



PROPOSAL FOR

NONVIOLENCE AMBASSADORS

A certification program to build leadership capacity to promote nonviolence

Mission & Vision

Through this social initiative, we aspire to improve health and well-being, reduce violence, improve community-police relations and enable greater public safety in our cities. This will be achieved by empowering police officers and/or community members (including at risk youth, victims of violence, peace activists and former gang members) to build their leadership and innovation (problem solving) capacity through a unique training program based on proven and profound breathing and meditation exercises (for self-regulation) as well as through an increased understanding of the philosophy of nonviolence and how these principles can be applied to countering violence and extremism at the neighborhood and community level. The participants, upon training and certification, will be better equipped to effectively reduce violence and promote compassion in their cities and neighborhoods.

PROGRAM DETAILS

The leadership training will be delivered in three phases over 8 weeks are described below:

Phase 1	Week 1	Leadership training (four consecutive sessions of two hours each that include proven breathing and meditation techniques - see Appendix 1 for details)
Phase 2	Week 2-6	Five Follow-up sessions (two hour once a week) to reinforce learnings and build on the capacity of compassion and nonviolence through action oriented learning. During each session, we will bring a unique speaker to inspire and build the capacity of the participants in their understanding and application of nonviolence.
Phase 3	Week 7-8	Graduates will participate in a 'Nonviolence Ambassador' Training so that they can conduct certain aspects of the 8 week training in their communities and neighborhoods.

PHASE 1

Phase 1 will consist of five consecutive modules of two hours each :

<p>Module 1 & 2 (2 hrs each)</p>	<p>Personal Empowerment and Dynamism</p> <ul style="list-style-type: none"> • What is the philosophy of nonviolence or “Ahimsa” • Importance of self -care and self -compassion • Nature of the human mind and how to overcome negative emotions • Breathing & meditation techniques to reduce stress, improve health & wellbeing <p>Key Learning Objectives and Expected Outcomes: Participants will learn the wisdom of Ahimsa and how it can be applied in personal life. Participants will also learn to identify and overcome personal obstacles to achieve an open, clear, and positive state of mind, improve leadership skills, and encourage innovative thinking.</p>
<p>Module 3 & 4 (2 hrs each)</p>	<p>Enhancing Group Cohesion, Teamwork, and Community Relationships</p> <ul style="list-style-type: none"> • Implementing nonviolence practices in our personal and professional lives and building authentic and trusted community relationships. • Conflict resolution techniques and improving interpersonal communication <p>Key Learning Objectives and Expected Outcomes: Participants learn to develop greater emotional and social intelligence to help build trusted networks and co-create solutions with stakeholders.</p>
<p>Module 5 (2 hrs)</p>	<p>Visioning and Modeling Change</p> <ul style="list-style-type: none"> • Independence versus interdependence • Inner peace Outer dynamism: How can we promote the practice of nonviolence in our community? <p>Key Learning Objectives and Expected Outcomes: Participants will create innovative social projects that will enable them to apply the newly gained knowledge in transforming their organizations and/or their communities.</p>

Research & Evaluation

A key aspect of our program will be a participatory evaluation process designed to elicit participant involvement and feedback while also satisfying programmatic reporting and

assessment requirements. Program expectations and indicators of success will be defined collaboratively with participants as the process unfolds, and these ongoing deliberations will inform program activities, responsibilities, and evaluation mechanisms.

SKY Meditation Technique - Cornerstone of our training

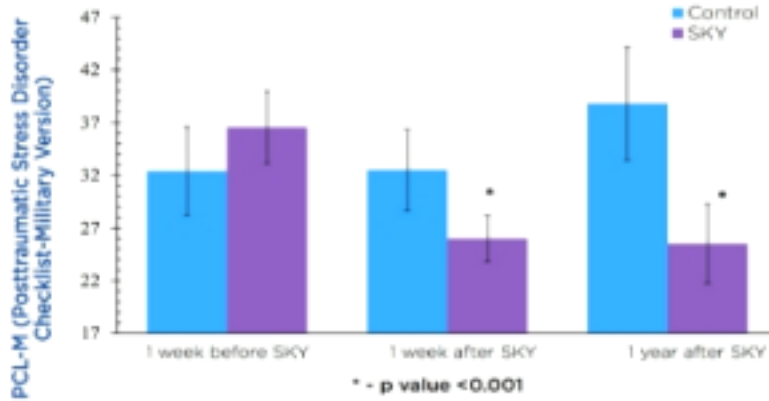
The training program will use proven breathing and meditation techniques that have shown to eliminate stress, transform negative emotions and restore health and wellness.

