

HUMAN VALUES



**International Association
for Human Values**

**Annual Report and Review
UK Branch
2012-13**

**Registered Charity Number 1103261
www.iahv.org.uk**

**Promoting Human Values
Across the World**



**London 2012 Olympics
has an impact on
Human Values in the UK**

**Run 8,000 miles around the UK and
cheered on by 13m people, the Torch
Relay connected the UK to the
Olympics and the rest of the World**



About the International Association for Human Values



London 2012 - Connection made to millions of people Worldwide through the Olympic Flame

Who We Are

The International Association for Human Values (IAHV) is a worldwide organisation with a mission to foster globally the values that unite us as a human community.

Through our projects, we apply practical, human values based approaches to help those in need, both at home and in developing countries. All our projects aim to provide solutions that are sustainable within local communities, and provide opportunities for people to take part in voluntary service. We focus in particular upon:

- Providing education for children who would otherwise not get an education at all
- Empowering young people to become leaders & agents of change to improve their community
- Reducing poverty and improving health
- Stress management and trauma relief
- Disaster Relief
- Rehabilitation of prisoners
- Promoting human values among all

Our Worldwide Organisation

Our International organisation has centres in over 20 countries, with projects in over 50 countries and volunteers in over 100 countries. For further details see www.iahv.org.uk. In most countries, IAHV is established as a charitable organization with local volunteers, and operating under local charity regulations.

Our UK Organisation

IAHV's UK Branch has been a UK registered charity since 2004, registration number 1103261. This Annual Report provides detailed information about our work. Annual Reports for previous years, if required, are available on our website www.iahv.org.uk

The Need for Action

Stresses within our human communities are severe. Single-minded focus on unsustainable material wealth is putting pressure not just on the environment but on social structures. Meanwhile huge poverty and inequality are still with us:

- 57 million children are not in school
- 980m people have to live on less than US\$1 per day.
- 900m people will go to sleep hungry each night
- 25,000 children die daily from easily preventable and treatable diseases
- Stress, depression and substance dependence are rising often leading to breakdowns in relationships and social structures
- Almost all of us are using the environment in ways that are unsustainable
- Natural and man-made disasters are happening more often and are causing increasing damage and harm to societies.

Technological and economic growth has not been matched at a humanitarian level. Self-interest and materialism tend to predominate, while the human values which apply across all mankind are disregarded. It is time to change this.



About the International Association for Human Values



Some of the 108 runners who took part in the July 2012 London 10kFun Run – who raised an amazing £26,226

How We Operate

Our Human Values Based Approach

We adopt a unique human values based approach to address the problems arising from imbalances as a result of unsustainable economic, social and ecological trends in the World today. Human values are those attributes and qualities that are at the very heart of humanity, representing the highest expression of the human spirit.

Our aim is to advance human values in the lives of people in societies in the UK and across the World. Whether directed to the traumatised or the deprived, to children, youths or adults, our projects seek to foster human values, with a spirit of cooperation, generosity and sharing, honesty and integrity, peace, contentment, and caring for the planet.

We operate at all levels through voluntary service, without any significant assets. This means we have a very low cost structure.

Empowering Individuals and Communities

Unique to all IAHV projects is the investment we make to empower individuals and communities. Personal and community development are a key part of our work. This element of IAHV's approach, based on fostering human values, has been demonstrated time and again to strengthen and bond community spirit.

Founded to Foster Human Values

IAHV was founded in Geneva in 1997 by Sri Sri Ravi Shankar, the Dalai Lama and other world visionaries to foster globally, a deeper understanding of the values that unite us as a human community.

IAHV is an international volunteer based NGO in special consultative status with the Economic and Social Council (ECOSOC) of the United Nations.

Forbes 5th Most Influential Person on India

In 2010, the principal founder and head of IAHV worldwide, HH Sri Sri Ravi Shankar was named by Forbes magazine as the 5th most influential person in India.



Peacebuilders and Volunteers at the IAHV Peacebuilding Meeting on 23 April 2013

What are Human Values?

They are those positive values that are shared in common by most religions, cultures and civilisations worldwide. They include: Respect, Tolerance, Peace, Caring for Others and the Planet, Generosity, Service, Sharing, Mental and Physical Well-being and Love.

What We Do

Reducing Stress & Building Communities

The aim of all our work is firstly to reduce stress and strengthen the individuals, then to inspire a sense of greater responsibility within communities.

Reducing Poverty by Sustainable Community Development

Targeting the poor and disadvantaged in developing countries, we use our unique human values based approach to empower individuals and groups to reduce poverty and improve health.

Developing Youth Leaders

Aimed at improving both the lives of youths and their communities, these projects empower young people to become leaders in the development process and agents of change within their communities. IAHV UK has supported youth leadership projects in South Africa, Haiti, Ivory Coast, Pakistan, Palestine and Tanzania.

Educating Children

We target children in developing countries who would not otherwise receive any education. We provide human values based education in India,

Disaster Relief

Disasters in poor countries frequently leave whole communities with nothing. IAHV supports disaster relief, post-disaster trauma relief and rehabilitation, e.g. after the 2004 Tsunami, the 2010 Haiti Earthquake and the 2013 Floods in the Himalayan foothills in Uttarakhand, India. .

Environment – Tree Planting

Global warming threatens us all, but the poor in developing countries are likely to be hit particularly hard. We are looking to increase our support for tree planting as a way to combat global warming.

Our Partners

Projects are largely undertaken by means of grants to our Implementation Partners who are responsible for operational delivery. Increasingly, we aim to run our own projects with our volunteers.

Our Projects Promote Human Values

Our vision is that for the World to change, the change has to take place first at the individual level. Our approach is through empowerment, focusing on community grass roots and personal development. This brings sustainable benefits to individuals and their communities.

Opportunities to Contribute to Society

We encourage all to give their time, energy and skills to help others in need. We emphasise not only the benefits of voluntary service to help others, but recognise also the benefits through fulfilment and joy to the volunteer.

Please help us to help others

With more volunteers and resources, we can help more people. Please email Sue Hindle at sue.hindle@iahv.org.uk. We have volunteer roles for all skills, from straightforward tasks through to complex management roles.



This is the 9th Annual Report of the International Association for Human Values, UK Registered Charity No. 1103261 for the year 2012-13 ending 5th April 2013.

This report summarises the efforts and progress of our UK organisation, and places them in their national and global context.

Please help us to continue to move forward our ambitious projects, to expand our organisation and to raise awareness of IAHV and the essential role of Human Values in Society.

Please email this Report to your friends and contacts

Contact: Sue Hindle
Trustee, IAHV

+44 (0)1342 822927
Email: info@iahv.org.uk
www.iahv.org.uk

Contents

| | |
|--|-----------|
| Who We Are | 2 |
| How We Operate | 3 |
| What We Do | 4 |
| Contents | 5 |
| Achievements in 2012-13 | 6 |
| Trustee's Report 2012-13 | 7 |
| IAHV Charitable Purposes, Aims and Objectives | 9 |
| IAHV (UK) Project Overview. 2012-13 | 11 |
| IAHV Worldwide | 18 |
| Human Values in Society | 20 |
| Financial Overview 2012-13 | 24 |
| Contact Points IAHV UK | 27 |
| Contact Points IAHV International | 28 |



The IAHV funded programme of weekly workshops in Medway, Kent have achieved a 70% reduction in Stress, Anxiety and Depression.

