

# International Association for Human Values

## 2014 Annual Report



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.



YES! For Schools



Project Welcome  
Home Troops



Prison SMART



Nouvelle Vie Haiti



## IAHV: A Year in Review

As evident in previous years' programs, providing mental and personal relief in addition to material relief is the hallmark of IAHV programming. This is seen in all 2014 programs as IAHV expanded the reach of its domestic programs, swiftly responded to the Yazidi crisis and implemented two US Department of State grants focused on women's empowerment in Iraq.

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 2013-2014 school year saw a large increase in the number of students participating in the program. A total of 8,453 students, 686 educators and 70 new YES! Teachers were trained across multiple cities, an almost 63% increase compared to two years before. 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 such as Project Welcome Home Troops (PWHT) and Transforming Leadership for Excellence (TLEX), a corporate wellness program designed to increase well-being, social trust and engagement, also witnessed increased growth compared to the prior year. Project Welcome Home held 21 Power Breath Meditation workshops where over 253 veterans, family members and their service providers were trained. The results of a study focused on the effects of Sudarshan Kriya Yoga, the breathing technique practiced in PWHT's Power Breath Workshop, were published in the International Journal of Yoga and reported in the Washington Post. The study found "that the group who had done yoga demonstrated fewer or less intense PTSD symptoms in comparison. Participation in TLEX in 2014 was 4.5 times higher than in 2013 with a 70% increase in programs. Over 90% of participants believed the TLEX program would positively impact long-term work performance levels.

The year 2014 also saw IAHV confront challenging situations in the middle-east. In response to the Yezidi crisis that unfolded in Sinjar in August 2014, IAHV collected and airdropped 110 tons of food, winter aid, tents and clothing. In addition to material relief, IAHV also conducted rehabilitation and post trauma programs for 2,850 families. IAHV also implemented two U.S Department of State grants focused on women's empowerment in Iraq. The Women, Peace and Security project aimed to advance Iraqi women's leadership in eliminating gender based violence and promoting women's rights and issues. The program created a national level taskforce of politicians, academics, and clergy focused on women's issues and also trained 75 community leaders who in turn will administer IAHV's resiliency workshops to women in need in their communities, thus, having a multiplier effect. Furthermore, 669 survivors of violence participated in Life Skills workshops where they received vocational training. The second grant implemented by IAHV was the Advancing Career of Women Project. Aimed at providing financial security for Iraqi women, the project supported women in Baghdad, Basra and Erbil with management certification training in financial markets, airport management, hospitality, tourism, and leadership development and women who enrolled in the program received training diplomas in Comprehensive Finance from the University of Jordan. A total of 95 women participated in the program and received their training diplomas.

# 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 Sustainability

When we first arrived at East Side High School in Newark, New Jersey in 2008, only 20% of students had passing grades. We went there with a vision to transform schools into stress-free, violence free learning environments through school-wide implementation of YES! In 2014, we fully incorporated Yes! Into the culture of East Side High School by providing year-round instruction for youth and staff, and supporting administration to facilitate the YES! curriculum inside their school. This year, the passing rate jumped to more than 90%. Additionally, visiting government officials reported a visible shift in the environment of the school and quality of interactions with students. In the coming year, we will continue our work with the student body and expand our programming for all teachers. We will also be administering the NSCC School Climate survey, monitoring impact at the school climate level and setting the bar for other schools to follow.

### In 2014:

- YES! for Schools taught **8,453** students. The largest number of students, 4,762, were taught in schools in the New York/New Jersey area followed by the San Francisco Bay Area with 1,915
- YES! Educator Course was attended by **686** educators, and YES! For Schools trained **70+** YES! Teachers.
- Set up **4** model schools
- YES! for Schools partnered with the National School Climate Center (NSCC) to integrate their Comprehensive School Climate Inventory (CSCI) into our impact assessment. The CSCI is considered one of the top school climate surveys in the field.
- In 2013, researchers at UCLA have shown that the program reduces impulsive behavior, and increases empathy
- Students reported stronger ability to pay attention in class and a boost in self-esteem

“It was amazing to see it in the first couple classes how long they could be quiet which was the first change that I noticed. Some students expressed a release of tension, others felt sleepy, others felt at peace. Most of all they were at peace. Following the breathing exercises the discussions we had were more focused and no longer interfered by side conversations and comedic responses”

# PrisonSMART

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**Prison SMART (Stress Management and Rehabilitation Training) equips inmates and support staff with tools on how to manage their stress, aggression, and trauma, building a foundation for a new life. The PrisonSMART Program was established in 2002, and since then more than 10,000 inmates, correctional officers and law enforcement staff were trained in powerful stress management techniques. PrisonSMART renewed their contract with Cook County pre-release center in 2013.**

## Halting the Cycle of Violence for Inmates

In a small gray barrack at the Cook County Jail in Chicago's trouble West Side, a group of about 20 young men in tattoos, red sweats and white t-shirts gathered on the floor as an instructor guided them through a deep series of breathing exercises and yoga poses.

