90% of corporate leaders surveyed believed that the TLEX program had a positive impact on individual well-being and individual performance.

Faced with impending violence, the year 2015 also saw IAHV confront challenging situations in Iraq. IAHV successfully implemented a U.S. State Department grant, the Advancing Career of Women Project, which aimed to provide financial security for women. The project supported women with certifications in financial markets, management, hospitality, tourism, and leadership development. The Hotel & Tourism certification was completed in Sulaymania in 2015 in which 56 women received their training diplomas. Additionally in Iraq, 108 ethnically and religiously diverse youth completed the Al Azhar Anjum Youth Peace Ambassadors Program where they learnt how to teach trauma relief programs and become conduits for peace in their communities. Trauma Relief and Resilience Workshops were conducted for 2,100 people, primarily Yezhidis, in refugee camps in Duhok and Domis.

IAHV also responded to natural disasters and tackled persistent development issues abroad. For the Nepal earthquake and Chennai floods, in addition to distributing relief material, IAHV conducted trauma relief efforts and hygiene camps benefitting over 150,000 people. In the absence of the State, IAHV's Light a Home project provided solar lights and built micro grids providing electricity to 20,795 residents in some of the most rural areas of northeastern India. Additionally, IAHV has started fundraising for the Udaan Project, which aims to rescue & rehabilitate the children of sex workers from brothels by creating safe havens for them.

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# YES for Schools

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The YES program was started in 2004 to provide youth, ages 14-17 with practical tools and life skills to manage their stress and emotions in a safe and healthy way. This is achieved by focusing on a healthy mind, healthy body, and healthy lifestyle.

## A Vision of Holistic Education

Stress is a constant presence for many children in schools across America. For students in low-income urban schools, the effects of violence and the poverty experienced in their daily lives carries over into disruptive and violent behavior at schools. For students in high income top performing schools, the pressure to succeed has resulted in an uptick in suicides. The common denominator is stress, which impedes learning and negatively affects the mental and physical health of children. Moreover, stress is also a major concern for teachers resulting in high levels of attrition and burnout.



For schooling to be effective, educators have to see beyond the standard subject based learning systems and include programs that teach practical skills such as stress management and wellness. The YES! for Schools program provides students and educators with practical tools to manage stress and emotions.

Research studies and surveys conducted on YES! Participants have shown that 76-85% of the 7,333 students showed significant improvement in six focus areas: mood and feelings, calm state of mind, focus and concentration, anger and frustration, ability to sleep, stress and worry. A study led by Dr. Dara Ghahremani of UCLA concluded that YES! participants reported less impulsive behavior after the program and that YES! can promote mental health in adolescents potentially protecting them from harmful coping behaviors

### In 2015-2016 School Year:

- YES! for Schools taught **6,195** students and **285** educators in the NY Metropolitan area, and SFBA
- Dodd Middle School where YES! is taught was awarded the International Invitational Schools Award for positive school climate
- There were 31% less disciplinary actions for students in YES! classes
- YES! Educator Course was attended by **686** educators, and YES! For Schools trained **70+** YES! Teachers
- Over 70 teachers learnt SKY meditation and 21 teachers attended the Art of Silence meditation program for school teachers
- In Gunn High School, Palo Alto, third party evaluation showed significant reduction in stress and very high student approval

# Project Welcome Home Troops

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**Project Welcome Home Troops offers workshops and resilience-building programs specifically designed to address the needs of returning combat veterans. It offers practical breath-based tools that decrease the stress, anxiety and sleep problems that many returning veterans experience.**

## Restoring Hope for Veterans and Their Families

The National Institutes of Health estimate that of the approximately 2 million veterans returning from Iraq and Afghanistan, up to 20 percent suffer from post-traumatic stress, or PTSD. These veterans may exhibit symptoms of anxiety, anger, difficulty sleeping, or social withdrawal. Exposed to repeated traumatic and life-threatening situations, many brave men and women of the armed forces return home to a much different reality.