- **Net Income of £58,485 including £26,226 from the 10k Fun Run 2012**
First a big THANK YOU to all of our many individual donors, and fundraisers. Our Income increased significantly this year particularly thanks to the fantastic efforts of the Organising Team and 108 runners who took part in the July 2012 Annual 10k London Fun Run, which raised £26,226 including sponsorship of £3,000 from Lyca Mobile, £1,000 from Ekavat Solutions for the iAge and £1,000 from Matta's International Foods.
- **£21,000 to educate children.** We continued our long-term support to provide school education for rural, slum and tribal children in India, who would not otherwise receive an education. This Gift a Smile programme supports over 200 schools which educate 24,000 pupils. Since 2004, IAHV UK has raised over £130,000 to provide value based education to poor or disadvantaged children.
- **New Peacebuilding Project**
Led by Dr Katrien Hertog, the IAHV Peacebuilding project was set up in March 2013, with the aim of identifying, articulating and developing IAHV's unique expertise and approach to peacebuilding. IAHV's approach places the human being at the centre of peacebuilding. Work is ongoing for a partner organisation for us to work with.
- **PrisonSMART**
In March 2013, IAHV UK was invited to run a series of 7 Prison SMART course at Thameside Prison. Results showed that 71% felt more contented and 65% improvement in controlling temper and 63% better able to cope.
- **70% reduction in Stress achieved by Manage Your Mind**
Free weekly workshops have been provided by IAHV since January 2013 in Medway, Kent to support those affected by Stress, Anxiety and Depression. MYM has supported an average of 7 new people per week during 2013, and for those who completed the entire workshop levels of Depression and Anxiety have dropped by an overwhelming 70%.
- **£32,000 raised for Disaster Relief in Uttarakhand, Northern India**
The rugged beauty of the Himalayan mountains turned suddenly to a scene of raging torrents and devastating landslides in June 2013 when nearly 4 times normal monsoon rains hit Uttarakhand in Northern India. Over 3,000,000 people were reported to be affected.

By providing opportunities for voluntary, unpaid service, IAHV can make every £1 go much further than larger organisations that pay salaries and run premises. Also, we also don't pay street fundraisers. Through the generosity of donors who cover what little expenses we do have, we can guarantee that 100% of donations to a specific project goes directly to that project to help those in need.

If you use GiftAid, we can increase the value of your gift by about 25p for every pound you give. To donate please go to <http://www.iahv.org.uk>

Please give us your feedback and register to receive updates using our website www.iahv.org.uk.



IAHV UK Trustee's Report 2012-13

Report by Sue Hindle, Trustee and Head of
IAHV UK



2012-13 was a special year for IAHV with several interesting developments, particularly in the advancement of projects here within the UK. This is very pleasing as we move towards our 10th anniversary, the project to set up IAHV having started in August 2003 with the charity registration being complete in May 2004.

From the inception of IAHV we were keen to have local projects here in the UK. Also a frequently expressed comment in the face of our international work was that "charity begins at home" and that we should be doing more here. We have since made good progress in setting up the community MYM (Manage Your Mind) project for Mental Health in Medway, the Prison SMART programme for the

rehabilitation of offenders within prisons, and Breathe SMART for offenders on release. We are also exploring other possible UK initiatives.

The initiative of Dr, Farnaaz Sharief to launch a social initiative in Medway to promote mental health began with a pilot in the late Spring of 2012. This was so successful that several of the participants were inspired to get together as a team to promote the work. Over the rest of the year they formulated the project, put the necessary structures and arrangements in place and launched it on a regular weekly basis in January 2013. An essential aspect has been the careful evaluation of experience and outcomes, which have been very favourable indeed, leading to the award of a grant from Medway council and considerable local press coverage.

The progress of the Prison SMART programme this year has also been very satisfying, after years of seeking to move it forward. We were invited to partner with Turning Point, a prison charity for mental health and drug abuse, at Thameside Prison. This led to a successful pilot programme, which has now developed into a fully funded programme there.

Another significant milestone this year in the charity's development has been securing the services of a consultant to commit paid time to our projects. It is core to the ethos of IAHV that it is essentially a volunteer run organisation. However this does have certain limitations in relation to the time and continuity of individual contributions. For certain projects requiring committed and regular time within the working day it is necessary to enrol paid support. Accordingly we were fortunate to be

able to secure the services as a consultant of Dr Katrien Hertog who is highly experienced both in Prison SMART and in Peacebuilding, with the support of external funding from a sponsor for the new Peacebuilding programme.

This Peacebuilding programme offers a new approach, with considerable scope to make a very positive impact into the existing Peacebuilding industry. This addresses the deeper personal needs of the individuals targeted, to enhance the possibility of successful outcomes in the focus areas. It is early days on this, but we have hopes for the future.



Uttarakhand Floods – Medical Camp at Chandrapuri Village June 2013



Our engagement with our international programmes has continued steadily, particularly with the schools' Gift a Smile project in India. This continues to have strong support amongst our volunteers.

2012-13 was also very promising in that we experienced an increased active engagement with new and enthusiastic volunteers bringing fresh energy and ideas from around the country. Long may this continue. It has resulted in the more effective management of the website and the publishing of a more frequent newsletter, increased fundraising and greater participation.

This year's annual fundraiser, the British 10K Sponsored Run was also a major success raising over £26,000. The 108 places were fully subscribed and the overhead costs were sponsored by outside commercial donations of Lyca mobile, Ekavat and Matta International foods.

Well done to our fundraisers.



IAHV competitors ready for the 'off' in the British 10K

Special thanks are due to all these people who have really helped to move IAHV UK forward so significantly.

On the wider stage I derived huge pleasure from the whole spectacle of the London Olympic games on so many levels. It seemed to me to be a glorious example of what can be achieved by people working enthusiastically together to a common goal. This was apparent in almost every moment, from the extraordinary opening ceremony, involving so many from scores of communities. Then there was the army of volunteers who cheerfully supported and guided the public through the venues and events, and the huge body of choirs and performers at the closing ceremony. Through the Paralympics the transformation of attitudes to disability was also very apparent. A whole new acceptance and admiration for those courageously overcoming disability was born in the community at large. The Olympic games is been covered later in this report on page 21.

Volunteering was a key element of the London Olympics. Creating opportunities for volunteers to contribute to society and others, for all to benefit in the process, is a key element of IAHV's approach, and as a result of the successes of our projects we now have more opportunities than ever before! So, we would welcome you to join us. We can achieve as much as the voluntary contributions in time or money make possible. If you would like to contribute your skills to help with various organisational tasks or one of the projects in this report, do please give us or call on 01342 822927 or email myself on sue.hindle@iahv.org.uk Gordon Herral at gordon.herral@iahv.org.uk.

With my warmest regards,

Sue Hindle
Trustee IAHV



Our Charitable Purposes, Aims and Objectives

Charitable Purposes

The charitable purposes of IAHV UK as set out in our Trust Deeds are:

- The relief of poverty and sickness and the advancement of education, spiritual fulfilment, and practical development of communities worldwide without being exclusive to any race or creed, either by direct aid or partners including branches of the International Association for Human Values in other countries.
- Providing Help for victims of natural and civil disasters
- For the promotion of Human Values across society through informational and experiential approaches, including but not exclusively, public talks, articles, service activities, fundraising for deserving humanitarian causes and the conduct of workshops
- The advancement of Human Rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality or diversity.
- The advancement of citizenship or community development.
- The advancement of education.
- The advancement of health and the saving of lives.
- The prevention and relief of poverty.
- Help for alcohol and drug abuse projects
- Any other specifically Charitable objectives as appropriate

“Why does an individual get depressed?”

“Meditation and breathing techniques are the tools that help you calm your mind, and make you feel happy from within.

“Many illnesses can be helped through meditation and breathing techniques. In fact, I would say that meditation is food for the soul.”

Sri Sri Ravi Shankar, the founder of IAHV 28 October 2013



Read Library Project at Sri Sri Ravi Vidya Mandir, Dharavi, Mumbai



Clutch Bag from the new handicraft project we are supporting in Uganda



Our Charitable Purposes, Aims and Objectives

Main Objectives of IAHV UK, Achievements in 2012-13 and Plans for 2013-2014

1) Growing our Organisation.

We have a core organisation of committed volunteers. We could achieve so much more with more volunteers. Organisationally key strategies for the year are:

- Building existing branch structure
- Recruiting more volunteers
- Filling key roles on our Management Team
- Improving website and database

2) Fundraising.

In 2012-13 we raised a very satisfactory net total of £58,485 by:

- Direct fundraising
- British10k London Run which raised £26,226

3) Maximising our impact

Given our current relatively small size and resources, we seek to maximise our impact, e.g. by pump-priming of pilot schemes, making maximum use of partner organisations and their special skills and enthusiasm, and using early project successes as a platform to seek more funding and resources.