The men, whose crimes range from drug panhandling to motor vehicle theft attended the PrisonSMART workshop to help manage stress, aggression, and trauma, and build a foundation for a new life. The program aims to reduce offender recidivism and end the repeated cycle of violence and abuse.

In a survey of 152 participants from the Prison MART program in 2012, 40 percent of respondents felt calmer after taking the course compared to before. All respondents said that they would recommend the program to others.

One inmate said he program gave him the tool to diffuse stressful and potentially dangerous situations. "It is a positive move for men and women who are committed to a good change in their lives. It relaxed me and gave me a different direction to look when faced with officers or inmates who are under stress themselves" he said.

### **In 2014:**

- Renewed a 4-year contract with Cook County Pre-Release Center in Chicago
- Taught **32** courses that benefited **451** people.
- Completed programs in **26** institutions
- PrisonSmart profiled in PennCares after receiving a grant from the organization.

"I am truly happy that I attended this course for it really helped me to get rid of stress and begin focusing on the positive things. It also opened my mind and body and I now have a very positive feeling which I never had."

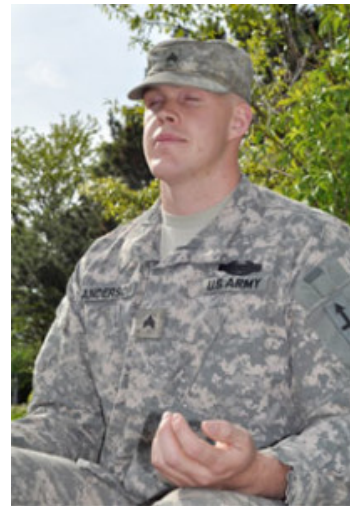
# Project Welcome Home Troops

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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 address their latent distress, 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 2014:**

- IAHV held **21** Power Breath Meditation Workshops
- 253 Veterans, family members and service providers were trained
- 3 residential retreat programs were held in Colorado Idaho and Virginia
- 2 Military Sexual Trauma (MST) courses were held for women, taught by female teachers.
- Research by Dr. Emma Seppala on the power of meditation and breathing exercises in



- helping veterans recover from post-traumatic stress disorder was published in the *Journal of Traumatic Stress* and received substantial media coverage
- PWHT has been covered in national media outlets such as the Washington Post and U.S. News and World Report
    - [U.S. News and World Report](#), 11/11/2014: The Power of Breath in Post-War Healing
    - [Washington Post](#): Yoga helps war veterans get a handle on their PTSD, 10/16/14
    - [Hollywood in Toto](#): 'Almost Sunrise' Embraces Healing, Not Partisan Red Meat 8/27/14
    - [HealthCanal](#): Yogic breathing shows promise in reducing symptoms of post-traumatic stress disorder 9/11/14
    - [Stanford News](#): Stanford scholar helps veterans recover from war trauma 9/5/14
    - [Huffington Post](#): Why This Congressman Is Fighting To Bring Mindfulness To Veterans 3/13/14
    - [Psychology Today](#): To War & Back: A Well-Kept Secret to Exceptional Resilience 1/30/14
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# 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 personal clarity, social connectedness and organizational cohesion for personal and team culture transformation to more than 20,000 participants. The program delivers tools and skills development training for corporations through

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

## **In 2014, TLEX**

- Supported 16 organizations
- Increased programs by 70%
- Served more than 1,600 participants
- Participation grew 4.5 times over since 2013

## **Program Feedback**

- Over 90% of participants believed the TLEX program would positively impact long-term work performance levels to achieve the organization's objectives
- 100% of participants felt the program improved their sense of calm, connectedness to others, and ability to accept multiple perspectives
- 85% of respondents believed the TLEX program improved their ability to stay calm in difficult situations
- Over 90% of participants believed the program increased their self awareness
- Over 90% of participants believed the TLEX program improved their well-being and enabled a culture of creativity.

# Light a Home

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**Light a Home is a rural electrification initiative currently being piloted 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 cookers that are disseminated through local solar centers.**

## India's Homes

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.

In 2014, IAHV's Light a Home provided solar lights to power nearly 600 homes, benefitting more than 5500 residents. Access to clean, reliable and cheap energy also allows shops to stay open later, benefiting small businesses and local economies.

