

# Meaningful World

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

[www.meaningfulworld.com](http://www.meaningfulworld.com)

185 E. 85<sup>th</sup> Street, New York, NY 10028

Phone: 1 (201) 941- 2266

E-mail: [drkalayjian@Meaningfulworld.com](mailto:drkalayjian@Meaningfulworld.com)

## **ATOP Meaningfulworld Annual Mind-Body-Eco-Spirit Festival at United Nations Emotional Intelligence: Educating for Peace, Transforming Wounds to Wisdom United Nations Headquarters, 7 June 2018**

**Dr. Daria Diakonova-Curtis & Dr. Ani Kalayjian**

On 7 June 2018, ATOP Meaningfulworld hosted a special event at the United Nations Headquarters. While the overall theme was *Mind-Body-Eco-Spirit Festival*, this year's focus was on Emotional Intelligence, Educating for Peace: Transforming Wounds to Wisdom. The conference was designed to give participants a chance to discuss different perspectives on peace-building, celebrate the achievements of Meaningfulworld Ambassadors and distinguished community members involved in humanitarian work, and experience individualized mind-body healing sessions.



The event began with **Dr. Ani Kalayjian**, Founder and President of Meaningfulworld, sharing a heartfelt welcoming poem, emphasizing on the importance of having a practice on mind-body-eco-spirit levels. Meaningfulworld's UN Fellow, **Sowmya Thakur-Kshtriya**, then gave a warm welcome and introduced **Canon Patrick Malloy**, who led the group in an invocation and meditation. Canon Malloy encouraged all to connect with our own god and with humanity in order to find peace in our hearts and share it with others. Next, participants were treated to an endearing performance by Brooklyn Children's Glee Club Chorus (Public School 10). The children performed songs about peace on earth with tunes like "Count on Me" and traditional songs from South Africa, with their compassionate and creative directors Fred Ellis and Carol Schwarz.



Brooklyn Children's Glee Club Chorus

Following, the event shifted to recognize an important topic that still affects many people globally: genocide. ATOP Meaningfulworld's Genocide Prevention Committee Coordinator, **Irene Tananyan**, and Vice President **Harry Milian**, announced the 2018 winners of the ***Krieger Genocide Prevention Program Essay Contest***. The three winners, **Nicole Stern** first place winner, **Katie Barnes**, second place, and **Sophia Tashjian** an honorary mention, were recognized for writing about the meaning of genocide in their lives and the ways they plan to use their knowledge and experience to raise awareness about the issue in their communities.

Next, participants were treated to a presentation by **Beth Shaw**, Founder and President of *YogaFit Inc.*, the largest yoga fitness educational school in the world. Ms. Shaw stated that "yoga reminds us that we have a body" and spoke about the way in which *YogaFit* programs help with chronic pain, mental and emotional pain from traumas, and addictions.



Beth Shaw

Following this illuminating presentation, participants had the chance to try out several mind-body-spirit healers during the Integrative Healing Break in order to decrease tension, stress, anxiety, and release negative emotions. Integrative Healing Faculty included: **Art Jaffe**, Spiral Technique, **Dr. Barry Cohen**, NYU, Mindfulness, **Dr. Douglas Scherer**, Columbia University, Mind-Body Healer, **Ali Fischer**, Somatic Educator, **Doreen Simon**, Albert Einstein College of Medicine, Urban Zen Integrative Healer, as well as representatives of *YogaFit*.



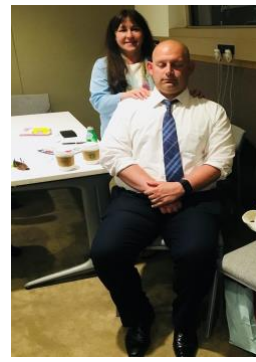
Art Jaffe



Douglas Scherer



Dr. Barry Cohen



Doreen Simon



Ali Fischer

Following the relaxing Integrative Healing Break began the graduation ceremony for the 2018 ATOP Meaningfulworld Ambassadors: **Meredith Carbonell, Daria Diakonova-Curtis, Sowmya Kshtriya, Erin Reilly, Christabel Unobe, and Elizabeth Zick**. Each Ambassador was recognized for their contributions to humanitarian action through ATOP Meaningfulworld, gifted a graduation certificate, a hand-dyed silk graduation scarf, flowers, gifts, and invited to share about the meaning of this work in their lives.



The next presentation was by **Mr. Jeffrey Bloom**, Founder, President and CEO of *Creative Resolutions Group Inc.*, discussed ways to educate others about peaceful dispute resolution in high-conflict situations.



Next, participants were treated to a musical interlude by the **Shnorhali Holy Martyrs Armenian Chorus**, Conductor **Vagharshag Ohanyan** & coordinator **Harry Milian**. The aims of the chorus is to keep the traditions of Armenian music alive by perpetuating popular Armenian songs and the music of legendary Armenian composers.



Next, the Youth Speaker of the day, **Nora Thajudeen**, spoke about the work conducted by her Amnesty International branch at Hofstra University. She highlighted that student led groups are advocates for the community, and they build awareness through human rights education.



Finally, our very own Meaningfulworld Ambassadors, Meredith Carbonell and Sowmya Kshtriya, gave an overview of Meaningfulworld work in nurturing peace around the globe in 46 countries and 25 states in USA through its **7-Step Integrative Healing Model**.

To complete this enriching event, **Dr. Ani Kalayjian** led the group in a Heart-to-Heart-Circle of Gratitude and Love, facilitated by Native American drummer **Donna Ohstonha Ohskennonoton**, in order for participants to experience a sense of connectedness with each other, to feel peace in their hearts, and to commit to spreading this peace throughout all levels of humanity.



**Special gratitude to our co-sponsors:** ATOP Meaningfulworld, Armenian Constitutional Rights Protective Center, Psychology Coalition at the United Nations (PCUN), YogaFit, and Armenian General Benevolent Union of America (AGBU).