4) Projects that promote human values.

Projects are mainly through grants to Implementation Partners who undertake operational delivery. Increasingly, IAHV wishes to undertake projects ourselves, using our own volunteers. We are keen to recruit additional volunteers with relevant skills for our projects.

5) The advancement of Human Rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality in diversity. The values represented by these goals are core to the work that IAHV does. The work is very multiracial at all levels with our core body of volunteers coming from all over the world.

6) The advancement of Education

We continued to raise money through the Gift a Smile Project (previously called Euro-A-Day) to provide children's education in rural India.

7) Community Development

Our Youth Leadership projects have supported the practical development of communities, by promoting health, and the relief of poverty and sickness

8) Disadvantaged Society

For the disadvantaged, we offer courses to reduce and overcome stress, and to empower individuals in their own lives.

- We provide stress-reduction courses for those in Prison and we are working to expand this throughout the UK.
- Since January 2013, IAHV has been providing free weekly workshops in Medway, Kent to support those affected by Stress, Anxiety and Depression. For those who completed the entire workshop, evaluation demonstrated that levels of Depression and Anxiety dropped by an overwhelming 70%.

9) Help for Victims of disasters.

IAHV UK raised funds to help in the aftermath of the 2004 Tsunami and hurricane Katrina. Our project for the Kashmir Orphanage and School arose out of the 2005 Earthquake in Kashmir. For the victims of the 2010 Earthquake we raised £10,000 in 2010 and a further £9,000 in 2011-12. In 2010-11 we raised £7,000 for victims of the Pakistan floods. In 2013 we raised £32,000 for the victims of the Uttarakhand Floods in Northern India.

Our strategy is to be able to respond to situations as they arise.

In Conclusion

The Human Values of tolerance, compassion, caring, respect, sharing and generosity are the essential building blocks which make the solid foundation upon which all charitable purposes and volunteering are based. Without them, projects for social development and integration, religious understanding, peacebuilding and the advancement of Human Rights cannot function. Where people have a strong awareness of these values, volunteering and social projects flourish spontaneously.

So many of the problems facing the World today arise from the widespread breakdown of Human Values. A solution to those problems lies in the restoration of those Values. This is the challenge that IAHV seeks to address through our projects.



Sue Hindle with Peacebuilder Dr Katrien Hertog

IAHV (UK) Project Overview 2012-13

As part of meeting our charitable objectives, we support projects in the UK and overseas. We focus particularly on those who are disadvantaged – eg supporting the education of children who would not otherwise receive an education. The promotion of human values and the relief of stress are key aspects of all our charitable projects.

We currently support around 10 major projects. Summaries of the following projects are included in this report:

- **Manage Your Mind Stress Reduction in Kent**
- **Prison SMART**
- **Peacebuilding**
- **Children's Education in India**
- **Uttarakhand Disaster Relief**

New volunteers of all skills are welcome.

If you would like to help, please contact the appropriate Project Coordinator or sue.hindle@iahv.org.uk

Projects Delivered both direct and indirect

Most of our projects are achieved by means of grants from our organisation to other organisations who undertake operational delivery. These are often other branches of the IAHV organisation, as in the case of the project for the Uttarakhand Floods Disaster Relief.

Voluntary Service to Society

Fundamental to IAHV's approach to all our projects is the promotion of service to society. IAHV provides opportunities for all, through volunteer work, to help others and contribute something of value to society and the World.

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

Mother Teresa

Many people simply are unaware of the range of enjoyable possibilities within volunteering to make a real difference. We are keen to promote both our projects and our volunteers opportunities as examples of what can be achieved.

People who have experienced the programmes that are at the heart of our work are inspired to give freely of their time, energy and skills. This has created a major force of hundreds of thousands of volunteers worldwide across many organisations applying human values in a practical way, reaching millions across many countries.



Manage Your Mind achieves 70% Reduction in Stress

STRESS – is a term we are all familiar with and is something we all encounter in our day-to-day lives. IAHV recognises this and has been providing a programme of free weekly workshops in Medway, Kent, since January 2013, to support those affected by Stress, Anxiety and Depression. The hour long group-based sessions were started by a local GP, Dr Farnaaz Sharief who set these up to support mental health services in the community and provide a means by which people could learn practical, effective ways of managing their stress.



MYM Volunteers meet Medway MP Rahman Chisti at the Medway Mela in June 2013. Volunteers Meera Sadaful, Becky Adams with Dr Farnaaz Sharief (right).

At each workshop, people are taught breathing and meditation techniques for physical and mental relaxation, combined with simple information that provides the skills required to handle the common emotional and psychological responses to challenging situations. For those that benefit from these sessions and are keen to develop this skill further, IAHV offers a more intensive weekend

workshop. All sessions provide people with a “home practice guide” encouraging individuals to integrate what they learn into their daily routines.

People’s response to the techniques taught are monitored using internationally validated questionnaires that measure how their levels of Depression (PHQ-9) and Anxiety (GAD-7) change over time.

The entire professional service works closely with local GP’s, other community based organisations and is managed by Dr Sharief and her team of six volunteers - all of whom have completed the workshop and benefitted from the techniques.

Manage Your Mind (MYM) has been very well received by the community and feedback from local GP’s has been very positive.

“I think this is a great service that you are providing and so I do encourage a lot of patients to attendAll of my patients who have attended have given a very positive feedback.” Medway GP

MYM has supported an average of 7 new people per week. 25% of people were referred by their GP, counsellor or other healthcare organisation. Close to 700 attendances at the 43 workshops held in 2013 – with over 66% of people attending two or more sessions.

Our results have also been very promising and for those who have completed the entire workshop levels of Depression and Anxiety have dropped by an overwhelming 70%.

100% of people completing our weekend workshop are “extremely satisfied” with the service they have received and would recommend us to others.

“This course has released a lot of tension and irritability leaving me feeling refreshed, cleansed and quite free in mind, body and spirit. It has given me the opportunity and time to reflect and re-assess my life, my person and give me more clarity. I feel that I have got to know and understand myself better. This weekend has shown me myself, my needs, especially how to eat and live better with a clearer conscience.” Participant YL

The team of volunteers have also met with prominent local authorities and their hard work in the community has resulted in extensive media coverage as well as a nomination for The Pride of Medway Award.

Our aim is to continue providing this service into 2014 and we hope that our collaboration with local authorities, healthcare professionals, organisations and individuals within the community will continue making a positive lasting difference.



All smiles amongst MYM Volunteers showing the results of the de-stress programme

Further Information

http://www.youtube.com/watch?v=su8_QRHlVek
<http://www.manageyourmind.org.uk/>
www.facebook.com/manageyourminduk?fref=ts



Prison SMART Progress

Prison SMART takes off in 2013

More than 250.000 prisoners and staff in 50+ countries have benefited from Prison SMART (Stress Management And Rehabilitation Training) since it first started in 1992 in the US.

In March 2013, IAHV UK was invited to run a Prison SMART programme at Thameside Prison. To lead this and teach these 7 courses, IAHV was fortunate to be able to recruit Dr Katrien Hertog who for the last few years has been head of Prison SMART for Europe.



The Prison SMART Programme

Prison SMART is a unique rehabilitation programme for prisoners. By effectively transforming the mindsets, attitudes and behaviours of prisoners, Prison SMART aims to break the cycle of violence in our societies at the root. Through advanced breathing techniques, physical exercise, knowledge and skills training, prisoners become more aware of themselves, are able to let go of negative emotions, accumulated

stress and destructive behaviour, and are empowered to take responsibility for their lives.

Prison SMART in the UK

Having run successfully in Highdown prison for the last 9 years, in 2013 IAHV UK set up a pilot project in Thameside prison, London. In partnership with Turning Point, IAHV UK provided 1 course for staff and 6 courses for prisoners.

