Reinvigorate nonviolence through an immersive experience with India’s culture
ABOUT US
Promoting citizen diplomacy through cultural exchange

Inspired to reinvigorate nonviolence by applying India’s ancient culture and wisdom of nonviolence

HOW WE DO IT

We offer customized leadership development programs for America’s civic leaders to experience and study India’s ancient culture and wisdom of nonviolence. Upon return we support them to design solutions that will promote safe and peaceful communities.

TARGET AUDIENCE

Our programs will benefit:

**Individuals**  victims of violence, former gang members, educators
**Organizations**  advocating social justice and public health
**Cities**  mayors, police departments
OUR INSPIRATION

Nearly sixty years ago when there was violence in America, Rev. Martin Luther King Jr. took a five-week journey to India in 1959 to learn the nonviolence teachings of Mahatma Gandhi.

"I left India more convinced than ever before that the method of nonviolent resistance is the most potent weapon available to people in their struggle for freedom and human dignity. As a result of the trip, my understanding of nonviolence is greater and my commitment deeper."

... Rev Martin Luther King Jr.
VIOLENCE IN AMERICA

Sadly today, in the United States, violence can happen anywhere, to anyone irrespective of social, political or economic status. According to documented research, each year there are:

- **4000** children and youth HOMICIDE VICTIMS (11 VICTIMS A DAY)
- **13500** GUN VIOLENCE (37 VICTIMS A DAY)
- **43000** COMMIT Suicide (117 SUICIDES A DAY)
- **10 Million** ABUSED BY AN INTIMATE PARTNER
OUR APPROACH
Supporting leaders to reinvigorate nonviolence from inspiration to implementation

PHASE 1
Immersion and Inspiration via Journey to India
Delegates will participate in a curated experience of traveling in India to study India's ancient culture and wisdom of nonviolence.

PHASE 2
Insights and Implementation
Delegates will develop insights and implement new ideas that will promote greater compassion and nonviolence in their communities and neighborhoods.

PHASE 3
Monitor and Measure social impact
Delegates will develop key metrics for measuring social impact and communicate stories of positive social change.
THE JOURNEY TO INDIA

If the whole world is a home, India has always been the prayer room, for reflection and inner transformation.
INNER EXPERIENCES

Participate in a "Nonviolence in Action" workshop based on profound yoga and meditation techniques.
OUTER EXPERIENCES
Places of Worship

Explore India’s ancient history and cultural diversity
OUTER EXPERIENCES
Festivals & Celebrations

Experience richness of India’s festivals and colorful traditions
SPECIAL INITIATIVES

Violence is a public health issue and therefore needs systemic and cross-sector solutions. We therefore also offer the following strategic initiatives:

DELEGATION FROM A “US CITY” TO INDIA
- Delegates from the city will travel together as a group to study nonviolence and upon return will design & implement cross-sectoral solutions
- Delegates can include social activists, former convicts, victims of violence, police officers, mayors office, educators etc.

THEME BASED DELEGATION TO INDIA
- Public health professionals including researchers, scholars, policy experts
- Media professionals
- Law enforcement/police officers
- Social activists working on various anti-violence causes
- Educators from schools, colleges, business schools

NONVIOLENCE WORKSHOPS IN UNITED STATES
- Workshops will cover fundamentals of nonviolence and how to apply it in practice
- Workshops are customized to address specific needs of the group e.g. educators, police officers, etc.
SOCIAL IMPACT

Delegates who have participated on our programs have reported that our program will:

- Deepen understanding of nonviolence
- Empower with new tools and wisdom for healing, solace and transformation
- Improve leadership capacity to promote compassion and nonviolence in the community
- Enable safer and more peaceful neighborhoods
TESTIMONIALS OF PAST PARTICIPANTS

VICTIMS OF VIOLENCE

**Scarlett Lewis**  
Mother of Jesse Lewis  
Newtown, Connecticut

“India has truly grounded me. During the trip, I felt the most hope since my personal tragedy because there was so much love that I received here.”

**Ron Davis**  
Father of Jordan Davis  
Jacksonville, Florida

“I am going back from India, with such deep knowledge about the self. The meditation exercises have helped me release negative thoughts. There is an inner strength inside us. We need to cultivate that.”

MAYORS

**Ardell Brede**  
Rochester, Minnesota

“Violence is a challenge that we have to overcome in America. I am leaving India with the hope that love is attainable and can be shared with all our people including immigrants. As Dr. King said, it is either nonviolence or nonexistence.”

