

2011 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



Transformational Leadership for Excellence

IAHV: A Year in Review

In 2011, the IAHV expanded its programs and deepened its impact both domestically and globally. During the 2010-2011 school year, the YES! For Schools program was taught to 12,845 students in 36 middle and high schools nationwide. Project Welcome Home Troops continued to provide resilience and trauma relief to combat veterans and their families. Independent researchers at the University of Wisconsin, Madison initiated a study on the impact of the program on PTSD. The Prison SMART program reached about 700 inmates in 21 correctional facilities, and forty new Prison SMART teachers were trained. The TLEX program for transformational organizational leadership restructured its operations and branding, and offered programming to new clients, including Accenture, Boston Consulting, MIT/Sloane, and the State Department.

Nineteen Nouvelle Vie youth leaders underwent a 5-month Train-the-Trainer, funded in part by USAID, emerging as Trauma Relief, Yoga, and Permaculture trainers. They implemented a compost production and urban agriculture project impacting 1,754 community members, opened a center in Cap Haitian, and provided trauma relief workshops for 120 women victims of sexual violence in Cite Soleil, in partnership with Aid Still Required.

In 2011, IAHV distributed \$493,878 USD worth of aid overseas, and to provide disaster relief in India, Japan and Haiti. IAHV responded to environmental disasters by mobilizing volunteers to serve their local and global community by distributing food and material supplies, conducting trauma relief courses in partnership with the Art of Living Foundation, providing vocational training and building homes and schools.



2011 Successes

- 12,845 U.S. high school students in 36 schools and 8 states participated in the 2010-2011 school year.
- Conducted the first YES! teacher-training program for public and private school teachers.
- Developed a student mentor and leadership program that builds on the life-skills and leadership skills learned in the YES! programs.

YES! for Schools is dedicated to providing youth with a healthy body, a healthy mind and a healthy lifestyle. We do this by offering youth practical tools and life skills to manage stress and emotions. Our experiential curriculum includes stretching and exercise, targeted breathing techniques, life skills in conflict resolution, and life lessons on human values such as responsibility, respect, friendliness, kindness and cooperation. As students learn how to manage their stress in a healthy way, they exhibit greater confidence and motivation to succeed in school and make healthy choices when faced with life's challenges. Our 30-hour experiential learning curriculum includes three modules: Healthy Body, Healthy Mind, Healthy Lifestyle.



2011 Successes

- Trained 19 Nouvelle Vie leaders as Art of Living, Yoga, and Permaculture teachers.
- Piloted USAID-funded waste management program for compost production and urban agriculture. Four marketplaces, 5 restaurants and 1,000 community members benefitted; 750 families learned how to grow their own food.
- Opened new center in Cap Haitian, teaching 80-100 every month empowerment, sustainability, and leadership.
- 120 women living in Cite Soleil – Haiti's worst slum, participated in trauma relief workshops. 83% continue with the practices.

Nouvelle Vie Haiti develops young Haitian leaders who empower Haitian communities towards greater self-reliance. The first step is transforming individuals: releasing trauma, restoring hope, and fostering personal responsibility of individuals, opening minds to people's ability to improve their own lives. We then support this shift in attitude and behaviors through service programs that empower self-reliance including: food security gardens, local waste management, sexuality education workshops, and street child mentorship programs run at minimal cost by community volunteers. From these programs, leaders and entrepreneurs emerge who embody a sense of total responsibility, innovation, and integrity in action.

Prison S.M.A.R.T.

Stress-Management and Rehabilitation Training



2011 Successes

- 40 new Prison SMART teachers and assistants were trained in 2011 – double the number in 2010.
- Over 700 inmates and prison staff across the US complete the Prison SMART program in 2011.
- 21 Correctional facilities have hosted Prison SMART programs in 2011 – double the number in 2010. Eleven of these facilities hosted the program for the first time.
- Philadelphia Prison System signed an MOU with Prison SMART, pledging to put its entire prison population through the Prison SMART course.