For the first course, only 7 participants attended. However, their extremely positive experience travelled by word of mouth and culminated in later courses being fully booked and with waiting lists. The groups were varied, from all ethnic, social and religious backgrounds, young and old, some with mental problems, ill health and drug habits, serving a range of sentences. 100% of participants gave positive feedback.

Results from 41 participants on 4 courses

- Feeling relaxed: 88% improvement
- Feeling less irritated: - 73% improvement
- Feeling contented: 71% improvement
- Temper control: 65% improvement
- Restlessness: - 65% improvement
- Abstinence from drugs / alcohol: 63% improvement
- Coping ability: 63% improvement

Feedback from participants:

- ✓ *"I liked it very much. It helped me see things I got to deal with now. I realized and thought a lot about how my behaviour is hurting others around me."*
- ✓ *"I do this every morning and find that I am more relaxed and seem most of the time to have a better attitude towards people which makes my day easier. I have learned how to look at things*

differently. It has given me something positive and good to concentrate on, something I can do to help myself wherever I am."

- ✓ *"The course is invaluable. I got so much from this course that words cannot do it justice."*
- ✓ *"Yes, it will definitely help me with my drug taking issues. I really don't feel any urge to take any kind of drug."*
- ✓
- Feedback from Turning Point staff**
- ✓ *"It would be greatly beneficial to all staff members, including management, to participateIn the long-term it will help reduce offending behaviour and substance misuse."*
- ✓ *"I was quite skeptical. But I do feel a shift, a sense of calm. It feels like the only thing I've ever done that has managed to just STOP me from thinking. Usually my mind goes 100mph all the time. I think this course has allowed me to start to develop the skills to be in the present. This makes dealing with the stress of the job a lot easier, helps you to compartmentalize that stress and not take it home with you."*
- ✓ *"I believe that this course would genuinely be brilliant to use across the justice system."*

Next Steps

Based on the extremely positive feedback, Thameside Prison has asked IAHV to continue delivering Prison SMART in 2014. IAHV UK has agreed to deliver 7 further courses on a paid basis. Some of these courses will be targeted at the most difficult "cases", including extreme anger, self-harm, suicidal tendencies, personality disorders and involvement with gangs.



Supplying the Missing Link to Peacebuilding – Effectively Transforming Hearts and Minds for Peace



Dr Katrien Hertog in July 2013 with Dr. Boutros-Ghali, former UN Secretary General and author of the groundbreaking "Agenda for Peace" which in 1992 fundamentally changed the UN peacebuilding approach

The IAHV Peacebuilding project was set up in March 2013, with the aim of identifying, articulating and developing IAHV's unique expertise and approach to peacebuilding as part of strengthening peacebuilding efforts worldwide.

There is a "peacebuilding industry" which invests billions in political, economic, security and other systems intended to create more stability and development, but these efforts rarely lead to a lasting, self-sustaining peace. Existing peacebuilding interventions focus extensively on external conditions and systems, but mostly fail to address a crucial dimension of peacebuilding,

namely creating peace at the individual level. Peace cannot be realized in a society as long as the individuals in it are not at peace.

IAHV's peacebuilding approach places the human being back at the centre of peacebuilding and works effectively with the inner lives of individuals as the crucial locus of decision-making and behaviour. Through scientifically proven techniques, knowledge and processes, we bring effective change and profound transformation within the individuals and the communities within which they operate. IAHV's strength is to calm agitated minds, help manage and release negative emotions, foster understanding, empathy and compassion, and inspire ownership and action. By working with the psycho-social aspects, IAHV's programmes lay the much needed foundation for sustainable peace and can thus increase the impact of joint peacebuilding efforts in the field.

"I wholeheartedly endorse the IAHV Peacebuilding Project that you are launching. I firmly believe that IAHV has the promise of bringing something unique and impactful to traditional peacebuilding efforts."

Sanjay Pradhan, VP World Bank Institute

Leading the team is Dr. Katrien Hertog - a peacebuilding researcher, author, trainer and practitioner with 15 years of experience as project manager for various peacebuilding NGOs. She has a PhD from the Centre for Peace Research, KULeuven.

The project is hosted by IAHV UK who have committed to provide project governance and support for an initial 2 years. Sue Hindle the Trustee responsible for this project commented: "I am really pleased Katrien has joined us to lead this

important project. Conflict resolution is a key part of the work of IAHV and is an element of a number of existing projects. This is a fantastic opportunity to build on this work and to make a real difference to peace in this increasingly troubled world."

Until now, IAHV the Peacebuilding Project has been preparing the ground for future activities. We have formulated our unique approach, developed presentation materials (flyer, presentation, website and video) and started networking and outreach activities. Our next goal is to identify partner organisations and project opportunities and to obtain the funding required to implement these projects in order to be able to make a meaningful impact for peace.

The project has been made possible by a generous donation by C3 System SPRL from Belgium who committed to donate 11,000 euros. This donation has enabled IAHV to pay Katrien on a consultancy basis to establish IAHV's peacebuilding operations and make them an integral part of international peacebuilding efforts.



QR code for latest video "Peace Starts Within"
The current video is:
<http://www.youtube.com/watch?v=L6I2pWo05XY> is

If you would like to get involved, contact Dr Katrien Hertog, IAHV Director of Peacebuilding at katrien.hertog@iahv.org.uk



*Read Library Project Books at Government School
Malleshwaram, Karnataka*



The Joy of Reading at School in India

Helping Children to Read and Learn

How narrow would your life be today if you had only ever read the set school textbooks? Or no books! Well, that is the experience of many children today in schools in India. There is lack of emphasis on reading and learning abilities. Schools neither have the facilities nor provide encouragement to children to widen their knowledge, skills and imagination through accessing a range of books.

By providing a library of books for the School, the aim of this new IAHV project is to give underprivileged children access to quality books, to promote their reading and learning and to expand their knowledge.

As part of promoting a holistic, value based education, IAHV is partnering with the Read Library Project which has already provided over 25 libraries for Schools, benefitting nearly 3500 children. Read Library Project will be delivering and monitoring the libraries which will be funded by IAHV.

“Education is the key to beating poverty and the greatest investment we can make for global prosperity and the future of our world.” DFID UK aid: Changing lives, delivering results 2012.

Across the world, the focus on the Millennium Development Goal of getting children into primary education has generally drawn attention away from learning outcomes and ensuring quality of education. This project firmly addresses the need to improve the quality of children’s education.

“We were all really impressed by the great work that Ashish and his team have been doing to set up libraries in schools in India,” said Sue Hindle. “This project to establish school libraries and to promote reading for school children is an excellent fit with the work IAHV is already doing to provide schooling in India. We are very pleased to be working with the Read Library Project to set up libraries and to promote reading in many more schools.”

IAHV UK has committed to support the setup of 25 school libraries over the next 2 years. A library for a school costs £250. People may want to support a school in a town or village in India where they were brought up or where family members live.

At present, we are communicating with a number of Schools and Organisations about setting up or enhancing their libraries, including:

- Janseva Vikas Trust, Nakhalpura, Vadodara, Gujarat
- Paranga Trust, Magadi Taluk, Bangalore Rural
- Sri Sri Ravi Vidya Mandir Schools
- Kevalya Foundation, Surat, Gujarat
- Lohit Libraries, Arunachal Pradesh

If you would like to get involved and help children to read, contact Ashish Monga at readlibrary@iahv.org.uk or www.facebook.com/readlibrary.

Or text Read09 £5 to 70070 to donate £5 and make a difference today.



Uttarakhand Disaster Relief – IAHV UK raises £32,000



Rescue by the Army in Uttarakhand Style –
Getting across on the backs of soldiers!



Rescue in Uttarakhand

We take the opportunity of the delayed publishing of this report to include details of this Summer 2013 Uttarakhand initiative

Mountain Beauty turns to Raging Torrents

Tucked up against the Himalayas in the far North of India, next to Tibet and Nepal, Uttarakhand is famous for its beauty, the Himalayas, and as a destination for pilgrims seeking spiritual emancipation and revelation.