Project Welcome Home Troops was established in 2006 to help veterans and their families deal with the effects of PTSD, develop resilience and reintegrate into society. Through the Power Breath Workshop, participants are taught effective techniques to bring deep relaxation and restore peace of mind. The 5- day workshop is offered free of cost to veterans and their families.



The results of a study focused on the effects of Sudarshan Kriya Yoga, the breathing technique practiced in PWHT's Power Breath Workshop, were reported in the Washington Post. The study found "that the group who had done yoga demonstrated fewer or less intense PTSD symptoms in comparison. Those who took part in the yoga sessions showed lower anxiety and lower respiration rates. The researchers also found that the sessions helped with intrusive memories: patients reported re-experiencing trauma during the exercises, but felt that the impact of the memories was reduced"

"After getting out of the Army, I did not adjust well to civilian life, I was short tempered toward everyone." said Ron Bayes, U.S. Army, Operation Desert Storm. "After learning the breathing techniques, most of my anger dropped away. On the rare occasions when I do get angry, I have easy-to-use techniques to relax and get rid of the stress."

### **In 2015:**

- 235 veterans graduated from the Power Breath Meditation workshop
- Tom Voss, an Army infantry combat veteran was hired as the National Veteran Liaison
- In April 2015, Tom Voss and other veterans presented PWHT to 15 Members of Congress
- Congressman Tim Ryan invited PWHT to teach across his home state of Ohio and worked with the Covelli Group to raise an initial \$55,000 for the campaign.

- PWHT has been covered in national media outlets such as the Washington Post and U.S. News and World Report
  - [Houston Chronicle](#): Meditation helping mitigate effects of PTSD on veterans, 8/16/15
  - [Yahoo](#): On This Congressman's Policy Agenda: Yoga, Mindfulness, and Salad Bars, 8/12/15
  - [Huffington Post](#): Treating Stress and Trauma with Mindfulness, 8/16/15



# TLEX (Transformational Leadership for Excellence)

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**TLEX programs work with corporations and organizations to enhance the skills that help people advance and thrive: energy and clarity of mind, strong teams, and passionate commitment.**

## Transforming Organizations

Organizations can have the greatest impact when individuals are functioning at their best. That's what the philosophy behind TLEX has been for the past 10 years. Since the program's inception, TLEX has fostered excellence in employees and teams through practical training for mental clarity, social connectedness and organizational cohesion to more than 30,000 participants. In 2015 TLEX has revamped the program offerings to meet the changing needs and interests of the clients across key dynamics such as well-being, performance, agile leadership, change management, team building and executive coaching. The program delivers tools and skills development training for corporations through:

- Team Retreats
- Executive Training and Coaching
- Speaker Events
- Meditation Training

## In 2015, TLEX

- Revamped programming to meet changing client needs
- Conducted a Global Client Impact Study
- Chosen by Astellas Pharma for mitigating burn-out and increasing performance
- Addressed 150 Silicon Valley women executives at the Leading Women in Technology conference on tools to overcome gender bias
- Featured in the Harvard Business Review
  - [Harvard Business Review, 12/14/2015: How Meditation Benefits CEOs](#)

## Program Feedback and Client Impact

- 90% of leaders believed the TLEX program had a positive impact on individual well-being
- 93% of leaders felt the program had an impact on their individual performance
- 87% of leaders believed the TLEX program had social impacts such as team building
- 90% of leaders responded that TLEX had a positive impact on the organization's vision

# Light a Home

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**Light a Home is a rural and tribal areas electrification project started in 2014 in India designed to provide subsidized alternative energy in places where grids are not available. The initiative provides cost effective quality solar lanterns, lighting systems and micro grids that are disseminated through local solar centers.**

## Providing Basic Infrastructure

Where once children spent hours straining their eyes in dim candlelight to study at night, efficient LED bulbs now light the homes of rural India.

