

2012 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 sister 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



Disaster and
Trauma Relief



Al Azhar
Iraq



Transformational Leadership for
Excellence

IAHV: A Year in Review

In 2012, IAHV rebranded the organization, including launching a new website and video, expanded its domestic programs and initiated a new project in Iraq. During the 2011-2012 school year, the YES! For Schools program was taught to 5,199 students and 249 educators in 21 schools, and developed 23 student mentors. 41 new YES! Teachers were trained. The new YES! For America internship program trained 12 interns. Reaching 88 new vets in 5 cities, Project Welcome Home Troops initiated a community of practice for its teachers to share teaching and outreach best practices. Results from a University of Wisconsin Madison study suggest the PWHT program reduces PTSD symptoms by 60%, and independent documentary on PWHT “Free the Mind” premiered in Europe, to be released in the US 2013. Prison SMART reached about 650 inmates through 50 courses in 20 correctional facilities. In addition to maintaining its ongoing clients, the TLEX program acquired new clients, including Harvard Business School, GE HealthCare, and Microsoft. Nouvelle Vie Haiti youth leaders launched the Center for Empowerment and Sustainability in Cap Haitian, teaching 978 community members empowerment and sustainable agriculture. They provided trauma relief for 104 sexually abused women in the slum of Cite Soleil

IAHV received a \$900,000 grant from the US Department of State to implement a new women’s empowerment initiative in Iraq: the Al Azhar Program. The Al Azhar program mobilizes and supports Iraqi national and community leaders in launching initiatives that promote and protect Iraqi women. The program aims to strengthen Iraqi families and civil society by advancing Iraqi women’s leadership and eliminating gender-based violence on a local and national level.



In FY 2012, YES! for Schools...

- Trained **5,199** students, **249** educators and **23** YES! Mentors in **21** schools
- Launched the YES! For America program launched, developing **12** interns; and training **41** new YES! For Schools teachers
- Designed and launched **Model School** strategic initiative in: SFBA, Chicago, NY/NJ and Philadelphia.
- Instituto Health Sciences Career Academy hired **2** YES! Teachers as full time staff.
- **YES!** Teacher Hemanth Venkataraman approved for new charter school Unity Prep (www.unityprep.org) that integrates YES! Into curriculum for students and staff.

BREATHING LIFE INTO
EDUCATION



Empowering Youth with a Healthy Body, Healthy Mind, and Healthy Lifestyle

Young people can face a host of emotional stressors that contribute to low self-esteem, depression or anxiety. Without a healthier alternative, many youth turn to drugs, alcohol or violence to release their stress. 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.

Throughout elementary and middle school, Diego Robles was an honor-roll student. However, difficult circumstances at home left him feeling despondent, unhappy and stressed. Diego began to act out in school. His grades started to slip, he lashed out at teachers, and would frequently skip class, By the time he entered high school, Diego was involved with street gangs, using drugs. His behavior led to expulsion from several High Schools in the San Francisco Bay Area and he was placed in a last-resort continuation school in Milipitas, California. This is where he was introduced to the YES program.

The breathing exercises, life skills helped him get back on track. This course taught me to be responsible, to learn to face every problem in my life head on and without fear.” Robles said. “I overcame my depression and negative mentality due to the incredible effects of Sudarshan Kriya. I went through each day knowing that I would persevere that while my life was not at the most ideal state things could change for the better.

PROJECT WELCOME HOME TROOPS

In 2012...

- **88** veterans in **5** cities took the Power Breath Workshop
- Independent research at the University of Wisconsin, Madison Waisman Center suggests **60%** reduction in PTSD symptoms for vets up to one year after intervention.
- European premiere of Danish independent documentary **“Free the Mind”** on the research on Project Welcome Home Troops.
- Ohio Congressman **Tim Ryan** runs Ohio marathon to raise money for PWHT; chapter on PWHT in his book Mindful Nation
- Community of Practice launched for teachers to share outreach

and teaching best practices

- **Travis Leanna**

becomes the first PWHT course graduate to train as a PWHT trainer.



Restoring Hope for Veterans and Their Families

Exposed to repeated traumatic and life-threatening situations, many brave men and women of the armed forces return home to a much different reality.

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 PTS. These veterans may exhibit symptoms of anxiety, anger, difficulty sleeping, or social withdrawal.

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.

“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 FY12, 18 veterans and family members in 7 U.S. cities participated in the Power Breath workshop. Many reported improved sleep, reduced anxiety and greater sense of peace and optimism.



In 2012....

- Center for Empowerment and Sustainability launched in Cap Haitian
- **978** Cap Haitian community members learn meditation, breathing, yoga, and sustainable agriculture; **20** graduates intern at the Center
- **104** women living in Cite Soleil – Haiti’s worst slum, are trained through trauma relief workshops. **64%** continue with the practices.
- **Education Fund** launched to support Wilner, Lesly, and Samson’s university education in administration, agriculture, and psychology.