The rugged beauty of the mountains suddenly turned to raging torrents and devastating landslides when massive rainstorms on 16th July 2013 when nearly 4 times normal monsoon hit an area of Uttarakhand roughly the size of Wales. Early reports were that over 3,000,000 people were affected, and over 4,000 villages washed away.

Over £32,000 raised by IAHV

Just within days, there were around 200 local volunteers on the ground in Uttarakhand, working on food distribution, medical camps and providing courses in Trauma Relief. The local volunteers were from IAHV and the Art of Living, and they worked alongside the Army and other specialist rescue organisations from day 1.

People in the UK were slow to realise the scale of this disaster. In terms of number of people affected, this was much bigger than Hurricane Katrina which devastated New Orleans. Tens of thousands of people in Uttarakhand lost everything and desperately in need of help.

IAHV UK started immediately to fundraise, using a combination of Email, Social Media and word of mouth. Thanks to a fantastic effort led by Shailen Mittal, we quickly raised and donated over £32,000.

IAHV volunteers involved from day 1

IAHV and Art of Living volunteers began relief work at 04:00 on 17 June 2013 at Uttarakhand's Jolly Grant Airport. They worked in coordination with military, the Disaster Management Team, and the Government of Uttarakhand, to distribute relief materials and food to the flood victims.

Too weak to walk and body shivering with a raging fever, Ram Kumar was carried down the chopper steps by two of our volunteers. Hungry and exhausted, he was helped by our volunteers who got him immediate medical attention. They ran around to arrange for a simple cup of tea and a blanket for him. Too weak to even hold the cup, volunteers Malvika and Swati fed him biscuits and tea. Having lost all his belongings, Ram Kumar didn't even have slippers on his feet. As all searched around for some footwear, Surya, one of the volunteers, highly moved by the incident, quietly slipped his own slippers onto Ram Kumar's feet. Working barefoot was of little concern to Surya at that moment.

Rebuilding

Once the drama of rescuing 100,000 trapped flood victims was over, the volunteers engaged in the next challenge which was to de-silt thousands of houses which were buried in mud and debris left behind by the flood-waters and to repair and rebuild houses before the harsh Himalayan winter.

IAHV Involvement in Long Term Relief work

As at November 2013, IAHV is involved in long-term rehabilitation work into flood affected areas. Projects include the repair & reconstruction of houses and cow sheds, supporting school children & their education, training in organic farming and ongoing Trauma relief.



£21,000 for Schooling for disadvantaged children



Children at a Gift A Smile supported School

Because there is still no public schooling in their villages, the free schools we support in India represent the only opportunity for children to acquire an education. Internationally, IAHV is supporting Gift A Smile, which provides education for under-privileged children mainly in India.

Since 2004, IAHV UK has raised over £120,000 to provide value based education to poor or disadvantaged children who would not otherwise receive an education at all. Gift A Smile runs 210 free schools in various parts of India, for over 24,000 children. During 2012-13, our generous UK donors enabled IAHV UK to send a further £21,000 to support this incredibly worthwhile programme.

Across the world, the UN has a Millennium Development Goal of getting children into primary education. In Southern Asia specifically, although enrolment into primary school is up at 93%,

nevertheless one third of students enrolled in the first grade will leave school before reaching the last grade (UN MDG Report 2013). This project firmly addresses the need to improve the quality of children's education.

Important validation of the power of education came from the paper DFID UK aid: Changing lives, delivering results 2012: "Education is the key to beating poverty and the greatest investment we can make for global prosperity and the future of our world. Education transforms countries and societies – an extra year of quality schooling lifts a country's annual economic growth by 1%....."

"We also know that getting girls into school begins a chain reaction of further benefits. Educated women have better maternal health, fewer and healthier children and increased economic opportunities. They are also more likely to send their own children to school – creating a virtuous circle of opportunity and prosperity. "

Schooling is particularly important for girls: "Without an education girls will continue to be at greater risk of disease, forced marriage, early childbirth – and so the cycle of poverty continues. " Anthony Lake, UNICEF Executive Director (quoted in DFID Paper)

Education is provided as a complete package inclusive of meals, transport, medical service, uniforms, books, and bags. Our thanks go to our many regular donors. Please help us as much as you can. If you would like to help, please contact Jaymini Chouhan at jminijgd@yahoo.com

Haiti – £6,000 for Disaster Rehabilitation

IAHV UK, and particularly the Guernsey branch, has very generously supported this disaster relief and rehabilitation programme with around £26,000 since the 2010 earthquake that left 230,000 dead and 1,000,000 homeless.

During 2012-13 we made a payment of £6,000 to this project.

Reports are available direct at: <http://www.nouvelleviehaiti.org>



7 Steps to Inner Peace – by Sri Sri Ravi Shankar

Sri Sri Ravi Shankar, the leader and founder of IAHV, teaches that human values such as caring, generosity, tolerance and respect, are inherent within us, but are overshadowed and blocked when we become tired, stressed and experience imbalance in our lives. These values flourish when we are energetic, relaxed and centred. He gives us 7 steps to bring us Inner Peace and bring out our inherent human values.



HH Sri Sri Ravi Shankar the principal Founder and head of IAHV worldwide

1. Take Time for Yourself

Often, we become so engrossed in our day-to-day activities, we simply end up gathering more and more information, and do not take time out to think and reflect. Then we feel dull and tired.

A few quiet moments everyday are the source of creativity. Silence heals and rejuvenates and gives you depth and stability. Sometime during the day, sit for a few minutes; get into the cave of your heart, eyes closed, and keep the world away. Take some time for yourself improves the quality of your life.

2. Know the Impermanence of Life

See the impermanence in this life. Millions of years have passed and millions more will come. Nothing is permanent. In this broad, universal context, what is your life? It is not even a drop in the ocean. Just open your eyes, and ask, "Who am I? Why am I on this planet? What is my lifetime?" An awareness dawns, and you will stop worrying about little things. All smallness will simply drop and you will be able to live every moment of your life. When you review your life in a broader context, the quality of your life improves.

3. Perform Random Acts of Kindness

Make a commitment to make this world a better place to live. Do some acts of kindness without expecting anything in return. Service alone can bring contentment in life. It creates a sense of connectedness. When you bring some relief to someone through selfless service, good vibrations come to you. When you show kindness, your true nature, which is love and peace, come to the surface.

4. Smile to Yourself

Every day, every morning, look at the mirror and give a good smile to yourself. Don't let your smile be snatched away by anybody! Usually, you give

your anger freely and smile rarely, as though a smile is costly. Make your smile cheaper and anger expensive!

5. Make Meditation a Part of Life

When we have higher goals in life it leads to stress and restlessness, which can be released through a few minutes of meditation and introspection. Meditation gives you deep rest. The deeper you are able to rest, the more dynamic you will be in activity. What is meditation?

- Mind without agitation is meditation.
- Mind in the present moment is meditation.
- Mind that has no hesitation, no anticipation is meditation.
- Mind that comes back home to the source, which is peace and joy, is meditation.

6. Be a Student Always

Know that you are a student forever. Do not underestimate anybody. Knowledge may come to you from any corner. Each occasion teaches you and each person teaches you. The world is your teacher. When you are always looking to learn, you will stop underestimating others. Humility will dawn in your life.

7. Feel Grateful

Our love, faith and belief should be deep-rooted, and then everything else moves on its own. The feeling that "I am blessed" can help you overcome any failure. Once you realize that you are blessed, then all the complaints and grumbling disappear, all the insecurities disappear and you become grateful, contented and peaceful.



IAHV UK is one of about 20 countries around the world with active branches of IAHV. In our reports we show examples of their work.

World Forum for Ethics in Business

WFEB Promotes Ethical Business

The World Forum for Ethics in Business was created by a number of partners including IAHV, The World Bank Institute and The Earth Charter Initiative to promote ways of pursuing and establishing the indispensable ethical foundations of business in a globalized world, as a means of addressing a wide range of social issues including poverty, and deprivation.

WFEB holds Symposia around the world to focus on these issues and promote Ethical dealing as an effective, and profitable alternative to corruption for the good of all. Two key events from this programme are featured below.