Trained in the 8-day Youth Leadership Training workshop, selected youth take the responsibility of developing their villages and areas. They are also taught how to maintain solar lights and grids. A village energy council is formed to carry out installation and distribution of solar lights.



"The lights help our kids to study and make my cooking in the night easier," said Indira Bisra and Sumita Tutu, residents of the village of Rooyal Ghutu, West Bengal. Both residents earn around \$1 a day breaking rocks.

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 2014, seven villages across six states were selected to pilot the program
- In total 594 houses were lit benefiting 5,532 people
- The highest number of homes were lit in the village of Tinsukhia, Assam where 350 homes received solar lanterns benefiting 3,280 people

# 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 Rebuilding Lives

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 food, water, clothing, and tents. In addition to material relief, IAHV conducted trauma relief programs for 2850 families at the camps in Erbil, Duhok and Khazir.



### Relief Efforts in 2014:

- Collection and airdrop of 110 tons of food, winter aid, tents and clothing.
- Dispatch of relief materials through multiple parachute drops at 16 different locations.
- Rehabilitation of, and post trauma programs for, 2850 families in Erbil, Duhok and Khazir.
- Rescue and rehabilitation of minorities, especially women, trapped by the ISIS in the Sinjar mountains.



# Uttarakhand Flood Relief

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The Uttarakhand flood relief effort distributed tents, food, clothing, medical supplies and trauma relief to victims in the immediate aftermath of the flooding and continued long-term rehabilitation activities through reconstruction and skills training.

## Restoring Human dignity and Rebuilding Lives

On 16 June 2013, Uttarakhand a state in the northern India was affected by severe torrential rains. The rains triggered massive flooding and landslides, wiping off entire towns, roads, and infrastructure in the surrounding areas. According to the Government of India, the death toll was around 10,000 people with some 100,000 people needing rescuing.

In the immediate aftermath of the storm, IAHV participated in delivering 110 truckloads of relief materials which included food, medical supplies, blankets and tents. In addition, IAHV conducted medical camps and trauma relief programs.



IAHV is committed to providing long-term rehabilitation in the flood affected areas. As a result, disaster relief activities continued into 2014. Long-term activities included continuance of trauma relief programs, assisting with constructions of bridges, provision of materials for repair of homes and buildings, conducting skills training workshops and teaching communities to be self-reliant through organic and ZERO budget farming trainings.

### Relief Efforts in 2014:

- Conducted approximately 10,827 trauma relief efforts
- Conducted 138 Youth Leadership Training Programs (YLTP) where local youth are trained to serve as leaders and take responsibility for the development of their communities
- Reconstructed primary school in Phata village and support annual school expenses for education of all students
- Installed solar lights in 21 locations and in 10 health centers
- Trained 152 farmers in organic farming and ZERO budget Farming

# Women, Peace and Security Project

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**The program aims to advance Iraqi women's leadership in eliminating gender based violence and promoting women's rights and issues on a local and national level. The program was funded by the United States Department of State.**

## **Transforming Entrenched Mindsets by Empowering Women**

For women the dangers of war go beyond the violence of combat. They become more vulnerable to sexual violence and exploitation. Iraqi women are no different.

The goal of the IAHV program is to advance Iraqi women's leadership in eliminating gender-based violence and promoting women by: 1) Enhancing the leadership capacity of women at the national and grassroots level; 2) Strengthening cooperation and communication about eliminating gender-violence among national and grassroots leadership; 3) Developing a framework and tools for national and grassroots leaders to identify key issues and work effectively with communities to promote and protect women.

IAHV continued to work to meeting the objectives of the project while facing increasingly deteriorating security conditions in Iraq. Despite the challenges on the ground, IAHV was able to carry out majority of the activities

### **Project Achievements:**

- Created a 30-member National Task Force made up of elected officials, academics, judges and religious clergy who continue to be active beyond the life of this grant with continued focus on women's issues in five sectors: law, economics, education, health and politics as well as on bringing peace to this region
- 75 Leaders participated in the Community Leadership Training program reaching hundreds of community members with the resiliency workshop (162 reached in Erbil and 682 in Baghdad). Four mini-grants were awarded in Baghdad to encourage innovative ways to bring gender-based issues to the forefront
- 699 Survivors of violence participated in the Life Skills workshop; 224 women received vocational training in tailoring and 117 in computers. 100 women received training in Arabic literacy and 100 in Arabic numeracy at two different centers. 68 women were trained by IAHV and the USAID Foras program in job search skills. A total of 25 women received job placements, 5 in Baghdad and 20 in Basra

"The tools I learned helped me accept others as they are and learned to deal with them. It also helped me to be more giving to others and to make them happy. I learned how to accept and deal with what is happening whether good or bad. I received the Resiliency training and I trained a lot of people, men and women, and showed them know how to deal with life in a good new way, a way of love, affection and happiness

# 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.**

## Advancing Independence of Women through Employment

The economic development of a nation and society cannot be realized without the participation of women. Despite relatively strong female workforce participation in the 1960s and 1970s, certain traditional-minded elements of Iraqi society retain the attitude that women should work in the household and men work outside of the home; this mindset results in a limited number of Iraqi women entering into the workforce or obtaining leadership roles once in the workforce.