Prison S.M.A.R.T. teaches prisoners how to manage their stress, aggression, and trauma, building a foundation for a new life. The program aims to reduce offender recidivism and end the repeated cycle of violence and abuse. Without tools to process past trauma and present stresses, incarcerated individuals often cope with their negative emotions such as anger, guilt, mistrust, and frustration with unhealthy behaviors and attitudes- including violence, addiction, apathy or lethargy. The Prison S.M.A.R.T. program offers practical methods for participants to transform these negative emotions for true rehabilitation, and develop the core human values innate in all human beings, such as service to others and compassion. Prison S.M.A.R.T offers programming to: Prison inmates, Halfway house residents, Parolees, Prison administrators, Law enforcement officers, and incarcerated youth crime victims.

PROJECT WELCOME HOME TROOPS



2011 Successes

- Independent researchers at the University of Wisconsin, Madison Waisman Center initiated study on the effect of Project Welcome Home Troops techniques on PTSD and symptoms of returning veterans. Study includes both psychological and psychophysiological measures.
- Danish independent filmmaker Phoe Amie films documentary "Free the Mind" on the research on Project Welcome Home Troops.
- 19 IAHV trainers undergo teacher training as Project Welcome Home Troops teachers
- Developed a new website:
www.projectwelcomehometroops.com

Project Welcome Home Troops' mission is to improve the quality of life for returning veterans and their families. Many of these brave men and women have been repeatedly exposed to traumatic events and life-threatening situations on multiple deployments to combat zones, and return home to stress, anxiety, depression, and sleep problems that can interfere with their work and family life. Project Welcome Home Troops aims to address the distress some returning veterans and their families experience by teaching them safe and effective techniques for stress relief, resilience, greater health and wellbeing. The program is offered both in communities and in partnership with veterans organizations and institutions.



tLEX
TRANSFORMATIONAL LEADERSHIP for EXCELLENCE



2011 Successes

- Organized the first ever Teacher Training in North America for 12 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

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.

Statements of Financial Position

For the Twelve Months Ending December 31, 2011

ASSETS	Total
Current Assets:	
Cash and equivalents	\$756,690
Prepaid Expenses	\$13,898
Accounts Receivable	\$85,490
Total Current Assets	\$856,078
Total Fixed Assets	\$16,049
TOTAL ASSETS	\$872,127
LIABILITIES AND NET ASSETS	
Current Liabilities:	
Accounts Payable	\$7,213
Total Current Liabilities	\$7,213
Unrestricted Net Assets	\$576,657
Temporarily Restricted Net Assets	\$288,257
Total Net Assets	\$864,914
TOTAL LIABILITIES AND NET ASSETS	\$872,217

Statements of Activities

For the Twelve Months Ending December 31, 2011

	Unrestricted	Restricted	Total
SUPPORT AND REVENUES			
Contributions	\$26,776	\$761,321	\$788,097
Earned Income	\$315,271		\$315,271
Investment Income	\$1,406		\$1,406
Released from Restrictions	\$874,372	(\$874,372)	
Total Support and Revenue	\$1,217,825	(\$113,051)	\$1,104,774
EXPENSES:			
Program Expenses	\$1,011,221		\$1,011,221
Management and General	\$37,156		\$37,156
Fundraising	\$18,708		\$18,708
Total Expenses	\$1,067,085		\$1,067,085
Change in Net Assets	\$150,740	(\$113,051)	\$37,689
Net Assets, Beginning of Year	\$425,917	\$401,308	\$827,225
Net Assets, End of Year	\$576,657	\$288,257	\$864,914

Statements of Functional Expenses

For the Twelve Months Ending December 31, 2011

Program Activities:	Amount
5H Program	\$19,132
Disaster Relief & Rehab Program	\$242,539
Education Programs	\$27,580
Human Values Campaigns	\$25,460
Nouvelle Vie Haiti	\$205,878
Prison Smart	\$35,516
Project Welcome Home Troops	\$8,322
Trauma Relief	\$1,940
YES Programs	\$319,655
Women Empowerment	\$9,116
Transformational Leadership (TLEX)	\$102,401
Youth Leadership Training (YLTP)	\$13,682
Total Program Activities	\$1,011,221

Board of Directors

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