*WFEB at European Parliament in Brussels
December 2012*

WFEB at European Parliament Dec 2012

Attended by prominent leaders from all walks of life this Forum explored possible models for bringing about the desired and necessary changes.

In particular a new paradigm for enlightened capitalism was promoted. The existing model pursues profit regardless of the social and economic consequences for the local society. The new model recognizes the potential for business of addressing social problems in areas struggling with poverty and personal and environmental degradation, and in the process creating economic value. Concrete examples were given of programmes for providing low cost water purification in areas where clean water is generally unavailable, the training and supporting of poor female entrepreneurs in deprived areas.

An initiative for Open Contracting giving disclosure of the terms of public contracts is advocated and promoted to reduce corruption.

For more detail on this approach please view the speech given by Sanjay Pradhan Of the world Bank Institute:

http://www.wfeb.org/media_confilms_2012.html

WFEB in Slovenia March 2013



*Organisers and speakers at the Slovenia
conference.*

In the context of the widespread public and student protests in Slovenia against the corruption of the 'elite' and politicians there. IAHV and the World Forum for Ethics in business held a Symposium on 22 March 2013 at IEDC - Bled School of Management. They were searching for an answer to the question of finding the leadership styles that would help avoid future crises and provide sustainable, long-term growth. Participants agreed that one of the most important solutions is an ethics and leadership style that brings not only progress but also trust.

It was attended by many prominent figures from Slovenian public life. For more information see: <http://www.wfeb.org/slovenia.html>



Bringing Peace of Mind to US Combat Veterans



"Thank you for giving me my life back."

*- Travis, U.S. Marine Corps
Operation Iraqi Freedom*

IAHV USA has developed Project Welcome Home Troops as a resilience-building programme specifically designed to address the needs of returning combat veterans.

Project Welcome Home Troops aims to address the intense distress some returning veterans experience. Many of these brave men and women have been repeatedly exposed to traumatic events and life-threatening situations on multiple deployments to combat zones

Power Breath Workshop

Project Welcome Home Troops offers the Power Breath Workshop as a resilience-building programme 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. Through rhythmic breathing patterns, the IAHV's SKY (Sudarshan Kriya Yoga) Practice brings deep mental and physical relaxation which can reduce symptoms of anxiety, anger, insomnia and depression. Through interactive discussions, the Power Breath Workshop builds a framework for resilience and empowerment, and develops self-awareness, connectedness and community, and a positive outlook.

"I am able to manage stress 110% better. I am emotionally feeling more stable."

Trauma and Combat Veterans

The National Institutes of Health estimate that, of the approximately 2 million veterans returning from Iraq and Afghanistan, up to 20% suffer from post-traumatic stress or PTSD. Veterans of previous wars may also continue to experience symptoms of PTSD. PTSD is an anxiety disorder that develops as a result of exposure to a traumatic event and is characterized by three categories of symptoms.

Traditional treatments for veterans' PTSD are currently insufficient. Many veterans drop out of traditional therapeutic treatments because the process of recounting traumatic events is emotionally taxing. They often fail to continue drug treatments due to the drugs' side effects. Research is showing that the only FDA approved drugs for PTSD (i.e. SSRIs) are not helpful in addressing PTSD.

A recent study shows that of those veterans who actually undergo an entire course of treatment, only 50% show signs of recovery. There is clearly an urgent need to provide alternate methods of helping returning veterans reclaim their lives.

A man or woman with the courage to face war does not easily embrace the role of a victim with a diagnosis be it insomnia or PTSD. Rather than depending on a drug or therapist, veterans value learning tools which they can use to help themselves. The Power Breath Workshop allows veterans to regain a sense of self-mastery and control because they learn techniques they can use on their own. Research shows that these programs are effective, safe, prevention-based and free of known side-effects. They can be scaled up to serve large numbers of veterans at a lower cost than many traditional interventions.

More information is at

www.projectwelcomehometroops.org



Human Values in Society

Here we look at a few key events in 2012-13 from the perspective of Human Values.

Olympics London 2012

London 2012 – the Olympics has an impact on Human Values in the UK



80,000 capacity crowd at the amazing London 2012 Paralympics

What is the legacy from London 2012?

The modern Olympic Games were founded in 1894 based on the idea of promoting international understanding through sporting competition. After an incredibly successful London 2012, and after the excitement of the UK hosting the Olympics has faded, there remains a sense that the Olympics has had a lasting positive impact.

We are part of an International Community

The Olympics experience fostered the understanding that we are all part of an International Community. National pride and competition are acceptable and honourable against the backdrop of interconnectedness and celebration not just for the winners but for all the participants and the audience too. In such an environment all the best qualities flourish.

Connection was symbolised by the Olympic Torch.

Carried by runners for some 8,000 miles across the UK, the Olympic Torch connected the 13 million people who cheered on the Torch to the London 2012 Olympics and to next stop Brazil 2016. This was reinforced by the UN Secretary General Ban Ki Moon carrying the Olympic Torch in Parliament Square London.

Changing attitude to disability.

As it was difficult to obtain tickets for the “main” Olympics, the Paralympics became the ‘people’s Olympics’ which anyone who wanted to could attend – and everyone attending was richly rewarded. There was a real sense of acceptance of people’s disabilities. There was also absolute recognition that the disabled athletes were overcoming physical limitations to miraculous levels, showing admirable performances of sheer tenacity and determination.

Spirit of volunteering

A key feature was the much publicised contribution of the 70,000 volunteers, the “Games Makers,” in their distinctive purple and red uniforms who succeeded in making the Olympic Games a more enjoyable and memorable experience. The result is that volunteering is likely to become a significant part of major future events, not just in the UK.

Volunteering is a key element of IAHV’s approach. The hope is that the Olympics has provided an important step-change in attitudes to volunteering within the community.

Teamworking skills

As ever, the team sports demonstrated the teamwork and teambuilding skills which are increasingly important in the wider world.

Commitment

One after another, supremely fit and motivated young people said they had followed an incredibly demanding and abstemious fitness regime literally for years and became iconic models for the public. This is very different from the somewhat “couch potato” image of Britain. The hope is that people have been inspired to emulate the winners and are prepared to make this level of commitment to what they want to achieve.

London 2012 in Numbers

Around 10,800 athletes from 204 National Olympic Committees took part.

Great Britain achieved 3rd place in the medal table, behind the USA and China but ahead of Russia.

With 29 Gold, 17 Silver and 19 Bronze medals, this was the best performance by Great Britain since it hosted its first Summer Olympic Games back in 1908.

The cost of the London 2012 Olympics was £9.3 billion.



UK Bill of Rights - Report by Government Commission



Since the opportunity first arose in 2007, IAHV UK has been urging that a UK Bill of Rights should support the inclusion of responsibilities in addition to individual rights.

On 18 December 2012, the Commission on a Bill of Rights issued its report in favour of a UK Bill of Rights. Further lobbying will be required to ensure that responsibilities remain included as part of any such Bill.

Commission favours a Declaration about Mutual Responsibilities to one another

“Having considered all of the issues and arguments a majority of the members of the Commission, including the Chair, believe that, on balance, there is a strong argument in favour of a UK Bill of Rights.”

The Commission Agonises over a role for Responsibilities

The Commission devoted considerable attention to the issue of whether there should be a role for responsibilities as a separate concept alongside rights.

The Commission noted the strength of feeling that rights could not be discussed in isolation from responsibilities. There was a clear view particularly from the faith communities that society depended on individuals fulfilling their responsibilities as well as exercising their rights.

In terms of how to move this forward, the recommendation of the Commission is that if there were to be a UK Bill of Rights, then it should contain some form of declaratory provision, perhaps in a preamble, setting out the importance within our society of our mutual responsibilities to one another. The Commission made clear that such a provision would be purely declaratory and not justiciable. Subject to this, the Commission concluded that “if there were to be a UK Bill of Rights a declaratory (but non-justiciable) provision within it should certainly be considered as a means of attaching importance in a key constitutional instrument to the mutual ties and obligations on which society depends and of assisting its broad acceptance.”