Developing Leaders and Empowering Communities in Haiti

The Women of Wharf Jeremie slum have endured years of extreme poverty, exacerbated by the devastating effects of the earthquake that rocked the country in January 2007. They are also subjected to discrimination and sexual violence. But through IAHV self-empowerment and trauma relief programs, these women are breathing deeply and smiling again.

In the aftermath of the earthquake, IAHV has been working on the ground in Haiti through the Nouvelle vie Haiti program to develop powerful body of youth leaders—empowering them to rebuild their communities and serve as agents of change.

They work on transforming individuals and releasing trauma through service programs that focus on self-reliance. Some of these programs include creating food security gardens, local waste management, street child mentorship programs and sexual education workshops.

IAHV has been working in partnership with Aid Still Required in the Wharf Jeremie Women’s program to provide trauma relief Art of Living workshops for individuals living in the Cite Soleil camp. Nouvelle vie Haiti trainers teach healing breathing, and meditation techniques to women, helping them reduce physical and emotional stress.

Prison S.M.A.R.T.

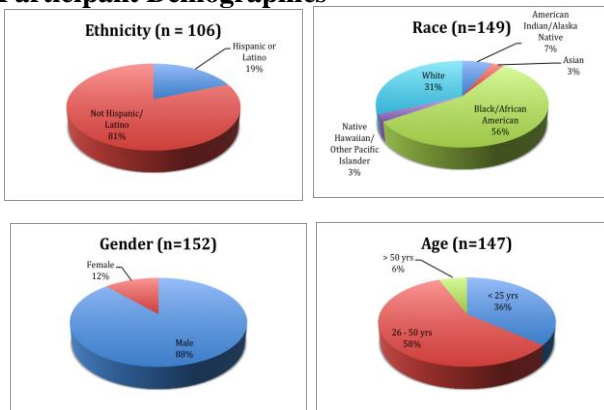
Stress-Management and Rehabilitation Training



In 2012...

- **620** inmates and prison staff completes the Prison SMART program through **50** courses in **20** Correctional facilities
- Prison SMART profiled on television news **WTTW** in Chicago
- New contract with Washington DC Correctional Facility
- **4**-year contract with Cook County Pre-Release Center in Chicago
- Renewed contract with **New Orleans Parish Prison Program**
- Attended Mentoring Youth in Juvenile Justice Settings Seminar conducted by the city of Baltimore.
- Consulted with Ohio Department of Corrections Health & Wellness Director about implementing Prison SMART as part of their H&W plan.
- Prison SMART trainings conducted in **5** new cities

Participant Demographics



Stopping the Cycle of Violence for Prisoners

Since its inception in 1992, the Prison SMART program has trained more than 10,000 inmates, correctional officers and law enforcement staff on how to manage their stress, aggression, and trauma, helping prisoners building 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 SMART 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 FY 12, Prison SMART renewed their contract with the Cook County pre-release center and the New Orleans Parish Prison program.



Al Azhar Program

Program Components

Al Azhar Alliance: an alliance of prominent Iraqi leaders who leverage their power and network to support the Al Azhar goals and objectives.

Al Azhar Champions: an elite Iraqi National Task Force composed of 30 high level political, civil society, business, and religious leaders who drive a National Action plan to promote and protect women through gender and: policy, health, business, education, and law.

Anjum Leaders: a diverse network of 80 community leaders who shift community attitudes around women through educational campaigns and Resilience workshops for women.

Al Azhar Community Gatherings: 5 public gatherings to spread awareness about Al Azhar.

Life Skills and Vocational Training: 500 women will undergo life skills training and 100 will receive vocational training.

Empowering Women Leaders

The Al Azhar Program mobilizes and supports Iraqi national and community leaders in launching initiatives that promote and protect Iraqi women. The program aims to strengthen Iraqi families and civil society by advancing Iraqi women's leadership and eliminating gender-based violence on a local and national level.

The 21-month initiative is funded by the US Department of State, and will be implemented





2012 Successes

- Organized the first ever Teacher Training in North America for **21** US teachers and **6** Canadian teachers.
- Taught over **300** people: **11** courses with **7** premier clients.
- Developed a new website: www.tlexprogram.com

Program Feedback

- **87%** felt that their self awareness has increased for substantial part of the day
- **92%** felt an increased ability to listen to and accept multiple perspectives
- **91%** thought the course helped the growth of organization and improved work performance
- **93%** felt a greater sense of oneness and bonding with their team

Leadership Skills for Personal and Organizational Excellence

TLEX (Transformational Leadership for Excellence) is a leadership development and corporate wellness program that provides tools and enhances skills that foster in employees greater energy and clarity of mind, a sense of connectedness to each other, and a passionate commitment to personal and team excellence. TLEX believes what makes an effective organizational leader are soft skills: the ability to connect with and inspire coworkers and teams, to communicate with clarity and confidence, and to remain positive and transform challenges into opportunities. Yet most of our training focuses on technical skills. An organization's success relies on leadership and employees who have the energy, clarity, and inspiration to work together to exceed expectations.

