



PRISONSMART
STRESS MANAGEMENT & REHABILITATION TRAINING

BREAKING THE CYCLE

OF VIOLENCE





IAHV is an international humanitarian and educational non-governmental organization that works in special consultative status with the Economic, Social and Cultural Council (ECOSOC) of the United Nations. The Association partners with governments, educators, other NGOs, corporations, businesses and individuals, to develop and promote programs of personal development to encourage that practice of human values. When we rehabilitate those who have committed crimes, we support the betterment of the entire society and country.

Our mission is to transform lives worldwide, bringing change and growth to people whose lives are affected by conflict, disasters, trauma and stress. To assist when children are not being educated. To re-weave the fabric of a connected and healthy society on all levels. In situations of stress and trauma, positive human values can be overtaken by anger, fear and regret, which in turn leads to aggression, intolerance, depression, hopelessness and further stress. This cycle can be changed.

The methods we utilize are highly effective, proven and practical. Our processes release trauma and bring a sense of deep relaxation, renewed energy and vitality. This results in people becoming empowered to achieve lasting peace and wellbeing within themselves, which ripples outwardly to include those around them and continues on to cultivate the innate human values of compassion, friendliness, kindness, understanding and service to others.

IAHV in collaboration with its partner organization, Art of Living Foundation, has reached over 370 million people in more than 155 countries from all walks of life, with a variety of committees and activities related to conflict resolution capacity to develop and promote programs of personal development.

PRISONSMART

an IAHV program/initiative

**“Inside every culprit,
there is a victim, crying for help.
That person is also a victim of ignorance,
small-mindedness and lack of awareness.**

**It’s the stress, lack of broad vision about life,
lack of understanding, and bad communication
that leads to violence in society.”**

Sri Sri Ravi Shankar, IAHV Founder

STRESS MANAGEMENT AND REHABILITATION TRAINING

60 COUNTRIES

22 YEARS

AND GROWING

The Prison S.M.A.R.T. objective is to make life transforming difference in the lives of all people within the criminal justice system, by teaching skills for reducing stress, healing trauma, and providing practical knowledge of how to handle one's emotions, live to one's highest potential and contribute to society. Since its inception in South Africa in 2001, approximately 10 000 prisoners have experienced that benefits of the program, this figure is growing. Internationally, the program has been taught in 60 countries to over 700,000 inmates.

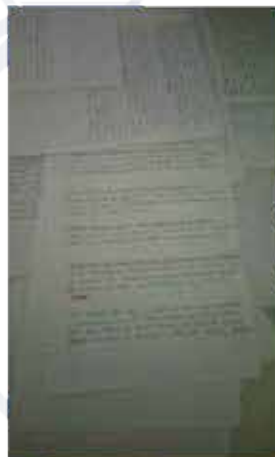
PROGRAM OVERVIEW

Prison S.M.A.R.T. teach participants how use their breath to reduce the accunmulated effects of stress and negative emotions.

The cornerstone of the program is a powerful rhythmic breathing technique called Sudarshan Kriya.

Prison S.M.A.R.T. aims to **reduce offender recidivism and 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 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, compassion and teaches essential life skills that enable individuals to accept responsibility for past actions and to **handle future conflict and stressful situations successfully.**

A team of dedicated volunteers train the participants, nurturing them gently through the contents of the course. The results are visible in the prisoners' glowing smile and appreciation.



RESEARCH SHOWS THAT IT WORKS!

Results showed a remarkable decline in the anger and aggression levels of offenders; out of the 41 participants surveyed 20 were male and 21 were female. Out of these:

- 76% shared improvement in anger levels;
- 76% reported increase in energy levels;
- 68% said there was an improvement in clarity of mind;
- 68% felt lethargy levels were reduced;
- 59% said their fears have come down;
- 78% noted an improvement in sleeping quality;
- 68% reported decrease in sadness and depression;
- 76% found an improvement in physical well-being and;
- 46% observed the need for medication reduced;
- 76% reported increase in energy levels

FEEDBACK FROM PARTICIPANTS

"When I joined the program, I was very stressed because I was away from my family, especially my children. I thought being in prison is the end for me. The program changed the way I felt and my thinking. I also sleep better because my mind is more relaxed and not stressed."

"I found a tremendous breakthrough in all my sessions and looking forward to the next program."