Processes to Counter Stress and Improve Wellness

The yogic science of breath is a precise, 5000+ year-old science of health promotion. It is one of the first sciences to recognize the impact of the mind and emotions on creating and restoring optimal health. One of the most comprehensive breathing techniques derived from this science is Sudarshan Kriya (SKY). SKY and its accompanying practices have been taught to millions of people worldwide, and continue to be independently investigated by modern medical science at universities, hospitals, and other research institutions. For detailed info, please visit: www.skymeditation.org

The following charts summarize some key published findings:

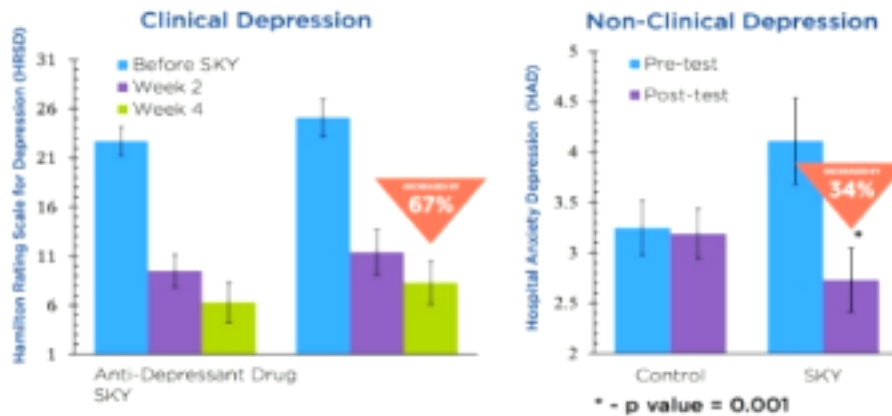
SKY SIGNIFICANTLY REDUCES PTSD



Iraq and Afghanistan veterans who practiced SKY had **significant reductions in PTSD symptoms after just one week** of SKY practice. **Results persisted for one year** with no follow-up sessions, demonstrating a long term benefit.

Seppala et al. (2014)

SKY SIGNIFICANTLY DECREASES CLINICAL AND NON-CLINICAL DEPRESSION



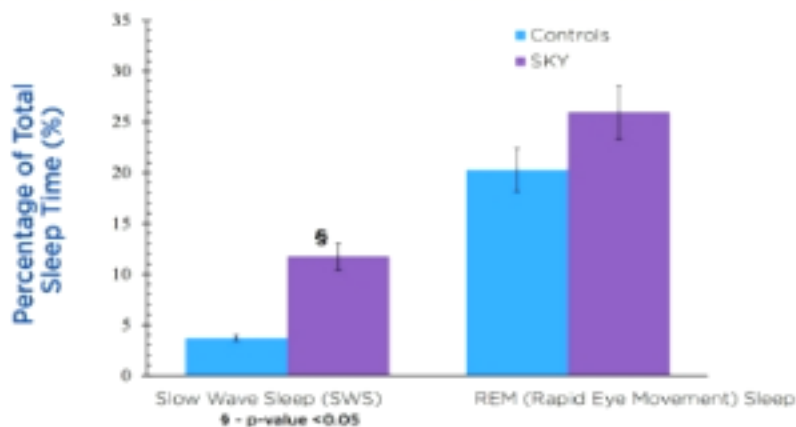
SKY significantly reduced major depressive disorder as effectively as anti-depressant drug therapy, yet is free of unwanted side effects.