IAHV Stresses the Importance of Responsibilities

The vital importance of human values in achieving the vision of universal human rights was set out in the United Nations Universal Declaration of Human Rights in 1948. In March 2007, HH Sri Sri Ravi Shankar's proposed a Universal Declaration of Human Values.

IAHV's point of view is that if we look at the relationship between values, rights and responsibilities, then the reality is that values are the bedrock on which rights and responsibilities are based. If the bedrock of values is strong, then people will spontaneously uphold rights and responsibilities. If values are weak, then rights and responsibilities are compromised. And this is the challenge: to spread awareness of this simple truth to move society and policy makers to implement strategies to assist the creation of a climate whereby values are nurtured and their importance respected and understood.

Whereas rights can be directly legislated for, values and responsibilities cannot be, as, by their nature, they arise within the hearts and minds of individuals. A Bill of Rights therefore needs, as its underlying principles, to set out fundamental values, from which these rights and responsibilities then flow. The process of fostering fundamental values and giving encouragement to responsibilities requires the Government to provide a significant programme of education and awareness.

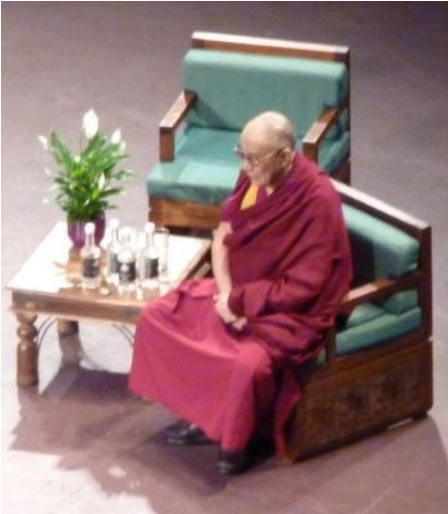
To sum up, it is our view that human values are a key consideration on both sides of the human rights “equation”. First, a rekindling of human values is essential in order for individual human rights to flourish. Secondly, a rekindling of human values will also give rise to a greater sense of social responsibility and concern for the general welfare: e.g., “What can I contribute to society?” “How can I help?”

See: A UK Bill of Rights? The Choice Before Us. December 2012

<https://www.gov.uk/government/news/a-uk-bill-of-rights-the-choice-before-us>



The Dalai Lama in London



The Dalai Lama at Royal Albert Hall, London

June 2012 saw a very welcome return visit to the UK of the Dalai Lama. He spoke at the Royal Albert Hall on 19 June 2012 on the theme “Real Change Happens in the Heart.”

“On the level of a human being, my first commitment is the promotion of human values such as compassion, forgiveness, tolerance, contentment and self-discipline. All human beings are the same. We all want happiness and do not want suffering. Even people who do not believe in religion recognise the importance of these human values in making their lives happier. I remain committed to talk about the importance of these human values and share them with everyone I meet.”

Jon Kabat-Zin on Mindfulness



Jon Kabat-Zin in London on 28 March 2013

Where Ghandi once spoke, at the Friends Meeting House, Euston Road, London, the writer Jon Kabat-Zin set out why mindfulness should be a part of our daily lives, on 28 March 2013 in front a capacity audience.

“Meditation is not doing nothing. Meditation is non-doing You can be here in meditation while you are brushing your teeth. Why meditate? Because you feel more integrated. Rather than a **human doing** you are much more a **human being**.”

“Meditation is awareness arising, and paying attention non-judgementally.” Instead Jon says we spend most of our time “blasting through to better moments.”

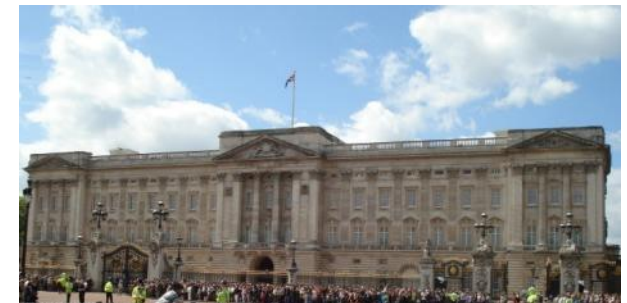
So how to deal with all the thoughts that come rushing through our mind? Think about meditation like watching sport on TV - you can always turn off the commentary.

Dr Jon Kabat-Zinn is a scientist, writer, and meditation teacher engaged in bringing mindfulness into mainstream society. He is professor emeritus at the University of Massachusetts Medical School, where he was founding director of the Center for Mindfulness in Medicine, Health Care, and Society.

For the video of Jon’s talk, see:

<http://www.actionforhappiness.org/about-us/an-evening-with-jon-kabat-zinn>

Queen’s Christmas Message about service to others



Buckingham Palace, London, from where the Queen usually makes her Christmas Broadcast

The importance of people giving of themselves in the service of others was stressed by The Queen yet again in her message to the world broadcast on Christmas Day 2012.

The Queen said: “This is the time of year when we remember that God sent his only son ‘to serve, not to be served’. He restored love and service to the centre of our lives in the person of Jesus Christ. It is my prayer this Christmas Day that his example and teaching will continue to bring people together to give the best of themselves in the service of others.”



International Association for Human Values Registered Charity Number 1103261

Registered Address:

Pear Tree House, Upper Hartfield, East Sussex
TN7 4DX

Bankers

NatWest Bank, Northwood Branch.

Overview Income

Net Income for the year after the cost of generating funds was £58,025 – which is an increase of 70% on last year thanks to a very successful fundraising from the 10k Fun Run in July 2012.

We are extremely grateful to all those who have supported us. Please continue to support us for our work in 2013-14.

Particular thanks go to the organising team and runners who took part in the British 10k London fun run and made this such a fantastic success, This is our largest fundraising event and takes place every July. This year we entered 108 sponsored runners.

If you would like to participate next year, please contact Raj Ramadurai at rrn_raja@yahoo.com.

Charitable Expenditure

Expenditure on charitable activities during 2012-13 excluding management and administration was £29,235. Details of both income and expenditure are in the Financial Statements on the next 2 pages.

Details of what has been achieved and the activities undertaken during the year are given in earlier sections of this Report.

IAHV aims to maximise charitable expenditure. The aim is to raise the maximum funds possible from gifts, donations and grants, and to invest this in suitable projects. However at any point we need to hold a provision in reserve to cover known outgoings, such as professional and auditing fees. We are also keen to have available reserves to enable an effective response in the event of some crisis, in the UK or elsewhere, requiring support.

As in previous years, during 2012-13, because of delays on the part of intended recipients in providing the required information, we are obliged to retain significant funds we had hoped to pass across. We intend to apply these to charitable purposes in line with our mission statement during 2013-14.

Many of our donations are restricted for use for specific purposes. At 6 April 2013, the total of unrestricted and unallocated funds available is £75,250.

Head of IAHV (UK)

The Head of IAHV (UK) is Sue Hindle

Trustees

The trustees of IAHV (UK) are:

Sue Hindle
Jenny Pruess
Radhe Chellaram
Gordon Herrald
Madhu Rao

Gifts and Donation Income

IAHV is happy to accept donations for specific purposes, such as Gift a Smile. Unless donors express a specific preference, we prefer donation to be unrestricted, as this gives us maximum flexibility to use funds in response to specific needs.

IAHV Cost-effectiveness Maximises the Impact from Donations

Through IAHV's philosophy of providing opportunities for voluntary, unpaid service to society, IAHV can make every £1 donated go so much further than larger organisations that pay for premises and pay salaries to staff members. Through the generosity of donors who cover what little expense we do have, we can guarantee that 100% of project specific donations go directly to those projects to help those in need.

From March 2013, IAHV UK commissioned Dr Katrien Hertog to work on delivering the Peacebuilding and Prison SMART projects.

In addition, where donors use Gift Aid, we can increase the value of donations by 25p for every pound given, through reclaiming tax back from the Government.