"The course has been very good and encouraging. I feel relaxed in mind and body. I have gained a lot from the exercises and my body feels strong and active mind and brain. This has also sharpened my thinking capacity. I am looking forward to ensure people from different backgrounds/tribes go through this course as very beneficial to all. I give full thanks and appreciation to stake holders."

COURSE PARTICIPANTS REPORT:

Normalized sleep patterns	Reduced depression & anxiety	Improved immunity & physical well-being	Increased resilience to daily stresses of life	Decreased engaging in destructive behavior	
Increased energy & clarity of mind	Decreased apathy & lethargy	Increased confidence in having self-control	Decreased interpersonal conflict	Greater positive outlook on the future	

MEDICAL SUMMARIES OF SUDARSHAN KRIYA

One of the most comprehensive breathing techniques taught by IAHV is Sudarshan Kriya (SK). Sudarshan Kriya is understood to use specific rhythms of breath to eliminate stress, support the various organs and systems within the body, transform overpowering emotions, and restore peace of mind.

Following is a summary of some key findings independently investigated by modern medical science at hospitals and research institutions. Independent research has shown that Sudarshan Kriya and accompanying practices significantly



Reduces levels of "stress" hormones cortisol



Benefits the immune system



Relieves anxiety & depression (mind, moderate & severe)



Enhances health, well-being & peace of mind



Reduces cholesterol



Enhances brain function (increases mental focus, calmness & recovery from stressful stimuli)



HOW CRIME IS CRUMBLING THE FOUR PILLARS OF SOCIETY



GOVERNMENT

Understaffed & underfunded criminal justice system

Overcrowded prisons

High rate of returning prisoners

Stressed prison authorities & police



BUSINESS

Suffer losses due to untrustworthy staff and high levels of theft

Require 'monitoring' or 'policing' tools across the value chain to maintain profits

Forced to drive production costs up due to extra costs to curb theft



ACADEMICS

A need for education in human values and effective handling of stress and negative emotions

Large population of uneducated citizens that cannot find jobs and resort to crime



RELIGION

Values such as morality, trust and empathy are on the decline

Theft, violence & murder are on the rise

Life has lost its value

South Africans live in fear



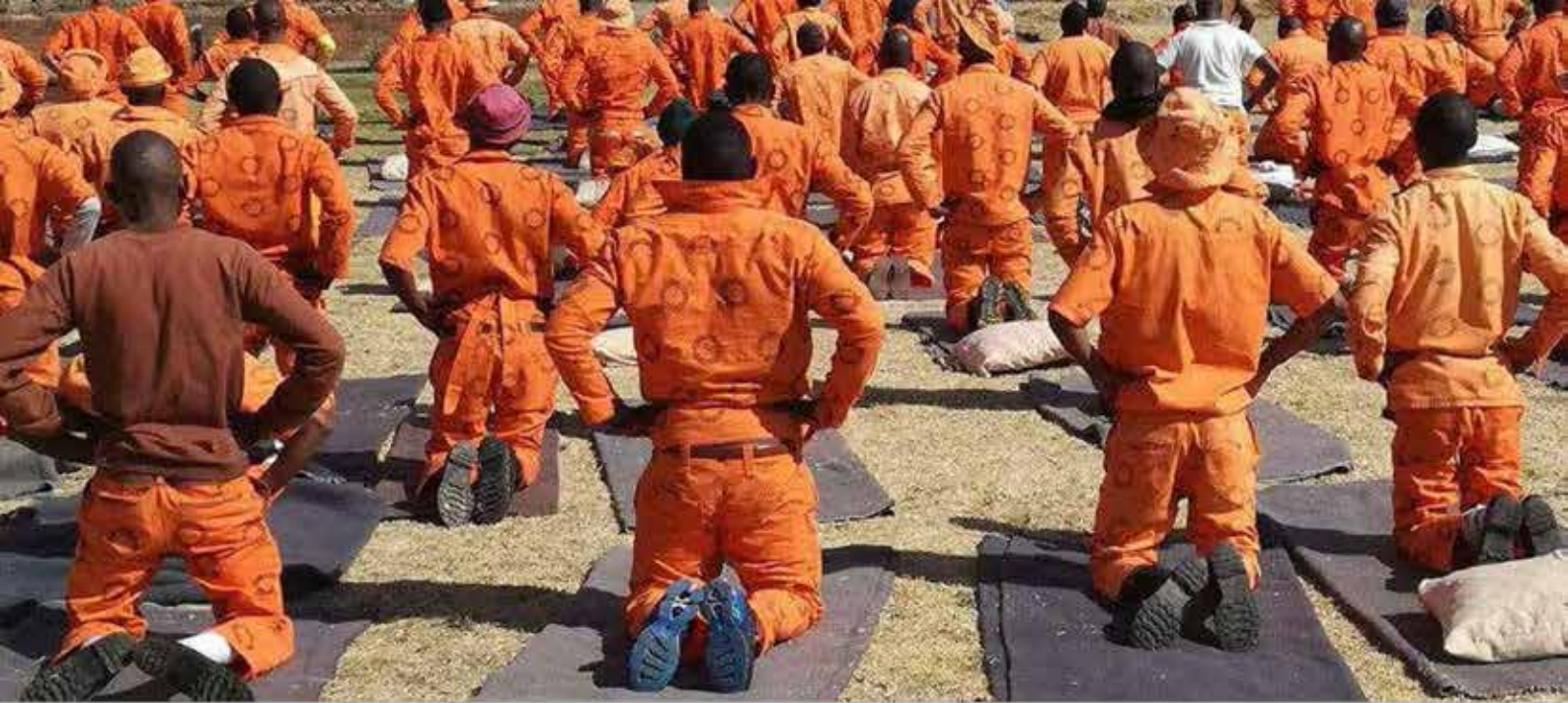
The aim is to bring calmness and peace to inmates through effective breathing techniques as well as body stretching postures.