N. Anakiraman et al. (2003)

SKY reduced everyday blues (non-clinical depression) by one third in four weeks.

Kjellgren et al. (2007)

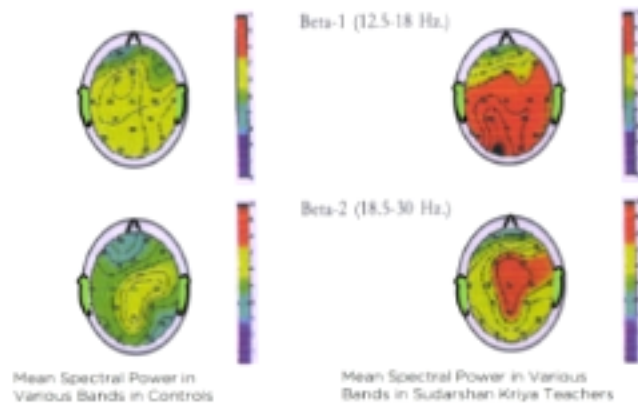
SKY SIGNIFICANTLY ENHANCES DEEP SLEEP



SKY practitioners spent significantly **more time in deeper sleep (Stages 3 & 4 sleep)**, than age matched controls (~3 times more), suggesting deep sleep is restored to levels of young adulthood. SKY practitioners spent **13% of their total sleep time in the deeper restful SWS state**, while controls spent only **4%** of their sleep time in SWS state.

Sulekha et al. (2006)

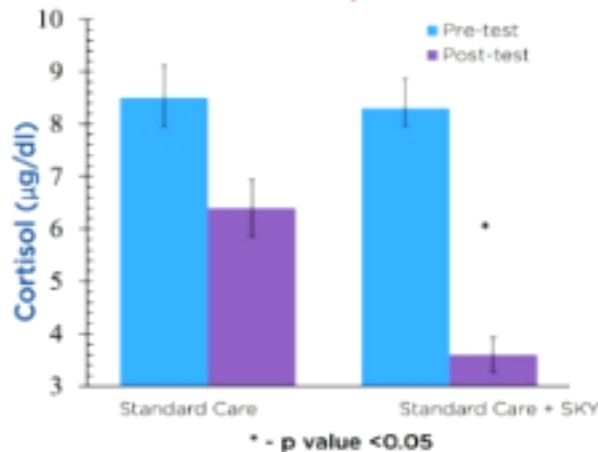
SKY SIGNIFICANTLY INCREASES MENTAL FOCUS



EEG measures electrical brain activity. In this study, SKY practitioners demonstrated **significantly greater ($P < 0.05$) EEG Beta wave activity** than controls, which is indicative of heightened alertness/ mental focus.

Bhatia et al (2003)

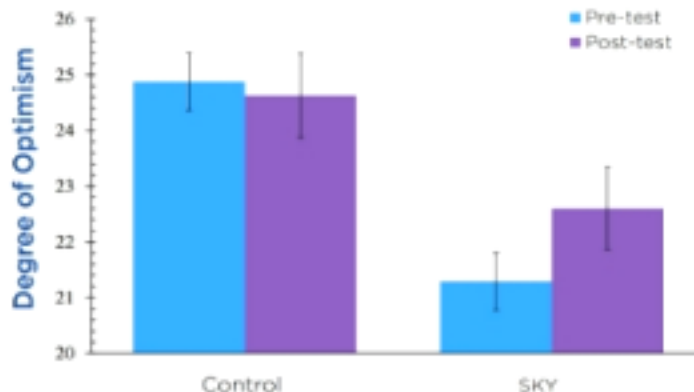
SKY SIGNIFICANTLY DECREASES CORTISOL LEVELS (MAJOR STRESS HORMONE)



Adding SKY to conventional treatment for individuals in recovery for substance use was **twice as effective in reducing Cortisol levels** as conventional treatment alone.

A. Vedamurthachar et al (2006)

SKY SIGNIFICANTLY ENHANCES OPTIMISM



Optimism significantly increased in SKY practitioners in 4 weeks, yet slightly decreased in controls

Kjellgren et al. (2007)