Since its inception in 2014, IAHV's Light a Home project provided solar lights to power nearly 3,441 homes, benefitting more than 20,795 residents.

To ensure local community buy-in and sustainability, the distribution and installation was carried out by village youth. 176 youths representing their respective villages participated in IAHV's renowned Youth Leadership Training Program where they underwent leadership and community development training in addition to learning how to install and maintain solar lights and grids. Upon completion of the training, the youths returned to their local communities and carried out the development activities.



"The solar lamps will now help me study even after sun set. My sister and me can now study more." - Kumari Hemanti, 15 years old

The availability of LED lights also prevents negative health impacts of fumes from kerosene lamps.

"This system has changed my life in many regards, said Anchal Munda, another villager. "My eight-year-old daughter gets a lot of time to study during the evening without the risk of inhaling kerosene fumes. Now I don't have to depend on the availability of kerosene in the local market."

### In 2014:

- In 2015, over 2,800 homes were lit benefitting over 15,000 people
- In addition to homes, 7 solar micro grids were installed, 5 battery charging stations were developed and 8 schools were electrified



# Yezidi Relief

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**The Yezidi relief effort distributed tents, food, water, clothing and medical supplies to internally displaced Yezidis in refugee camps in Iraqi Kurdistan.**

## Restoring Human dignity and Relieving Trauma

In August 2014, ISIS militants attacked Sinjar in Northern Iraq, a Kurdish controlled area primarily inhabited by Yezidis. Close to 200,000 civilians fled Sinjar with some 50,000 being trapped in the nearby Sinjar mountains without food and water facing starvation and dehydration.

Their plight prompted the U.S. military into action and brought to international attention the atrocities and acts of genocide carried out against the Yezidis by ISIS. In the aftermath of the violence, a crisis still endured with thousands of internally displaced people without basic necessities

IAHV's Yezidi relief effort immediately mobilized

resources and delivered over 110 tons of food, water, clothing, and tents. In 2015, in addition to material relief, the focus shifted to conducting trauma relief programs for the Yezidis in the refugee camps.



### Relief Efforts in 2015:

- 108 ethnically and religiously diverse youth completed the Al Azhar Anjum Youth Peace Ambassadors programs. They have conducted Trauma relief efforts at the refugee camps near Duhok for 2,100 people, primarily Yezidis
- IAHV continued to conduct trauma relief and Resilience workshops around other refugee camps in Duhok and Domis



“The course was a turning point in my life. After the terrible events that happened to my city and my people, I lost hope in everything and I couldn't trust anyone or anything. But after the course, I got my normal life back. I learned how to control my mind and emotions through breathing. My heart is full with gratitude and appreciation for the work you have done.” –Murad Hammo

# Nepal Earthquake Relief

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The Nepal earthquake relief effort included distribution of food, water, clothing, blankets and medicines supplies to victims in the immediate aftermath of the earthquake and long-term community rebuilding activities such as homes, shelters and trauma relief programs.

## Reconstructing Lives and Property

A magnitude 7.8 earthquake, with the epicenter located near the Gorkha District, struck Nepal in April of 2015 followed by another 7.3 magnitude earthquake a few weeks later in eastern Nepal. The earthquakes killed close to 9,000 people and injured more than 21,000.



Initial IAHV relief efforts included the distribution of food, medicines, tarpaulin and blankets to affected districts. The initial relief efforts were followed by long term rehabilitation and rebuilding efforts. IAHV conducted its hallmark Trauma Relief Programs in all affected districts, which benefitted over 150,000 people. In addition, IAHV constructed 75 temporary shelters in the Dharamsthali and Kathmandu areas.

IAHV had also intended to construct community shelters in affected areas. IAHV staffers and volunteers conducted surveys of possible sites and initiated the process for receiving the necessary permissions from governments. However, due to political turbulence and the imposition of a border blockade between India and Nepal, the necessary relief materials and people could not cross the border.