Shankara Rural Transformation Project



Project Components

- Vocational training and local job creation.
- Sanitation program.
- School infrastructure and education empowerment program.
- Agriculture - Zero budget organic farming+ Agro business skills training.
- Digitizing villages + Project website.
- Health (Training for local village doctors + Smokeless chulhas+ health awareness campaign, medical camps.
- Lonar Crater Conservation and development.
- Skills training and Self help group formation

Transforming Farmers' Lives through Individual Empowerment

Despite being rich in natural resources, the Vidarbha region of Maharashtra state, India faces severe poverty and malnutrition. As a result of successive crop failures, the state has seen 32,000 farmer suicides in the past decade. A recent report by the Center for Human Rights and Global Justice at the NYU School of Law suggests that every thirty minutes, one farmer commits suicide in India.

IAHV is improving lives in the region through its Youth Leadership Training Program. IAHV has worked with local government leaders and nonprofits to create sustainable solutions through individual empowerment. The IAHV-trained youth leaders have reached 100,000 villagers through building community support systems, and offering trauma-relief and Art of Living courses. The project has empowered communities to foster organic farming practices, zero budget farming and rainwater harvesting systems.



Youth Leadership Training Program Puerto Rico (YLTP)



Creating Service-Oriented Leaders in Puerto Rico

In summer 2012, 18 students, ages 18-19 from universities in Puerto Rico attended a YLTP retreat in Cordova, Puerto Rico. The youth surveyed 400 community members and will organize a service fair in partnership with the Carolina municipality. Fourteen of them were trained to lead Breath Water Sound workshops, and taught a few sessions during their service project. The project was featured on the local news and radio

About YLTP

The Youth Leadership Training Program is a fourteen-day residential retreat program for youth ages 18-25 years that focuses on personal development, leadership skills and service. At the heart of the leadership training are the practices and techniques of yoga – breathing, meditation, physical posture and a philosophical framework built around awareness and responsibility for one’s own state of mind and emotions and skill in action. The youth as a group will implement a grassroots service project in order to uplift individuals and communities so that they become more self-reliant and better prepared to seek employment.

Participant Testimonial

“I am very grateful that these tools I learnt on YLTP came into my life when needed the most. I am a new person: more mature, independent, patient, peaceful, comprehensive and focused. I will apply everything that I learned for my benefit and for the benefit of those around me.”

~ **Daisy Maeso, 20**, Escuela de Bella Artes, Puerto Rico

Statements of Financial Position

For the Twelve Months Ending December 31, 2012

ASSETS	Total
Current Assets:	
Cash and equivalents	\$784,873
Prepaid Expenses	\$16,898
Accounts Receivable	\$154,107
Total Current Assets	\$955,878
Total Fixed Assets	\$14,727
TOTAL ASSETS	\$970,605
LIABILITIES AND NET ASSETS	
Current Liabilities:	
Accounts Payable	\$64,229
Total Current Liabilities	\$64,229
Unrestricted Net Assets	\$772,897
Temporarily Restricted Net Assets	\$133,479
Total Net Assets	\$906,376
TOTAL LIABILITIES AND NET ASSETS	\$970,605

Statements of Activities

For the Twelve Months Ending December 31, 2012

	Unrestricted	Restricted	Total
SUPPORT AND REVENUES			
Contributions	\$74,016	\$243,783	\$317,799
Grants		\$126,596	\$126,596
Earned Income	\$501,770		\$501,770
Investment Income	\$640		\$640
Released from Restrictions	\$525,157	(\$525,157)	
Total Support and Revenue	\$1,101,583	(\$154,778)	\$946,805
EXPENSES:			
Program Expenses	\$856,711		\$856,711
Management and General	\$27,166		\$27,166
Fundraising	\$21,465		\$21,465
Total Expenses	\$905,343		\$905,343
Change in Net Assets	\$196,240	(\$154,778)	\$41,462
Net Assets, Beginning of Year	\$576,657	\$288,257	\$864,914
Net Assets, End of Year	\$772,898	\$133,479	\$906,376

Statements of Functional Expenses

For the Twelve Months Ending December 31, 2012

Program Activities:	Amount
5H Program	\$37,900
Disaster Relief & Rehab Program	\$6224
Human Values Campaigns	\$12,201
Nouvelle Vie Haiti	\$37,058
Prison Smart	\$41,192
Project Welcome Home Troops	\$26,578
Trauma Relief	\$265
YES Programs	\$372,162
Women Empowerment	\$60,980
Transformational Leadership (TLEX)	\$185,727
Youth Leadership Programs	\$76,413
Total Program Activities	\$856,711

Board of Directors

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