

**The Association for Trauma Outreach & Prevention (ATOP)**

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## UN CSW at 60

### ATOP Meaningfulworld partners with like-minded Organizations to address Violence against Women around the World

Jen Mount, and Dr Ani Kalayjian

On 24 March, 2016, Association for Trauma Outreach & Prevention (ATOP), Meaningfulworld held a symposium as a parallel event for the United Nations Commission on the Status of Women's 60<sup>th</sup> Anniversary. The symposium was entitled, "Transforming Violence against Women, in Africa, Middle East and Pakistan."

The symposium began with Irene Tananyan, Vice President of Meaningfulworld, who led participants through a short chanting meditation, reciting the mantra *oh au ou* along with the corresponding mudras. Meditation is a powerful tool that can be used to quiet the mind and create inner peace, transforming negative thoughts into positive powerful actions. This was followed by a poetry recitation by Dr. Ani Kalayjian, the founder and President of ATOP Meaningfulworld, entitled *Gratitude to Mother Earth*, which she wrote in honor of the 60<sup>th</sup> Anniversary of CSW. After the recitation, Ambika Cooper played the harmonium and led the group through a call and response chant entitled *Shri Ram Jai Ram*. She expressed the universal power of uniting the consciousness of a group through the use of a positive song. Reminding us that it makes no difference what language is used, the vibrations impact us internally, balancing our inner mechanisms of healing, and sets a positive intention behind actions.



*Heart-to-Heart Circle of Love*



*VOATV Interview*



*Dr Ani making a ppt presentation*

A short self-made film was shown on domestic violence, eliciting the emotional turmoil, the pain, the confusion, and helplessness it creates in women.

Speakers Dr. Kalayjian and Colonel Azam Qadri from Pakistan discussed the importance of educating communities around the world on how to transform violence against women.

Dr. Kalayjian led the panel discussion by expressing the importance of mindfulness, emotional intelligence (EQ), and human rights education stating, "When people are in peace they do not have the need to harm others." She then shared some of ATOP Meaningfulworld's humanitarian outreach missions around the globe where we create space for communities to find meaning after experienced traumas such as natural disasters or war, because as she noted "trauma that is not transformed is going to be transferred to seven generations." The work of Dr. Kalayjian's *7-Step Integrative Healing*

*Model* provides communities with the Bio-psychological and Eco-Spiritual tools needed to heal from within and support one another on their journey forward.

Dr. Kalayjian also discussed the importance of educating and empowering young boys through out the world, including Africa and Middle East. She stressed the importance of teaching boys that young girls are just as strong and intelligent. We could express our feelings through EQ with words not with fists, or negative actions, because EQ is the key to healthy relations between couples, families, and communities.

Colonel Azam Qadri, discussed the need for more women's empowerment in Pakistan and the Middle East. He expressed his desire for the audience to keep in mind that Muslims are not all extremists who wish harm on the world. Noting that having an open mind is necessary to establish a better understanding of our neighbors and friends in effort to sort out our differences. He shared some of his personal military experiences and explained that Pakistan has lost thousands of civilians to the fight against terrorism and urged the audience to continue their work of spreading mindful practices so that peace can be realized in all regions of the world.



*Chanting & deep breathing*



*Colonel Azam Qadri*



*Heart-to-Heart-Circle of Love*

A short film on the Meaningfulworld's Humanitarian Mission in the Middle East was shown. The film elicited empowerment of boys and girls, young men and women in Palestine refugee camps.

The panel concluded with suggestions from audience members on how to educate the community and how to transform violence against women. Some suggestions included: "live with peace in your heart," "educate our children and allow elders to have a voice against abuse," "remind women that they have a right to their own opinions and values," and create "tool boxes" for emotional intelligence geared toward young men in effort to prevent domestic violence, and "educate women about their human rights."

In honor of women and men around the world, the panel and audience closed with Dr. Kalayjian's signature *Heart-to-Heart-Circle of Gratitude and Love* with a Native American drummer Donna Ohstonha Ohskenonoton. Dr. Kalayjian reminded us to spread the peace that we create within our hearts to our neighbors, relatives, community, country, and all living things around the world. This small conscious effort has powerful lasting effects for our planet and all its inhabitants.

*Special gratitude to our Sponsors:* Association for Trauma Outreach & Prevention (ATOP) Meaningfulworld, Institute for Multicultural Counseling & Educational Services, Psychology Coalition at the United Nations, Armenian Constitutional Rights Protective Centre, and World Wide Network for Gender Empowerment of Fielding Graduate University.

Next event at the UN is on 2 June, Annual Conference and Graduation.

Founded in 1990, Meaningfulworld, the Association for Trauma Outreach & Prevention (ATOP), affiliated with the United Nations, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two decades of global and local disasters. Meaningfulworld is committed to global education promoting state-of-the-art scientific theory, peace and consciousness research, and the development of technical skills to train mental health professionals, teachers, psychologists, art therapists, nutritionists, alternative medicine practitioners, clergy, nurses, mediators, interfaith ministers, and lay persons committed to service. Meaningfulworld Humanitarian Outreach teams make a daily difference in 45 countries in people's lives helping to transform tragedy and trauma into healing through post trauma growth, guidance, empowerment, mindfulness, and meaning-making through a new world view. Ask yourself ...Ask your friends...What makes your world more meaningful?

**Our Motto: When one helps another BOTH become stronger**