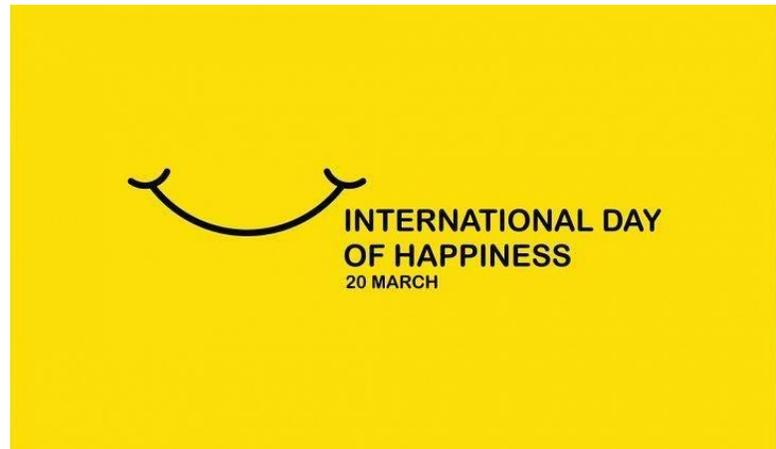


Meaningful World

ATOP MeaningfulWorld Celebrates United Nation's World Happiness Day

Mark Imus & Dr. Ani Kalayjian

In July 2012, the United Nations passed a resolution to make 20 March a holiday in which we celebrate joy and well-being around the world. This day came to be known as world happiness day which was first celebrated in 2013. The resolution was initiated by Bhutan, a country known for using Gross National happiness (GNH) opposed to GNP.



This year for International Day of Happiness, ATOP Meaningfulworld paraded Central Park in NYC to come together and partake in an array of joyful and meaningful activities. This was our first physical meeting after a year of seclusion due to COVID-19. With a generous donation of snacks & water from Trader



Joes and finger foods brought by Dr. Ani, we were able to enjoy a quick moment before we started an afternoon full of ventures. We indulged in walking meditation, sitting meditation, drumming and Soul-Surfing to connect us not only to one another, but to Mother Earth as well.

Our team brought flags representing countries around the world where we have served through our Humanitarian volunteer Missions. We concluded with a Heart-to-Heart Circle of Love; as we stood in circle, hands on each others' heart, circled around expressing words of affirmations "May peace prevail in Africa," "May peace prevail in Syria," etc. sending love and positive vibrations of peace to countries who are experiencing distress and wars. We then took turns describing what happiness meant to us! The following are just a few examples of these expressions:

"Happiness is joy despite any circumstance; being content with whatever is happening."
Vianca Soriano

"Happiness is switching the channel to an attitude of embracing everything with good feeling, positivity, and meaning; looking at everything with a bright light." Dr. Kalayjian

"Happiness is being free of stress and anxiety, with a feeling of well-being in your heart."
Andrew Dolinar

As part of celebrating and nurturing Mother Earth, on this very first day of Spring, we distributed Meaningfulworld paper-seeds; seeds embedded on sheets of paper, to all the passersby's, as well as to our team members and guests, to plant seeds of peace, love, and happiness. We used this time to engage with others, initiating conversations about ATOP Meaningfulworld and what it proudly stands for.

Our Motto:

When one helps another, BOTH become stronger!