### Relief Efforts in 2015:

- Relief materials such as food, water, blankets and medicines were distributed in affected districts
- Trauma relief efforts were conducted benefitting more than 150,000 people
- 75 temporary shelters were built in Dharamshtali and Kathmandu



# Chennai Flood Relief

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The Chennai flood relief efforts included distribution of food, water, clothing, blankets and medicines supplies to victims in the immediate aftermath of the floods.

## Facilitating the Return to Normal

Three times the normal amount of rain fell in Chennai during the 2015 monsoon. Chennai saw 44 inches of rain in the month of November and on December 1, 2015 an additional 14 inches of rain fell on the already saturated ground causing the local reservoirs and river basins to flood. Within hours large portions of the city were completely inundated with water trapping people in their homes with no utilities.



IAHV volunteers were immediately on the ground and distributed over 750 tons of relief materials which included 200,000 food packets, water, essentials such as rice and flour, clothes and blankets.

Once the floodwaters receded, to prevent outbreak of waterborne illnesses IAHV worked with local communities and conducted awareness campaigns on cleanliness and hygiene. In addition, free medical camps were set-up throughout the city to treat people who otherwise would not have access to healthcare.

### Relief Efforts in 2014:

- Distributed over 750 tons of relief materials including food packets, blankets, essential provisions, medicines, mosquito coils etcetera
- Conducted 15 health and hygiene awareness camps
- Provided medical treatment and administered medicines at health camps
- Partnered with locals and established cleanliness drives



# Advancing Career of Women Project

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**The program aims to promote civic participation of Iraqi women by increasing their chances of receiving employment through training and education. The program was funded by the United States Department of State.**

## **Promoting Civic Participation of Women through Employment**

From September 17, 2013 – March 31, 2015, IAHV and the faculty and staff of the University of Jordan, successfully completed six six-week academic programs for 364 Iraqi career women in Banking, Accounting, Comprehensive Finance and Tourism throughout Iraq. Programming was held in Baghdad, Basra, Erbil, Sulaymania and Duhok with the full support of the banks and Ministries that IAHV and the University of Jordan staff worked with.

Despite increasing turmoil and danger on the ground with the growing menace of ISIS, IAHV successfully launched and implemented the six-full academic programs for Iraqi career women. Adjustments were made along the way due to the proximity of violence and lack of participation by certain ministries and instead, a Tourism program and Comprehensive Finance programs with Ministries in Kurdistan replaced the originally planned programs.

Overall, the programs were very well received with the banks, Ministries and Tourism Directorate. In Kurdistan, when other districts learned of the success of the first Comprehensive Financial program in Erbil, they were eager to bring the training to their women employees in Duhok and Sulaymania. Managers from all the programs reported that the women demonstrated greater knowledge and skill in their area of study as well as improved self-confidence and soft-skills to perform better in their work place and in their personal life.

### **Project Achievements in 2015:**

- Program 6, Hotel & Tourism Management Training Diploma, was launched on January 11, 2015 in Sulaymania
- 56 women graduated with certificates in Training Diploma in Hotel & Tourism Management on February 18, 2015
- Established a Sulaymania Women for Tourism & Development Association



“I learned how to be strong and confident from the trainers. Before I was very shy and couldn’t ask for what I wanted - the knowledge and support I received from the lecturer and the IAHV coordinator made me more assertive. I never believed that I would be able to stand up in front of an audience and speak up with confidence as I am now.....this a very big achievement in my life and that this is a new start for me.” – Maryam Jumaah Fadhil

# Udaan: Prevent Children from Becoming Sex Workers

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**The program aims to rescue children of Indian sex workers from inhumane environments in brothels by creating residential safe havens for them. The ultimate goal is to rehabilitate and reintegrate them to mainstream society.**

## Rehabilitating and Reintegrating Children of Sex Workers

There are an estimated 1.2 million children of prostitutes in India. These children of prostitutes endure an extremely difficult existence living in highly insecure environments and more often than not become victims of the industry. Kolkata, West Bengal is a major hub of human trafficking involving the force of women and children into Commercial Sexual Exploitation (CSE).

