

Meaningful World

Post-War Recovery Humanitarian Mission in Armenia Chris Gorrie & Dr. Ani Kalayjian



Between 29 April 2021 and 16 May 2021, an ATOP MeaningfulWorld team, Dr. Ani Kalayjian and Irene Tananyan, was deployed to Armenia on a post-war relief and trauma healing mission. Violent conflict over Nagorno-Karabakh, a region located between Azerbaijan and Armenia, resumed in September 2020 after decades of peace. Military deployment and fighting between Azerbaijan, Turkey, and Armenia led to the destruction of highly populated areas and a death toll of approximately 7,500, with the average age of soldiers being 20 years old. MeaningfulWorld went to Armenia to help rehabilitate veterans, their families, and the community at large to provide post war recovery, trauma healing and meet a set of seven goals:

1. To promote emotional post war healing and well-being.
2. To transform generational trauma of genocide.
3. To transform horizontal violence.
4. To train professionals in the 7-Step Integrative Healing Model.
5. To establish Peace & Forgiveness Gardens.
6. To empower orphans in Children's Centers.
7. To train volunteers & promote suicide prevention lifelines.



The Humanitarian Mission to Armenia was jam-packed with a variety of activities, workshops, high level meetings with a variety of Ministries, and outreach. Our Humanitarian team is thrilled to have completed so much in such a short time. They were able to conduct numerous workshops, many of which were full-day affairs. They carried out over 14 workshops at Yerevan State University, the Armenian General Benevolent Union, European University, Gyumri Branch, as well as in Vanadzor under the

auspices of the ACRPC (a human rights organization affiliated with the United Nations), Management Mix, and at over 6 other NGO's and orphanages.

Through these workshops the Humanitarian team was able to reach veterans, students, Government officials, physicians, orphans, Ministries, families of those killed in the 44-day war, and others. The team introduced many Armenians not only to the 7-Step Integrative Model, Emotional Intelligence, but also to Soul-Surfing, ecological healing, tapping, balancing Vagus Nerve, flower remedies, meditation, mindfulness and much more!



Other noteworthy highlights included the second printing of Dr. Ani's book *Forget Me Not*, in Armenian, and our presentation to all the Ministries. The team presented vital knowledge on Emotional Intelligence, how to transform Horizontal Violence, and nurturing meaning-making, putting in motion plans to incorporate these concepts into K-12 curriculum. The development of the Emotional Support Lifeline was also a major success. After persistently communicating with the Yerevan Mayor's office requesting permission to hold an outdoor concert, the team was granted their wish. An outdoor concert was held to raise awareness for the Emotional Support Lifeline. Children, adults, and older adults were in attendance, dancing, listening to qanoon playing, and networking. During the second workshop at Yerevan State University, the team gathered a pool of potential volunteers for the lifeline.

Overall, the Armenia Mission was a huge success, and the team is thrilled with the progress made. They can't wait to see the Emotional Support Lifeline unfold over the coming months. The team conducted over 14 workshops, organized one international conference, and cohosted it, and organized an outdoor concert for suicide prevention awareness and prevention. Additionally, the team had meetings with four ministries, as well as meeting with the Japanese Ambassador, several women's centers, a town hall, and an orphanage in three of the largest cities in Armenia, including Yerevan, Vanadzor, and Gyumri.



Here is the link to one of the interviews that Lara Tcholakian Doudaklian at CivilNet TV conducted with Dr. Kalayjian, which took place at Arev Yoga Studio <https://youtu.be/CTMmvi3U8pc>

In conclusion, the team worked directly with over 350 people; indirectly, they outreached to over 1,500 people, and through our Television and social media we reached close to a million people. We will follow up with a film and research outcomes shortly.

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For further information kindly contact, info@meaningfulworld.com or visit us at <http://meaningfulworld.com/>