Through the Advancing Career Women Project (ACWP), IAHV aims to provide financial security for Iraqi women and encourage their participation in the rebuilding of Iraq's economy. ACWP will provide women with in the workforce and unemployed women the opportunity to learn practical entrepreneurship, career development, and financial self-sufficiency. The project supported women in Baghdad, Basra and Erbil with management certification training in financial markets, airport management, hospitality, tourism, and leadership development.



All the women who enrolled in the training received their training diplomas in Comprehensive Finances from University of Jordan.

IAHV continued to work to meeting the objectives of the project while facing increasingly deteriorating security conditions in Iraq.

### Project Achievements in 2014:

- 55 women from different Bank branches in Baghdad were selected and 31 enrolled in the Accounting in Bank Training Diploma Program. This training program commenced on February 12, 2014
- 85 women from different departments of Kurdistan Finance Ministry Banks in Dahouk were selected and 64 enrolled in the comprehensive Financial Training Diploma Program. This training program commenced on April 1, 2014

“Attending this training gave me confidence and made me feel that I am not less than my colleagues in the Bank. I can analyze now, I understand how budgets are made. This finance training course and realizing the values that have been introduced to her every day, in addition to Leadership Skills course made me believe in myself more and realize that I can be better. This made me decide to apply for a Bachelor degree in Business at the University”

## Statements of Financial Position

For the Twelve Months Ending December 31, 2014

ASSETS	Total
Current Assets:	
Cash and equivalents	\$1,067,896
Prepaid Expenses	\$33,396
Accounts Receivable	\$213,392
Grants Receivable	\$243,432
Total Current Assets	\$1,558,116
Total Fixed Assets	\$4,269
<b>TOTAL ASSETS</b>	<b>\$1,562,385</b>
<b>LIABILITIES AND NET ASSETS</b>	
Current Liabilities:	
Accounts Payable	\$140,307
Payroll Liabilities	\$13,865
Credit Card Payable	\$16,515
Total Current Liabilities	\$170,687
Unrestricted Net Assets	\$978,669
Temporarily Restricted Net Assets	\$413,029
Total Net Assets	\$1,391,698
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$1,562,385</b>



## Statements of Activities

For the Twelve Months Ending December 31, 2014

	Unrestricted	Restricted	Total
<b>SUPPORT AND REVENUES</b>			
Contributions	\$576,454	\$158,294	\$734,748
Federal Awards	\$1,119,457		\$1,119,457
Earned Income	\$754,023		\$754,023
Investment Income	\$134		\$134
In-kind Income	229,312		\$229,312
Released from Restrictions	\$237,924	(\$237,924)	\$0
<b>Total Support and Revenue</b>	<b>\$2,917,304</b>	<b>(\$79,630)</b>	<b>\$2,837,674</b>
<b>EXPENSES:</b>			
Program Expenses	\$2,769,405		\$2,769,405
Management and General	\$47,402		\$47,402
Fundraising	\$33,260		\$33,260
<b>Total Expenses</b>	<b>\$2,850,067</b>		<b>\$2,850,067</b>
Change in Net Assets	\$67,218	(\$79,630)	(\$12,412)
Net Assets, Beginning of Year	\$911,452	\$492,658	\$1,404,110
<b>Net Assets, End of Year</b>	<b>\$978,670</b>	<b>\$413,028</b>	<b>\$1,391,698</b>

## Statements of Functional Expenses

For the Twelve Months Ending December 31, 2014

Program Activities:	Amount
5H Program	\$26,370
Disaster Relief & Rehab Program	\$213,801
Human Values Campaigns	\$58,566
Education	\$10,196
Prison Smart	\$49,070
Project Welcome Home Troops	\$66,445
Volunteer for Better India Projects	\$52,425
YES for schools Programs	\$462,363
Women Peace & Security Program (Iraq)	\$264,684
Advanced Career Women Program (Iraq)	\$1,100,063
Transformational Leadership (TLEX)	\$237,189
Youth Leadership Programs	\$190,635
<b>Total Program Activities</b>	<b>\$2,769,405</b>

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