A look into the life of the inmates, who are termed amongst the most violent in South Africa, reveals their human side. Most of them are young and imprisoned for life.

The journey into crime began with one wrong step, the result of one bad decision and then the supposedly never ending vicious circle begins.

The Prison S.M.A.R.T. approach breaks the vicious circle and gives the prisoners an alternate approach to his/her life.





HOW YOU CAN MAKE A DIFFERENCE TODAY

IAHV would like to invite like-minded and concerned corporate citizens to partner with us to transform society's most dispossessed and restore them to lead dignified lives when they are given the opportunity to reintegrate into society. We suggest that a prison be adopted in partnership with IAHV wherein the PRISON SMART programs can be delivered.

To ensure that this is a true partnership we also propose that a couple of your staff, by rotation per course, to join our course facilitators as observers and feel part of what can be a very uplifting experience.

PRISON S.M.A.R.T. programs are offered for **FREE** for the upliftment of society. However, our volunteers are incurring costs and require funding to make a greater impact on society.

Corporates can support the **PRISON S.M.A.R.T.** program through corporate social responsibility funding. Our model seeks to implement adhoc teachers as well as full-time teachers.

The IAHV is a registered section 21 company that can provide section 18A certificates for tax purposes.

IAHV BANKING DETAILS

Account holder: International Association for Human Values

Bank: First National Bank

Branch: 250737, Lenasia

Account Number: 6204 561 6119

NPO Registration No. 032 - 206 - N.P.O.

PBO Registration No. 93000 3286

Reference: Prison SMART_Donor

PROVISION OF SUPPORTING DOCUMENTS

The IAHV keeps accurate records of all workshops. Reports can be drawn as required to support CSI funding.



PARTICIPATING COUNTRIES

Argentina, Australia, Belgium, Brazil, Cameroon, Croatia, Denmark Dubai, France, Germany, Holland, Israel, India, Kenya, Kosovo, Lithuania, Lebanon Portugal, Russia, Siberia, Singapore, Slovenia, South Africa, Spain, Scotland, Sweden, Taiwan, Tanzania, Thailand, Turkey, United Kingdom and Guernsey, United Arab Emirates, United States of America, Zimbabwe.



GET INVOLVED. DONATE. SUPPORT.

Build a violence and stress free society for you and your children.

ACTIVE IN OVER 60 COUNTRIES, PRISON SMART CONTINUES TO EXPAND ITS REHABILITATION EFFORTS



CONTACT

011-886-0762

www.iahv.org

Email:projects@iahv.org.za

An IAHV initiative

Ideal for CSI and improved BEE scores