Currently, in the absence of the State many NGOs in India have not responded to this issue due to concerns over safety. As a first step, IAHV and Overseas Volunteers for Better India (OVBI) have partnered on a pilot project for creating a “Safe Haven” for 50 girls in the Songhai red light district in Kolkata.

The objective is to provide younger girls with education facilities, and older girls with skills training that will allow them to secure a livelihood. Additionally, staying true to the hallmark of IAHV programming, an enabling environment for all-round development of the children will be created. The children will be attending trauma relief programs, particularly stress relief and self-esteem building programs to equip them with the tools for sustainable mental and emotional transformation. IAHV and OVBI are currently fundraising for this effort. Nevertheless, initial activities to lay the groundwork for the project have already begun.

### Project Achievements in 2015:

- Fundraising underway for construction of residential school and “Safe Haven”
- To gain trust and buy-in from the community in Songachi, the Udaan team is providing free medical treatment, yoga and meditation classes
- A small school has been established for the street some street children in Songachi



## Statements of Financial Position

For the Twelve Months Ending December 31, 2015

ASSETS	Total
Current Assets:	
Cash and equivalents	\$1,943,633
Prepaid Expenses	\$15,311
Accounts Receivable	\$183,250
Total Current Assets	\$2,142,194
Total Fixed Assets	0
<b>TOTAL ASSETS</b>	<b>\$2,142,194</b>
<b>LIABILITIES AND NET ASSETS</b>	
Current Liabilities:	
Accounts Payable	\$26,309
Payroll Liabilities	\$14,108
Credit Card Payable	\$13,760
Total Current Liabilities	\$54,177
Unrestricted Net Assets	\$1,193,393
Temporarily Restricted Net Assets	\$894,624
Total Net Assets	\$2,088,017
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$2,142,194</b>

## Statements of Activities

For the Twelve Months Ending December 31, 2015

	Unrestricted	Restricted	Total
<b>SUPPORT AND REVENUES</b>			
Contributions	\$644,822	\$588,328	\$1,233,150
Federal Awards	\$128,773		\$128,773
Earned Income	\$903,632		\$903,632
Investment Income	\$175		\$175
In-kind Income	47,908		\$47,908
Released from Restrictions	\$106,732	(\$106,732)	\$0
<b>Total Support and Revenue</b>	<b>\$1,832,042</b>	<b>\$481,596</b>	<b>\$2,313,638</b>
<b>EXPENSES:</b>			
Program Expenses	\$1,546,386		\$1,546,386
Management and General	\$38,833		\$38,833
Fundraising	\$32,099		\$32,099
<b>Total Expenses</b>	<b>\$1,617,318</b>		<b>\$1,617,318</b>
<b>Change in Net Assets</b>			
Change in Net Assets	\$214,724	\$481,596	\$696,320
Net Assets, Beginning of Year	\$978,669	\$413,029	\$1,391,698
<b>Net Assets, End of Year</b>			
Net Assets, End of Year	\$1,193,393	\$894,625	\$2,088,018

## Statements of Functional Expenses

For the Twelve Months Ending December 31, 2015

Program Activities:	Amount
Community Development	\$60,523
Disaster Relief & Rehab Program	\$81,800
Human Values Campaigns	\$25,462
Education	\$4,113
Prison Smart	\$51,094
Project Welcome Home Troops	\$152,112
Yazidi Trauma Relief	\$62,876
YES Programs	\$539,054
Women Empowerment	\$183,441
Community Programs	\$122,540
Transformational Leadership (TLEX)	\$223,277
Youth Leadership Programs	\$40,094
<b>Total Program Activities</b>	<b>\$1,546,386</b>

## *Board of Directors*

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