**Matthew Avitabile**  
Middleburgh, New York

“I am taking back with me new insights that will reinvigorate my personal energy and commitment to apply the principles of nonviolence in my leadership role.”
TESTIMONIALS OF PAST PARTICIPANTS

POLICE OFFICERS

**Lt. Lakesha Burton**  
Jacksonville Police Department  
Florida  
“After the trip, I truly understand what ahimsa (nonviolence) means. I am committed to bring the love that I experienced from India to America using my platform in law enforcement.”

**Lt. Jim Evenson**  
Rochester Police Department  
Minnesota  
“I feel very fortunate to have been able to visit India. I can see how the meditative breathing techniques that I learnt on this trip, can be life changing - personally and professionally.”

SOCIAL ACTIVISTS

**Jason Quesada**  
Former gang member  
Los Angeles, California  
“The revolution begins inside each one of us.”

**Dr. Angela Wellman**  
Advocate, Movement for Black Lives  
Oakland, California  
"The trip to India was a moving experience. It will be inspirational for anyone who wants to move society towards nonviolence and love."
FILM

This documentary film (40min) showcases the transformational experience of participants of our first delegation to India in March 2016.

The delegates included: a single mother whose son was brutally murdered in a tragic school shooting (Sandy Hook, Connecticut), a former gang member (Los Angeles, California), an educator (Newark, New Jersey), a social entrepreneur and a music scholar (both advocates for the Movement for Black Lives from Oakland, California).

“It is a story of hope and inspiration, of what is possible when, even in the face of violence, suffering and loss, We choose love.”

Click here for trailer of the film

The film will be launched on Jan 15, 2018 on:

Available at Amazon

Get it on Google Play
RECENT UPDATES

Invited as thought leader on cultural diplomacy at Meridian International Center, Washington DC (June 2017)

Film screening across 7 cities in USA (June - July 2017); attended by over 1000 people

Invited to lead nonviolence workshop by US Department of State for their International Visitor Leadership Program (July 2017)

Invited to join Indian Prime Minister Modi’s delegation to Israel (July 2017)

Film screened at Chicago International Film Festival for Social Change (Oct 2017)

Selected by US Department of State to participate in the Global Entrepreneurship Summit (Nov 2017)
# ACTIVITIES FOR 2018

<table>
<thead>
<tr>
<th>Nonviolence training in India</th>
<th>May 10-17</th>
<th>Oct 6-13</th>
<th>Dec 15-22</th>
<th>Dec 24-31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonviolence training in USA</td>
<td>Mar 2-4</td>
<td>Apr 6-8</td>
<td>May 4-6</td>
<td>Jun 1-3</td>
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</tbody>
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# SPECIAL EVENTS

- Jan 15, 2018  
  Launch of our documentary film on Dr. King birth anniversary  
  Washington DC

- May 16, 2018  
  UN International Day of Living Together in Peace  
  Bangalore, India

- Oct 2, 2018  
  Countering Violent Extremism summit  
  Mahatma Gandhi birth anniversary  
  Bangalore, India
## SPONSOR/PARTNER OPPORTUNITIES

<table>
<thead>
<tr>
<th>Sponsorships</th>
<th>Well wisher ($5,000)</th>
<th>Collaborator ($25,000)</th>
<th>Innovator ($50,000)</th>
<th>Creator ($100,000)</th>
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<tbody>
<tr>
<td>Sponsor delegate(s) for nonviolence training</td>
<td>1</td>
<td>5</td>
<td>10</td>
<td>20</td>
</tr>
<tr>
<td>(Empower “nonviolence ambassadors”)</td>
<td></td>
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<tr>
<td>Brand promotion during events in India and USA</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Member of Advisory board for the initiative</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<td>(special access to delegates and networking events)</td>
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<tr>
<td>Fellowship for two graduate students at George Mason University to do</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>scholarly research for this endeavor</td>
<td></td>
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<tr>
<td>Sponsorship for yearly conference on nonviolence in USA</td>
<td>✓</td>
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</table>

*Sponsorship can be in cash or ‘in kind’ (e.g. hotel rooms, flight tickets for delegates, media and communications support)*

*All donations will be tax deductible (in USA) with fiscal sponsorship from International Association for Human Values*  
www.iahv.org
MANDAR APTE
Executive Director, From India With Love
Co-Founder, Media Rise
Former Manager, GameChanger Social Innovation, Shell
Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

... Rev Martin Luther King Jr.

By choosing to support this project, you are adding your voice to promote a culture of love, peace and understanding.