The statements on this and the following page are an extract from the 2012-13 Audited Accounts

| Statement of Income and Expenditure IAHV (UK) for year ended 5th April 2013 | | Apr 6, 2012- Apr 5, 2013 | Apr 6, 2011- Apr 5, 2012 | Apr 6, 2010- Apr 5, 2011 |
|--|------------------------------------|-----------------------------|-----------------------------|-----------------------------|
| Income | | | | |
| Gifts and Donations Income | | | | |
| | Gift a Smile | £21,855 | £10,597 | £7,224 |
| | Assam Relief | £1,955 | | £0 |
| | Srilanka Refugee Project | £120 | £89 | £293 |
| | Prison SMART (Slipper Campaign) | £333 | | £1,000 |
| | Pakistan relief | £0 | £51 | £7,131 |
| | 10k Fun Run | | | £400 |
| | Iran | £336 | £1,216 | £1,333 |
| | Palestine | £99 | £14 | £5,622 |
| | Miscellaneous (inc infrastructure) | £28,459 | £16,907 | £19,781 |
| | Haiti | £5,205 | £3,152 | £6,632 |
| | Disaster relief | £3,072 | £995 | |
| | Care for Children | £0 | £2,783 | £11,720 |
| | UK Schools project | | | £1,099 |
| | Manage Your Mind | £290 | | |
| | Croydon Youth Project | £2,179 | | |
| | Interest | £20 | £20 | £23 |
| Total Income | | £63,923 | £35,824 | £62,258 |
| Less Cost of Generating Funds - 10k Run | | -£5,438 | -£2,175 | -£2,561 |
| Net Incoming Resources available for charitable purposes | | £58,485 | £33,649 | £59,697 |



| Statement of Income and Expenditure IAHV (UK) for year ended 5th April 2013 | | Apr 6, 2011- Apr 5, 2012 | Apr 6, 2011- Apr 5, 2012 | Apr 6, 2010- Apr 5, 2011 |
|--|--|-----------------------------|-----------------------------|-----------------------------|
| Charitable Expenditure | | | | |
| Grants Paid | | | | |
| | Gift A Smile | £21,022 | £12,820 | £24,040 |
| | Assam Relief | £1,733 | | |
| | Srilanka Refugee Project | | | £10,020 |
| | Palestine project | | | £4,878 |
| | Prison SMART (Slipper Campaign 09-10) | £27 | | £135 |
| | Yes | | | £952 |
| | Haiti | £6,042 | £9,040 | £10,529 |
| | Pakistan relief | | £6,020 | |
| | Manage Your Mind | £411 | | |
| | Total Grants Paid | £29,235 | £27,880 | £50,553 |
| | Management and Administration | £2,118 | £3,408 | £2,763 |
| | Total Management and Administration | £2,118 | £3,408 | £2,763 |
| | Total Charitable Expenditure | £31,353 | £31,288 | £53,316 |
| | Net Movement in Funds | £27,132 | £2,361 | £6,381 |
| | Total Funds brought forward from previous year | £105,263 | £102,902 | £96,522 |
| | Total available funds carried forward for future Charitable Expenditure | £132,395 | £105,263 | £102,902 |



IAHV UK Contact Points

Sue Hindle
Trustee, IAHV
+44 (0)1342 822927
Email: sue.hindle@iahv.org.uk
www.iahv.org.uk

IAHV Regional Branches

As part of raising awareness of human values, IAHV UK is supporting the setting up and development of IAHV Regional Branches to meet the need for volunteers in their local area.

IAHV North London Branch

Please contact Ameet Aggarwal at
Ameetaggarwal108@gmail.com

IAHV London South

Please contact Kalpa Jhalla at
Kalpa108@yahoo.com

IAHV East London

Please contact Shailen Mittal
shailen.mittal@iahv.org.uk

IAHV in Kent

Please contact Farnaaz Sharief at
farnaaz.sharief@iahv.org.uk

IAHV in Doncaster and Leeds

Doncaster and Leeds have an active group of volunteers. Contact Ravi Karwa at
ravi_karwa@hotmail.com

IAHV Midlands

Please contact Raj Fulchand at
Raj_fulchand@artofliving.org.uk

IAHV Edinburgh, Scotland

Please contact Gauri Priya at
Gauri_priya@yahoo.com

IAHV Aberdeen, Scotland

Please contact Monisha Karmakar at
monisha.karmakar@gmail.com

IAHV Guernsey Branch

Contact Julie Madeley at
julie.madeley@cwgsy.net

IAHV Website

IAHV UK Website: www.iahv.org.uk

This aims to provide latest available information about IAHV and our project work. This also links to the IAHV international site, www.iahv.org,

You can receive updates and information from IAHV by email, please register with our website.

IAHV UK Newsletter Updates

Thanks to the enthusiasm of new volunteers, we started an IAHV UK Newsletter in early 2012. You can register to receive this on our website:
http://www.iahv.org.uk/index.php?option=com_comprofiler&task=registers

Your Inputs to the Website

Website Coordinator is Gordon Herral. If you have any updates, please contact Gordon on
gordon.herral@iahv.org.uk



IAHV International Contact Points

The International Association for Human Values (IAHV) is a worldwide organisation operating in over 20 countries. Contact points for some of the IAHV International organisations are set out below.

International

IAHV Geneva
Contact: Werner Peter Luedemann
Tel: +41 -22 - 738 28 88 geneva@iahv.org

Countries

Australia

International Association for Human Values (IAHV)
Contact: Lavinia Scott-Sellars
iahvaustralia@iinet.net.au

Canada

International Association for Human Values
Canada (IAHVC) Contact: Susannah Rowley
(877) 414-7355 #703 toll free- Canada/USA
Website: <http://dmspropertyottawa.wix.com/iahv#!>

Denmark

International Association for Human Values (IAHV)
Contact Pia Maria Soerensen
pia.soerensen@c.dk

Dominica Republic

International Association for Human Values (IAHV)
Contact: Laura Lucia laura@iahv.do

Dubai – UAE

International Association for Human Values (IAHV)
Contact: Vanya Vora vanya.vora@iahv.org

France - AIHV

Association Internationale pour les Valeurs
Humaine (AIHV-France).
Contact: Phillippe Gaudrat philippe.gaudrat@iahv.fr

Germany

International Association for Human Values (IAHV)
germany@iahv.org

India

International Association for Human Values (IAHV)
Contact: Sangita Gujrati iahv.blr@gmail.com

Italy

International Association for Human Values (IAHV)
Contact: Beatrice Iulini info@iahv-italia.org

Jordan

International Association for Human Values (IAHV)
Contact: Iman Mutlaq Iman@sigmaltd.org

Kenya

International Association for Human Values (IAHV)
Contact: Monika Fauth Tel: +254.721.27 55 38
info@artofliving.co.ke

Malaysia

IAHV Malaysia
President: Mme. Lau Song Nghoh
Email: malaysiaiahv@gmail.com

Mexico

Association por los valores humanos I.A.H.V.
Contact: Martine Cotinat martine@iahv.org

Morocco

International Association for Human Values (IAHV)
Contact: Brahim Slaoui islaoui@mafoder.co.ma

The Netherlands

International Association for Human Values (IAHV)
Contact; Ewald Poeran e.k.poeran@iahv.nl
Website: www.iahv.nl

Norway

International Association for Human Values (IAHV)
Contact: Chris Kiran Byrt byrt@iahv.no
Website: www.iahv.no

Russia

International Association for Human Values (IAHV)
Contact: Elena Senchenko
senchenko.elena@list.ru

Slovenia

International Association for Human Values (IAHV)
Contact: Andrej Trampuz
andrej.trampuz@siol.net

South Africa

International Association for Human Values (IAHV)
Contact: Yvonne Kgame kgamey@sabc.co.za

Thailand

International Association for Human Values (IAHV)
Contact: Nukul Saelee thailandiahv@gmail.com

UK

International Association for Human Values (IAHV)
Contact: Sue Hindle Tel : +44 (0)1342 822927
sue.hindle@iahv.org.uk
Website: www.iahv.org.uk

USA

International Association for Human Values (IAHV)
Contact: Filiz Odabas-Geldiy usa@iahv.org
Website: www.iahv.org/ca-en